

WELCOME TO HOPE SPINAL WELLNESS MASSAGE MYOTHERAPY

Hope Spinal Wellness is a family practice transforming lives through Chiropractic, Functional Fitness, Massage, Nutrition and Mindfulness. Whatever your health goals, from improving mobility, helping with back pain, neck pain, joint issues or losing weight, we are here to provide you with the care, tools, guidance and knowledge to help.

Hope Spinal Wellness is one of the only combined Chiropractic and Wellness practices in the UK with state of the art facilities including Digital X-rays, Inbody, Myzone and a fully integrated Functional Fitness centre. With the introduction of our 8 Weeks to Wellness programme, we are confident that we can help you become the best version of you.

Massage helps to relieve muscle tension, reduce any stress and evoke feelings of calmness leaving you feeling relaxed, rejuvenated and ready to face the world

Here at Hope we offer specific Therapeutic, Deep Tissue and Sports Massage. All of us are likely to suffer from muscular tension or discomfort at some point in our lives and this can result from everyday stress and activities such as sitting hunched over a computer, lifting heavy items, postural problems or even a fall.

Massage is very effective at reducing soft tissue pain and dysfunction. We have a fantastic team of therapists ready to work with you to help put that spring back in your step and have a restored zest for life.

You will find your New Patient Massage Entrance Form below which will need to be completed and brought along with you on your first visit.

Meet the team



HOPE SPINAL WELLNESS MASSAGE THERAPY POLICIES

Fees for massage therapy sessions are £35 for 30 minutes, £45 for 45 minutes and £55 for 60 minutes
Payments can be made by cash, cheque or online payments at the time of your visit or in advance.

We appreciate 24 hours notification to change an appointment. Please note cancellation of less than 24 hours notification, or a failure to attend without notification will be charged at full fee. ALL future pre-booked massage appointments will need to be paid for in advance.

Should you fail to attend your scheduled massage appointment or arrive significantly late the above fee will be incurred. Therefore it is imperative you arrive on time or a few minutes earlier.

Your appointment is scheduled for between 30 and 60 minutes depending on your booking, within this time period we allow 5 minutes for changing either side of the massage.

We have early morning and late appointments available Monday to Friday and Saturday until 12pm.



PARKING NOTICE

We have car parking available for up to 10 vehicles on site. We cannot guarantee space will be available onsite at your appointment so please allow enough time to find alternative parking if necessary.

The painted lines in the rear car park at the practice are part of our outside gym and are NOT car park spaces. Please be courteous when parking so others can leave and enter the site.

If there is limited parking at the practice, there is additional parking available at:

Sainsbury's Superstore (Free for 2 hours)

Kingsmead Leisure Centre - £1 for 3 hours

HOW TO FIND US:

We are located on the corner of St Stephens Road and Broad Oak Road, next to St Stephens Roundabout.

Postcode for your sat nav is: CT2 7JL

PLEASE NOTE

- We have your current details and mobile number at all times to contact you.
- if you have regular massages please let us know if you are going away or on holiday or need to change your regular schedule.
- If you wish to refer a family member or friend for a massage, let us know and we can arrange a 20% off gift voucher for their first visit. If you would like a complete chiropractic assessment please see front desk for a complimentary gift voucher and to make an appointment.
- Please join us on Facebook at Hope Spinal Wellness Chiropractors Canterbury, to stay in touch with all our practice updates and promotional activities.
- 8WW (8 Weeks to Wellness) and functional fitness training is available, please ask your therapist or see front desk for more info.
- please make us aware of any changes to medication or any recent injuries accidents
- Please keep your underwear (pants) on for your massage
- Please leave any muddy, wet or messy shoes downstairs on the mat provided before going up to the massage or gym area.

All healing takes time. If you do not feel satisfied with your body's responses please make an appointment to discuss with your practitioner. We want you to get the most from your massage therapy.

HOPE SPINAL WELLNESS is owned and operated by Veronica and Scott Hope. Please if at any time you have any serious concerns or complaints about our office or employees could you direct these matters immediately to Scott Hope on 01227 477004.

