



WELLBEING GUIDE

Physiotherapy, Nutrition, Massage and Mind Therapies



MIND



MOVEMENT



NUTRITION



THERAPY

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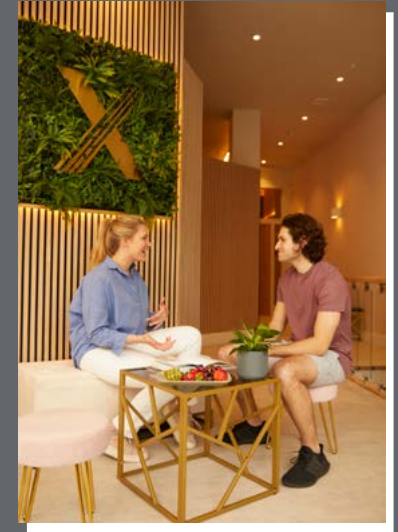
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THE WELLNESS X

The world is constantly changing and some of these changes result in increased stress, fatigue, feeling overwhelmed and in some cases, even injury. We understand that our body needs support to restore, rehabilitate and recover. Whatever your needs, we provide a strong foundation for improvement.

Our specialist Therapists provide wellness solutions and guidance to improve function, aid recovery, manage pain, facilitate healing, and improve overall health and wellbeing.



PHYSIOTHERAPY

Physiotherapy is an incredibly transformative process for all ages with experts supporting a huge range of health conditions. Our Physiotherapists are all registered with the HPCP and provide expert medical services, working holistically with our members to improve their range of movement. Whether you've been affected by injury, disability or illness, we'll help you reach your personal movement potential, dramatically improving your overall health and wellbeing.

At X-Club, our therapists support you in studio through every step of the programme. This goes beyond traditional 'at home' plans, meaning that you get dedicated support with fast and effective results. With a Physio pack, you will also have access to internal referrals through our team of expert health and wellness professionals. You'll be able to access further training and support through massage, mind therapies, Pilates and Personal Training - all under one roof!



CERYS

Cerys is a Physiotherapist and Reformer Pilates Instructor with a strong passion for promoting women's and pelvic health. Cerys is passionate about using her deep anatomical knowledge to ensure each client receives a personalised programme aimed to help them reach their potential.

Cerys delivers classes, Massage & Physiotherapy here at X-Club and can't wait to help you move and feel better.



CAROLYN

Carolyn has over 20 years experience working as a Physiotherapist and Pilates Clinical Specialist both in the NHS, Rambert Dance Company, Central School of Ballet and private practices. Carolyn believes that everyone can benefit from Pilates and that it is an investment in our health, improving the way we move and preventing pain and injuries.

She has experience of working with a wide range of clients and is focused on a holistic, functional treatment plan tailored to the needs of the individual. She helps clients understand and manage pain, achieve freedom of movement and feel better.

INITIAL CONSULTATION

A consultation with a Physiotherapist to assess the cause of your pain, restrictions or injuries

1 HOUR

£110

ONGOING PROGRAMME

Following an initial consultation, you'll be given a robust programme to complete with your therapist through movement, manual therapy or massage session. (Programmes may vary based on the results of your consultation).

10 SESSIONS

£1050

20 SESSIONS

£2000

30 SESSIONS

£2850

OUR APPROACH

Our therapists will assess your specific needs and develop a personalised treatment plan to address your goals and promote optimal recovery through the following areas:

PAIN MANAGEMENT

We help to alleviate pain caused by injuries, chronic conditions, or musculoskeletal disorders using manual therapy, therapeutic exercises and heat therapy to reduce pain and improve comfort.

INJURY REHABILITATION

Whether you're recovering from a fracture, sprain or surgery, we focus on restoring mobility, strength, and function through targeted exercises, stretching, and hands-on techniques.

IMPROVED MOBILITY

We address limitations in movement caused by conditions such as stroke, spinal injury, or neurological disorders. By improving balance, coordination, and flexibility, we help you regain your ability to perform daily activities.

ENHANCED SPORTS PERFORMANCE

We use a range of techniques to prevent injuries, improve performance, and enhance recovery. Our therapists provide specific exercise programs to optimise strength, endurance, agility, and sports-specific skills.

MANAGEMENT OF CHRONIC CONDITIONS

If you have a respiratory condition, arthritis, fibromyalgia, or chronic pain, our therapists can develop individual treatment plans that include exercises, pain management strategies, and self-care techniques to improve your quality of life.

