



Personal Training



Gym & Weights Room



Studio Classes



Two Sports Halls

UPLANDS

SPORTS CENTRE

20 years of fitness 1998-2018

- ✓ Sports Massage
- ✓ Beauty Therapy
- ✓ Mind Coaching

... FREE 15 minute consultation **

... we offer you more

... now at Uplands Sports Centre



✓ Private treatment room onsite

All our staff are fully qualified and ready to help you find the feelgood you - mind, body and soul

At Uplands Sports Centre, you are assured of a warm welcome and a wide variety of sports and leisure facilities, we even have a outside MUGA for tennis and football use.

- ✓ Over 30 classes a week
- ✓ State-of-the-art gym
- ✓ Free weights room
- ✓ Five fully qualified personal trainers

FREE ONE DAY PASS - see website for details



TLC for your mind, body and soul

Let Kamila, Julie-Ann, Paul and Adam help you feel good



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Uplands Sports Centre
 Lower High Street | Wadhurst | East Sussex | TN5 6BA
 01892 782136
 info@uplandssportscentre.co.uk
 www.uplandssportscentre.co.uk

10% off your first treatment*

Sports Massage & Acupuncture



with Adam Hinchliffe

Qualified Sports Massage & Acupuncture Therapist

	1 Hour	30 Minutes
Sports Massage	£45	£26
Acupuncture	£40	£25
Massage & Acupuncture	£45	£27.50
Soft Tissue Release Therapy	£40	£25



**We offer a FREE consultation and assessment service prior to any of our treatments

Mind Coaching



with Paul Stevens

Accredited Integrated Therapist & Mind Coach

Working with children, teens, adults, couples & groups

Hypnotherapy | CBT | NLP | Life Coaching | EMDR Therapy | EFT/Tapping | Mindfulness | Past Life Regression | Future Life Progression |

Building and installing CONFIDENCE & SELF-ESTEEM

Anxiety | Stress | Depression | Weight Control | Anger Management | Eating Disorders | Addictions & Habits | Fears & Phobias | Public Speaking | PTSD | Exam Nerves | Relationship Counselling | Sports Performance

Contact Paul today to book an appointment or a FREE 15 minute consultation

Change Your Mindset - Change Your Life

Holistic Massages & Treatments



with Julie Ann Clark & Kamila Horner

Qualified Beauty & Holistic Therapists

Female Massage	1 Hour	30 Minutes
Swedish Body Massage	£45	£26
Pregnancy Massage		
...pre and post	£50	£34
Indian Head Massage		
...including oils (10 mins £10)	£45	£30
Hopi Ear Candle	£25	
Feet & Hands Massage	£20	

Eyes, Facials, Hands & Feet

Eye Treatments

Eyelash Tint (Patch test 48hr before)	£12
Eyebrows Tint (Patch test 48hr before)	£8
Eyelash & Eyebrows Tint	£20
Strip Lashes from #	£15

Facials

Mini Microdermabrasion	£25
Mini Facial	£30
Microdermabrasion	£45
Sensitive Skin Facial	£40
Elixir of Youth Facial	£40
Waterfalls of Gold Facial	£50

Hands & Feet

Classic Manicure	£25
Luxury Manicure	£30
File & Polish (Nails)	£10
Classic Pedicure	£25
Luxury Pedicure	£30
File & Polish (Toes)	£12
Pedi & Gel	£26
Mani & Gel	£26
Soak off Gel	£5

Waxing

with Julie Ann Clark & Kamila Horner

Qualified Wax Specialists

Lycon Precision Waxing

High Bikini/Californian	£18
Brazilian	£30
Hollywood	£32
Lip or Chin	£9
Lip & Chin	£12
Eyebrows	£10
Full Face	£20
Underarm	£13
Nostril	£12



	1/2	3/4	Full
Arm	£16	-	£20
Leg	£18	£22	£26

Warm Wax

High Bikini/Californian	£15
Brazilian #	£27
Hollywood #	£30
Lip or Chin	£7
Lip & Chin	£10
Eyebrows	£8
Full Face	£16
Underarm	£10

	1/2	3/4	Full
Arm	£15	-	£18
Leg	£16	£20	£25

Stomach or Lower Back £12

Full Body Wax Available on request

treatments by Kamila only

