



Holistic Therapy ◀

Massage ◀

Sports Injury ◀

Personal Training ◀

Education ◀



APPROVED SUPPLIER

www.physiquelifestyle.co.uk

Welcome

Welcome to the Physique Lifestyle Brochure, which offers a range of high quality and comprehensive holistic and complementary healthcare products.

We have sourced and made available some excellent products, many taken from our sports medicine range, which have been used by therapists in both a clinical and professional sports club environment, giving you the assurance of their robust, high quality.

Many of the items are at discounted prices and at our ever popular “Buy 3 get 4th item FREE” (Items marked * and can be mixed, lowest priced item will be supplied free).

The full “Lifestyle” product range can be viewed at www.physiquelifestyle.co.uk. You can also register your clinic and particular expertise in our free and accessible clinics section, and download new and up to date sports medicine articles FREE.

Finally a very special thank you goes to the Federation of Holistic Therapists (FHT), the UK and Ireland’s largest professional therapist association. Physique Lifestyle has teamed up with the FHT, to offer members an exclusive discount on products, plus many more additional savings. Visit www.fhtonline.co.uk for full details and to be directed to your exclusive FHT prices.

Thank You.

Physique Lifestyle Team

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Buy online and get your membership discount!
www.fhtonline.co.uk



All prices exclude VAT

Reflexology



PAIR ONLY!

£39.99 +VAT



Reflexology Training Feet

Full size feet with clamp stand for perfect positioning. They feel like real skin to touch allowing perfect training and practice.

Pair £39.99



ONLY!

£89.99 +VAT



Reflexology Foot Stool

Designed for effective and comfortable foot treatment in the home or on community visits. Surface tilts for multi angled use. Available in blue only. Carry bag available separately.

Dimensions 53cm x 40cm.

Each £89.99

Carry Bag Each £19.99



ONLY!

£119.99 +VAT



Lafuma Reflexology Recliner

A lightweight, sturdy recliner, designed to conduct reflexology safely and in the comfort of your home. Folds flat (20cm x 70cm x 100cm) when not in use and very lightweight (8kgs). Available in Navy Blue only. A carry bag is sold separately.

Each £119.99

Lafuma Carry Bag Each £15.99



ONLY!

£4.99 +VAT



Reflexology Gloves and Socks

Clear reflexology points to indicate the various organs of the body. Excellent tuition and practice tool. The gloves or socks come in pairs and are made from 80% cotton and 20% lycra. One size fits most. Order feet or hands.

Pair £4.99

Pair of Hand and Feet £8.99



Reflexology Wipes

Use to cleanse and deodorise the surface before conducting reflexology. Contains lavender and peppermint, making a refreshing environment.

Mobile Size 42's £4.99

Salon Size 100's £7.99



Foot Lotion

A light, high quality, easily absorbed lotion with almond oil, cocoa butter and natural glycerine. It can also be used as a hand, body or face lotion. Suitable for all skin types.

100ml Each £6.25

500ml Each £15.99



Topical Powder

High quality, medical grade and unscented powder. Supplied in an easy sprinkle metal shaker.

120g Each £3.99



Tui Foot Balme

For use as a refreshing foot massage and Reflexology medium. The essential oils are Spearmint, Peppermint and Ravensara.

100g Each £7.99



ART Reflex

Specially formulated products for use on ART techniques. The Balm is naturally germicidal and conditioning for feet, but also makes the detection of disturbed reflexes easier. Foot spray is a wonderful refreshing, cleansing spray containing peppermint.

125ml Balm Each £6.99

500ml Balm Each £16.99

100ml Spray Each £9.99



All prices exclude VAT

Order On-Line

www.physiquelifestyle.co.uk

Stone Therapy

Stone Kit with Heater From Only!

£67.98 +VAT



Hot Stone Accessories Kit

Our kit contains: gloves, large spoon and net to safely take stones out of heater, plus a thermometer to monitor the temperature.

Each £7.99

Lifestyle Basalt Stones offer a contemporary and effective massage technique which has been in use for many years. The smooth warm stones allow the therapist to effectively massage the body, allowing the gentle heat to penetrate the skin allowing the patient to relax quickly and effectively.

The Lifestyle Basalt stones are the recommended stones of choice for hot stone massage, the basalt retains heat better than any other type of stone and they have a workable smooth texture.

All our stone kits are delivered in a sturdy bamboo box to keep the stones clean and tidy. Add a heater if required.

| | Total Stones | XLarge | Large | Medium | Small | Finger | Toe | Facial | Trigger | White | Chakra | Total Price |
|-------|--------------|--------|-------|--------|-------|--------|-----|--------|---------|-------|--------|-------------|
| Kit 1 | 20 | | 4 | 4 | 4 | 4 | 4 | | | | | £27.99 |
| Kit 2 | 45 | 1 | | 12 | 12 | | 10 | 2 | | | | £45.99 |
| Kit 3 | 60 | 3 | 6 | 10 | 14 | 4 | 4 | 6 | 2 | 4 | 7 | £55.99 |

Stone Heater

The Heater has an automatic temperature controller allowing the stones to be kept at a constant temperature. The indicator light lets you know when the temperature is reached. The 6 quart heater has a capacity of 65 stones.