POSTURE CORRECTION

We can identify and correct postural imbalances through exercises, ergonomic education, and lifestyle modifications to alleviate pain, prevent injuries, and promote optimal body alignment.

PRE- AND POST-NATAL CARE

We provide valuable support during pregnancy and after childbirth, managing pregnancy-related discomfort, preparing for labour and aiding in postpartum recovery, including pelvic floor strengthening and reconditioning.

BALANCE TRAINING

We can reduce the risk of falls and related injuries by improving balance, strength, and coordination through customised exercise programs.

MASSAGE

RELAX, REFRESH AND REJUVENATE WITH MASSAGE.

Massage is a powerful therapy to aid your training and transform your mental state. Choose from Deep Tissue Massage, Lymphatic Drainage, Percussion Treatments, Pressure Points and Aromatherapy to unlock your body's healing and restoring process.



CERYS

Cerys is a Physiotherapist and Reformer Pilates Instructor with a strong passion for promoting women's and pelvic health. Cerys is passionate about using her deep anatomical knowledge to ensure each client receives a personalised programme aimed to help them reach their potential. Cerys delivers classes, Massage & Physiotherapy here at X-Club and can't wait to help you move and feel better. Book with Cerys for a Pregnancy, Deep Tissue or Relaxed Massage!



JOE

Joe has an ITEC Level 3 Massage qualification and several years of experience, specialising in Deep Tissue and Holistic Massage. With a background in stage performance, Joe recognises the importance of physical awareness, and he draws from his understanding of the Alexander Technique to improve balance and reduce strain in the head, neck and spine. Joe's experience with injuries stemming from stress and psychosomatic symptoms has also deepened his understanding of pain management and rehabilitation.



LAKAEI

Lakaei specialises in Sports and Holistic Massage. Following several years of experience as a PT, Lakaei uses his fitness knowledge to supplement his massage, making his treatment style ideal for everyone from avid sports goers to novices. Lakaei's extensive experience and personable approach offers balance and relief to tired muscles through a range of treatments including Deep Tissue and Sports Massage.



SHREYA

Shreya is a MSc Physiotherapy student, with a Level 3 iTEC qualification in Sports Massage and has experience in providing deep tissue, sports massage and whole body holistic massage to clients. She is very passionate about what she does and also incorporates exercises for clients to provide further relief. Shreya has deep knowledge of the anatomy and works to create bespoke outcomes, making people feel incredible benefits from massage and movement.

MASSAGE MENU

SWEDISH / HOLISTIC MASSAGE

Swedish massage is designed to increase circulation, soothe muscles and improve relaxation. It uses five main techniques; stroking and gliding, kneading, rubbing, tapping or pounding, and vibration. Swedish massage techniques are most commonly associated with a 'typical' massage.

This form of massage helps to stimulate the skin and nervous system and exercises the ligaments and tendons to keep them supple. The process can be incredibly relaxing and reduces both emotional, and physical stress.

30 MIN £55

60 MIN £90

90 MIN £135

LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph which reduce toxins in your body. The lymph system is part of your body's immune system which helps fight infection.

This massage is targeted to specific areas relating to this integral system and is known to be very relaxing. This treatment focuses on the face, neck, arms, stomach and legs.

30 MIN £55

60 MIN £90

90 MIN £135

SPORTS MASSAGE

Sports massage includes the manipulation of muscles to support people with physically demanding lifestyles. Sports massage is perfect for those training for a specific sport, event or hobby, as well as those with injuries in need of rehabilitation and recovery. This kind of therapeutic massage considers the impact of certain activities on specific joints, muscle groups, tendons, ligaments and soft tissue groups.

30 MIN £55

60 MIN £90

90 MIN £135

DEEP TISSUE MASSAGE

Deep tissue massage is used to ease inflammation and physically break down muscle knots or adhesions, as well as bands of painful and rigid tissue that can disrupt circulation, cause pain or limit the range of motion. At the beginning of the massage, lighter pressure is applied to warm up the muscles and as the massage continues you will notice techniques that are designed to stimulate the fibres of the muscle with long gliding strokes and more focussed areas of deep pressure.

