

Welcome



to the first
Active
Lambeth
Therapy
Newsletter

April 2024

4 FOR 3

April Special - Purchase x3 30 minute massages get x1 FREE

Active Lambeth Therapy was created to extend the health & well-being options available to our members. We have a team of experienced therapists offering a range of therapeutic services for you to enjoy.

Who says you can't mix relaxation & fitness!

Book Now via the Active Lambeth App / Online or Phone (0207 095 5100)

Avoid the April showers with a massage

Appointments in April

AVAILABLE

Book Now



Self-Care

We Care

Self-care is an essential part of keeping your body healthy. Invest in your health & wellness today & Book a treatment with us!



Refer a friend & get 10% off!

Don't be a gate keeper. If you've enjoyed a session spread the word and get a reward.



Active Lambeth Therapy

Rejuvenate your Mind, Body & Soul

Services / Packages & Offers

Starting From £30.00

Deep Tissue Massage

Uses slow strokes and sustained pressure to target the inner layers of muscles

Swedish Massage

Light to firm pressure. Working with the muscles and soft tissue to provide calm & balance

Reflexology

Uses gentle pressure on specific points along your feet to help you feel better

Package 1

Introductory Offer!

Get your first 60 minute massage for

£49.99

Available to purchase by phone only
T&C's apply

Package 2

Wellness Bundle!

Get x3 60 minute massages for

£144! Was £180

Available to purchase by phone only
T&C's apply

Package 3

April Special!

x4 30 minute massages for **£90**

Available to purchase Online
T&C's apply