



REST & RECOVERY INVESTMENT OPTIONS

CONSULTATION

Health And Wellbeing Consultation (60 min)	£95
--	-----

R&R BESPOKE MASSAGE

Bespoke Massage (60 min)	£95
Express Bespoke Massage (30 mins)	£55
Whole Bespoke Massage Experience - Including Sound Healing (crystal bowls and tuning forks) Chakra Meditation (75 min)	£140
Relaxation Lymphatic Drainage (60 min)	£90
Relaxation Lymphatic drainage (30 min)	£55
Sports Massage-Including Specific Stretches (50 Min)	£90
Hot Stone Massage (60 mins)	£110
Express Hot stone Massage (45 mins)	£80
Express De-Stress Massage, Vagus Nerve Inspired Neck, Shoulders, Jaw, Scalp, Chest (30 min)	£60
Express Shoulders Release, Neck, Shoulders, Pecks (including stretches on chair) (20 min)	£40

NERVOUS SYSTEM REGUALTION TECHNIQUES & DEEP MEDITATION TRANSFORMATION

Take Home Relaxation Techniques - Breathwork, Somatic Safety Techniques (60 min)	£60
Express Take Home Relaxation Techniques - Breathwork, Somatic Safety Techniques (30 min)	£35
Self Confidence/ Self Love / Gratitude - Deep Meditation Transformation Experience (30 min)	£50

TO ACCESS R&R SERVICES ABOVE YOU MUST BE A FZ MEMBER. A ONE-TIME JOINING FEE APPLIES.
Joining fee - Option 1 £95 (includes wellbeing consultation and first visit pass - value £120) or £185 (includes Welcome members gift pack - value £105, day pass - value £35, Healing suite experience (90 mins) - value £135, Wellbeing consultation - value £95
TOTAL VALUE= £370



REST & RECOVERY INVESTMENT OPTIONS

HEALING SUITE

Healing Suite (90 min protocol) - 1 xweek	£395 per month	saving £105
Healing Suite (90 min protocol)	£135	
Vibration (10 min protocol)	£20	
BEMER (8 min protocol)	£25	
Red light therapy (30 min protocol)	£45	
FZ Relax pod (30 min protocol)	£45	
Pulsetto VNS Protocol	£35	
Guest Pass	£25	—

TO ACCESS R&R SERVICES ABOVE YOU MUST BE A FZ MEMBER. A ONE-TIME JOINING FEE APPLIES.
Joining fee - Option 1 £95 (includes wellbeing consultation and first visit pass - value £120) or £185 (includes Welcome members gift pack - value £105, day pass - value £35, Healing suite experience (90 mins) - value £135, Wellbeing consultation - value £95
TOTAL VALUE= £370

   
MOVEMENT MINDSET HEALING CONNECTION

R&R @ FOURTHZONE