30 MIN £55

60 MIN £90

90 MIN £135

MYOFASCIAL RELEASE

Myofascial release is a therapeutic massage technique that focuses on releasing tension and tightness in the fascia, (connective tissue that supports muscles, bones, and organs throughout the body). This massage aims to alleviate pain and improve range of motion by targeting specific areas of fascial restrictions. Our therapists apply gentle, sustained pressure and stretches to the fascia to manipulate and release tension. Myofascial release aims to break up adhesions and restore normal movement and flexibility in affected areas and the pressure applied is typically sustained for a longer duration compared to traditional massage techniques.

30 MIN	£55
60 MIN	£90
90 MIN	£135

AROMATHERAPY

Aromatherapy is the practice of using essential oils for therapeutic benefit. It uses the sensory system to add extra relaxation and pleasure through essential oils and fragrance. Specific oils can be used for certain benefits such as energising or calming effects. Experience the wellness ESPA range of oils and enjoy a full body massage that will ignite your senses.

30 MIN	£55
60 MIN	£90
90 MIN	£135

THERAPEUTIC MASSAGE

Therapeutic Massage is a great option for a consultative experience where our Therapists can listen to your requirements and combine their skills for great results. At its core, therapeutic massage is a mobilisation of the soft tissues in order to induce relaxation and uses a combination of specific massage techniques, such as deep tissue and Swedish, to produce a therapeutic effect. Therapeutic massage can be used to reduce stress, decrease pain and increase feeling of calmness and well-being.

30 MIN	£55
60 MIN	£90
90 MIN	£135

PASSIVE STRETCHING

Passive stretching uses the therapists force rather than your own ability to increase flexibility, aid mobility and ease pain. Your muscles need to be relaxed during the session and your therapist will guide you through to get the maximum benefit.

30 MIN	£55
60 MIN	£90
90 MIN	£135

PREGNANCY MASSAGE

Prenatal massage uses gentle sweeping strokes and acupressure techniques, with a focus on tense and pressured muscles caused by hormonal and bodily changes. Pregnancy Massage is a great way to reduce fluid build up, promote good relaxation and sleep to support your muscles through the effects of pregnancy. *Only suitable for women in the second and third trimester of their pregnancy.

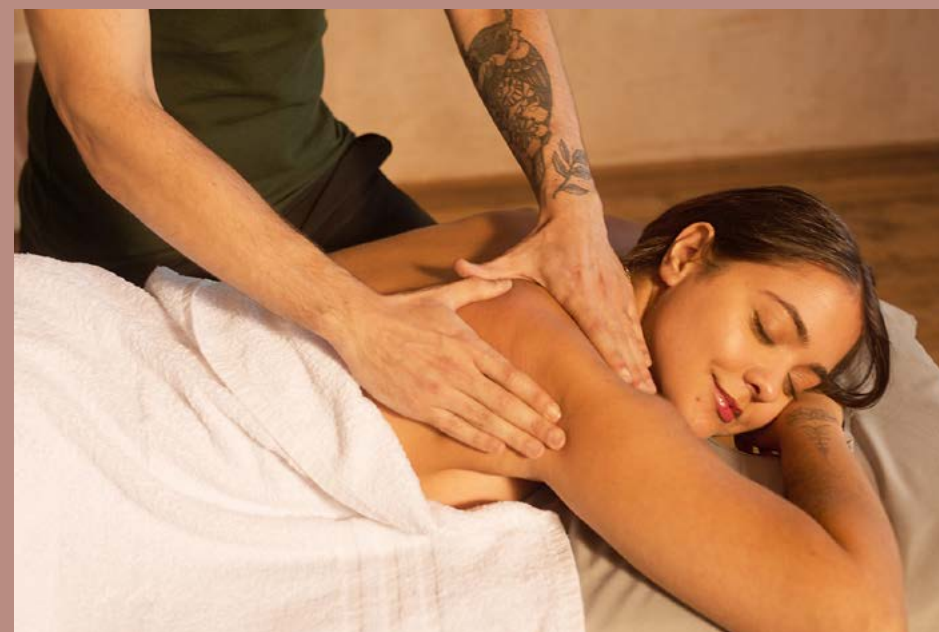
30 MIN	£55
60 MIN	£90
90 MIN	£135

PREMIUM MASSAGE

SIGNATURE ANTI-CELLULITE & LYMPHATIC DRAINAGE SCRUB MASSAGE

You'll leave with noticeably smoother & nourished skin through massage and lymphatic drainage techniques. A course is ideal for a pre-holiday, tanning or as an ongoing health benefit.

