

# CREO REHABILITATION AND PERFORMANCE SERVICES

# Therapy services

## Sports massage therapy:

*Sports massage is not just for athletes, the aches and pains associated with sport can be treated but the majority of our clients come in to ease occupational posture restrictions and general aches and pains.*

30 Minutes £25

60 Minutes £45

## Sports injury rehabilitation:

*Acute or chronic injuries can be treated with a hands-on approach and a range of equipment.*

Injury assessment and 30-minute treatment £45

Additional appointments, rehabilitation / training £45

## Normatec Recovery system:

*Normatec effectively mimics the body's natural muscle pump of the legs, enhancing the movement of fluid out of the limbs, leaving your legs feeling refreshed. Multiple levels of compression allow you to tailor the treatment based on your tolerance.*

60 Minutes £40

# Exercise services

## Personal Training:

£40 'hr

Weight loss, muscle gain or just improving quality of health. Whatever your goals we're able to help you achieve them.

Along the way we will help you restore natural movement meaning you *move better, move more and improve your overall quality of life, no matter what your age or current activity exposure.*

# Nutrition services

## Nutrition Accountability Plan

£50

*Our 1 month plan helps to keep you accountable. You will work with our nutrition professional to personalise your calorie goals. Your nutrition will be logged on an app. This will be monitored by your nutrition professional and weekly feedback provided. This will be supported with ongoing email support*

## Nutrition Consultation

£70

*Our nutrition professional will discuss your current health goals and overview an existing 3-day food diary provided by yourself. You will receive personalised nutritional advice along with nutritional education to help you meet your goals. Finally, you will be provided with 10 meal ideas tailored to your needs. This will be supported with ongoing email support*

## Tailored Diet Plan

£175

*Using a food diary provided by yourself, our nutrition professional will compile a full nutritional analysis on your existing nutrition. You will receive a fully tailored diet plan tailored to your goals which we will continue to review and adapt. We support you with weekly recipes and education, along with 2 x 15-minute telephone/video call check-ins.*

# About our packages

Everyone can benefit from a specific, holistic and consistent approach to recovery which will help maximize your performance and health.

Our packages maximise your results by combining our Therapy and Nutrition services and are sold at a 10% discount on individual purchases.

3 simple steps to your bespoke package:

①

## Choose your route

Are you looking to improve recovery and performance or your quality of life?

②

## Consider your bias Nutrition / Therapy

How much therapy or nutrition guidance do you require? Our gold, silver and bronze packages offer varying levels of support. You must select one therapy and one nutrition product. If you're unsure we can assist you with this part.

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## Choose your two products

Remember to choose one of each. Our packages cater for all budgets and levels of support.



**£122.50**

3 sessions per month



**£81**

2 sessions per month



**£41.50**

1 session per month

**Therapy**

**Nutrition**

**£157.50**

Bespoke nutrition plan

**£108**

Consultation + Monthly support

**£63**

Consultation

*To calculate your individual price combine the price of your two packages  
All packages are month by month with no contract or long term commitments..*



[www.creorandp.co.uk](http://www.creorandp.co.uk)