

# Holistic & Remedial Mobile Massage by Penny Groom

## 2021 Pricelist

Enjoy an **array of treatments** in one session,  
at a **set price**, at a **warm, relaxing**  
and **covid-safe** environment.

Massage is an excellent way to **relax and unwind**  
as well as help and improve a whole range  
of **musculoskeletal issues and injuries**.

Penny offers an increasing range of treatments  
allowing her to **tailor each massage**  
around your **individual needs**.

### Treatments

- Swedish Massage • Deep Tissue Massage
- Myofascial Release • Seated Massage
- Thai Massage • Pregnancy Massage
- Remedial Massage • Manual Lymphatic Drainage

### Sessions

Choose a session time, pin point areas  
that require attention and let Penny  
tailor the massage treatment to you.

### Blocks

Save money and buy a block of time;  
Ideal for a group bookings or for those who  
require a succession of treatment sessions.

### Prices

Sessions	Blocks
30 Minutes £30.00	2 Hours £80.00
45 Minutes £37.50	3 Hours £118.00
60 Minutes £45.00	4 Hours £156.00
75 Minutes £52.50	5 Hours £192.00
90 Minutes £60.00	6 Hours £228.00
105 Minutes £67.50	7 Hours £262.00

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# Home Clinic

By Appointment only

13 Lancaster Close,  
Fakenham, NR21 8DW

## Parking available

Relaxing & Covid safe environment;  
separate entrance, wash room  
and treatment room for clients.



## Penny Groom

### Holistic & Remedial Massage

## 2021 Opening Times

Monday – Friday, 6 - 8pm

1 person or a group of people  
from the same bubble per day.

Times maybe extended during 2021  
and will be updated online at  
[www.pennygroommassage.co.uk](http://www.pennygroommassage.co.uk)

## Mobile Massage

Home visits will commence in line with  
what the government guidelines  
& my insurance allows.