30 MIN	£70
60 MIN	£110
90 MIN	£145



NUTRITION

We make healthy eating and nutrition simple and accessible.

Providing your body with the right nutrition is essential to achieve optimal performance in every aspect of your life. We support your journey with advice and recipes in our blog, plus a range of nutritionally balanced items available in studio or online, including pre/post workout, natural shakes and energy balls designed to fuel your body for optimum wellbeing.



MELISSA

Melissa is a renowned Nutritionist BSc and Mindset Coach as featured in Women's Health Magazine and BBC Radio. She has coached 100s of clients worldwide on their relationship with food, gut health, weight loss and more, helping people to feel better from the inside out. Her coaching supports those who enjoy food but are frustrated with fad diets and low confidence in their body. Melissa's goal is to change people's relationship with food so they can achieve the health and body they want without being preoccupied with food and calorie counting. Melissa feels honoured to see life changing results internally and externally through her work and is available for consultations to support your goals.

NUTRITION MENU

(Delivered online or in person consultations)

WEIGHT LOSS GUIDANCE

Melissa's weight loss program is designed to help you reach your goals and set you up for long-term success. Melissa can focus on whole foods, portion control, and creating a balanced diet that works for you.

She provides online 1:1 support and resources to guide you through the process and help you stay motivated. The follow up sessions will help you stay on track and make adjustments when needed. Melissa understands that everyone's journey is unique and she is here to help you achieve your goals.

COURSE OUTLINE	12 X 30 MIN SESSIONS OVER 24 WEEKS Suitable for extensive weight loss	£900
KICKSTART PROGRAMME	3 X 30 MIN SESSIONS OVER 3 WEEKS FOR Suitable for getting back on track with physique and healthy habits, small weight loss or gain	£225

IMPROVING GUT HEALTH

Melissa's Gut Health Program is designed to help you improve your digestive health and overall wellbeing. She understands that gut health is essential for a healthy and happy life, so she has created a program that will help you to maintain a healthy gut.

This program includes a range of tips and strategies to improve your digestion, including diet advice, lifestyle changes, and supplementation. She will also provide detailed instruction on how to maintain a balanced gut microbiome and how to identify any potential issues before they become a problem.

With this program, you can be sure that you are taking the best possible care of your body and supporting your gut health.

COURSE OUTLINE	3 X 30 MIN SESSION OVER 3 MONTHS	£225
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VEGAN PROGRAM

This program is designed to help you transition to a healthy Vegan lifestyle as easily as possible. Melissa will provide all the resources and support you need to make the switch, from providing delicious plant-based recipes to expert advice.

COURSE OUTLINE	3 X 30 MIN SESSION OVER 3 MONTHS	£225
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MANAGING MENOPAUSE

During perimenopause your body can change in different ways such as higher blood pressure, changes in cholesterol levels and losing calcium from your bones. Other symptoms can include weight gain, hot flashes, night sweats, irritability, poor concentration, more frequent headaches, and joint pains. These symptoms are mainly due to falling oestrogen levels, and can last for just a few months or for several years. Melissa can provide expert guidance on what to eat during this stage to help mitigate these symptoms.

COURSE OUTLINE	4 X 30 MINUTE SESSIONS OVER A MONTH	£300
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BESPOKE PROGRAMMING

Melissa offers 1:1 sessions in person or online to discuss your personal barriers to nutrition. You will receive expert advice to overcome and transform how you fuel your body. Sessions include recipe guides, food diaries and expert support to transform your mindset with food.

INITIAL CONSULTATION	£110	10 SESSIONS	£1050
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MIND

MINDFULNESS IS IN EVERYTHING WE DO.

We believe to have a happy and abundant life, it's also important to have a healthy mind and heart coherence. Our studio sessions start with a mind touch point to ease you into a positive mindset.

We provide meditation, breathwork, sound healing, mindfulness and crystal healing masterclasses to give you support and guidance as part of your everyday routine. We also offer a range of transformative, mindfulness 1:1 consultations and Personal Training which can be booked online.



1:1 & CLASS MIND RATES

1:1	£55 - 30 MIN £90 - 45 MIN	CLASSES	£35 OR MEMBERSHIP RATE - 40 MIN (see our class timetable)
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MIND MENU

REIKI

Reiki, meaning "universal life force energy", is a holistic treatment that originated in Japan in the early 20th century that balances a client's energy to promote harmony in the body and mind. We work with your specific intention for the session by laying hands on or above the body's chakras, also known as energy centres, and focuses on balancing and unblocking them to allow the energy to flow more freely. Studies have shown that Reiki has measurable benefits including lowering blood pressure, improving sleep, reducing anxiety and reducing pain. Clients are treated whilst fully clothed and the session includes meditation techniques, singing bowls and crystals.

SOUND HEALING CLASSES & 1:1

Sound healing is for anyone who wants to learn to add more relaxation into their lives. It's a beautiful and nurturing way to feel more centred and at peace. It's particularly beneficial for burnout and stress management, accompanying spiritual processes and life changes, as well as general relaxation and mindfulness. Vibrations and sound frequencies help to relax the body and mind. It can help with a variety of issues such as:

- Anxiety
- Depression
- People recovering from physical trauma
- Chronic pain
- Exhaustion
- Insomnia
- Fibromyalgia
- Physical and mental tension
- Headaches

MENTAL HEALTH FIRST AID

Mental Health First aid provides a non-judgmental and calm environment to take the first steps to better mental health. In a mental first aid session, we will provide a listening platform to identify triggers and circumstance that lead to feelings of sadness, anxiety and despair. Whether this is affecting daily life, or is hindering you from progression, this is a first level of support for mental health providing early intervention. Our Mind Therapist will work with you to find a positive solution to help you navigate through your specific difficulty, whether it be self-guided or with additional support from a professional.

EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique is a method designed to help manage emotions and the common effects of stress. Also known as tapping, it works on the meridian points of the body linked to the Amygdala; a part of your brain responsible for response. It is derived from combinations of Chinese acupuncture and Modern Psychology practices. Tapping is proven to reduce stress, lower cortisol, improve sleep, reduce anxiety, relieve pain, increase productivity, and so much more!

PERSONAL TRAINING

Work with our exceptional Personal Trainers to improve your strength, mobility and to condition your body. You can opt for traditional Personal Training or for a combined Personal Training and Pilates programme. We can support you to reach your goals and get results.



TEAGAN

Teagan is a qualified Pilates Instructor, Personal Trainer and Group Fitness Instructor. Having gained her qualifications in Australia, Teagan started her career in the fitness industry in 2017, working as a PT, Health Coach and a Group Fitness Instructor. Teagan also has a Bachelor's degree in Psychology and is passionate about the positive impact that physical exercise has on mental health and wellbeing. Teagan has a passion for helping people achieve their fitness goals, helping them to feel strong, healthy and empowered.



ROSS

Ross has been in the fitness industry for 13 years, having started out as a Gym Instructor at a private health club. He later developed into a Level 3 Personal Trainer, utilising his rugby, rowing, football and wrestling experience to provide specialised training for clients. Ross is a Notting Hill local and has experience across many fields which he has used to train a variety of clients from fitness regulars to complete novices. A man of many talents, Ross also holds qualifications as a Boxercise PT and Class Instructor, TRX suspension Trainer, Advanced Stretchologist, Olympic weight lifting and Swedish Massage.



LAKAEI

Sport and exercise have always been an integral part of Lakaei's life. Having acquired a Bachelors degree in Sport Science, Lakaei enrolled in the KX Education and Development program. Having spent years as a PT, Lakaei uses his knowledge to supplement his massage, making his treatment style ideal for everyone from avid sports goers to novices.

PERSONAL TRAINING MENU

PERSONAL TRAINING OR COMBINED PILATES AND PERSONAL TRAINING

We deliver Pilates and Personal Training to support and improve your range and quality of movement. Pilates builds an outstanding physical foundation for any wellness programme to build core strength, balance and great technique through safe and challenging training. Our Reformer Pilates 1:1 sessions are delivered by dedicated Trainers who will ensure you have a bespoke programme for your goals. You can select to work with our Personal Trainers in our gym to give you a full range of exercise methodology to strengthen and condition. Personal Training can be combined or separated from Pilates dependant on the results you require.

60 MIN	£90
10 SESSIONS 2 Month Expiry	£850
20 SESSIONS 3 Month Expiry	£1600
30 SESSIONS 4 Month Expiry	£2250





123 WESTBOURNE GROVE,
LONDON W2 4UP

0207 082 5510

WWW.XCLUBS.CO.UK

INFO@XCLUBS.CO.UK