Each £39.99



ONLY!

£8.49 +VAT



Hot Stone Therapy Pack

Contains natural tumbled river pebbles, stress release massage oil, white cotton waffle cosmetic hair band, and a frosted glass relaxing fragranced candle urn. Everything to create a professional luxury spa treatment at home. Size: 15cm x 6cm x 20cm.

Each £8.49



All prices exclude VAT

4 Order By Phone On

0845 678 7005

Ear Candling

Ear Candling

An ancient form of treatment, thought to be used by the native people of North America. The cylindrical candles are inserted in the ear and lit, to cleanse the ear and to regulate the pressure system in the inner ear, managing symptoms associated with; headaches, migraines, sinusitis, rhinitis and tinnitus. Snoring can be reduced and children suffering from glue ear can be helped.

EAR CANDLES FROM ONLY!

£5.62^{+VAT}

***Buy any 3
& get 4th
FREE!**

*Biosun Ear Candles

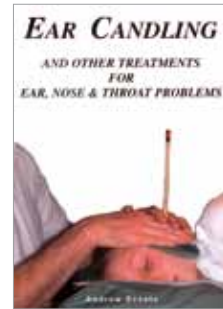
Made by hand using a traditional recipe and the finest ingredients: pure beeswax, honey extract and traditional herbs - Sage, St John's Wort, Camomile and pure essential oils. Approx 22 cm long, they make use of a small filter embedded inside the body of the candle which acts as a safety feature. Supplied as a pair with guidelines on use.

Pair £7.50

*Harmony Cone

Tapered end fits securely and safely into the affected ear canal. They are 25cm long and 1.25cm wide; giving over 20% more surface area than other cones which offers excellent value with the increased longer burn time.

Pair £7.50



Ear Candling

The Ear Candling treatment is covered in depth and hopefully some of the mystique surrounding this controversial therapy, which can have excellent results, is dispelled. Includes video presentation about use of candles, examining the results and a guide to different types of candles. Included is a guide to when and when not to use Ear Candles.

Book Each £13.99

DVD Each £19.99

Relaxology Kits



Mini Massage Relaxology Kit

Water Dispersible Oil 200ml, Massage Lotion 200ml, Arnica Gel, Ice Power 150ml, Thumb Therapist. All supplied in a convenient holdall.

Each £25.95



Relaxology Foot Kit

100ml Aromatherapy Peppermint Foot Gel, lightweight frosted plastic foot roller, moisturising socks and a reflexology guide. Size: 14cm x 10cm x 5cm.

Each £8.49



Relaxology Hand Kit

100ml Aromatherapy Hand & Nail Cream, moisturising gloves, 'sputnik' massager and a handy reference guide to reflexology points in the hands. Size: 14cm x 10cm x 5cm.

Each £8.49

All prices exclude VAT

Order On-Line

www.physiquelifestyle.co.uk

Crystal Therapy



Chakra Gem Stones

These semi-precious gemstones are placed on the chakra points to help remove blocked energy. Supplied in a soft sided attractive bag 117mm x 82mm.

Set £6.99



Soap Stones

These stones can be incorporated into body massage treatments and Indian Head Massage very successfully. You can either use the stone flat in the hand or along its smooth edges.

- Aventurine Each £9.99*
- Rose Quartz Each £9.99*
- Silverleaf Jasper Each £9.99*
- Bracciated Red Jasper Each £9.99*



Pendulum & Wands

Used successfully on any therapy working on specific areas such as pressure, acupuncture and reflex points. The "blunt" end can be used on the body whilst the "pointed" end can be used to work "energetically".

- Clear Quartz Wand Each £8.99*
- Rose Quartz Wand Each £13.99*
- Clear Quartz Pendulum Each £9.99*



Reiki Empowerment Grid Kit

Combined with a Reiki treatment to enhance the Reiki flow and create a deeper sense of relaxation for the Client. Kit comes with full instructions for use.

Each £9.49



Rose Quartz "Bath" Kit

A simple and effective crystal therapy technique which can be applied to enhance other treatments or used on its own. Crystal Therapists believe that Rose Quartz promotes a calming and soothing energy frequency.

Each £9.49



Chakra Ear Candling Cloths.

Manufactured from cotton 28cm x 24cm diameter.

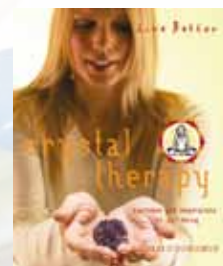
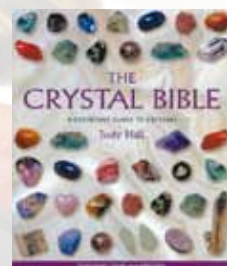
Set of 7 £6.99



Chakra Energies Chart

This beautiful, full colour chart shows the correlation between the chakras and colours, the elements, gemstones, nutrition sound, musical note and tone, astrology, metals, purpose, focus, emotion, gland, body parts and symbols. Available in either A3 (33cm x 45cm) or A4 (21cm x 29cm).

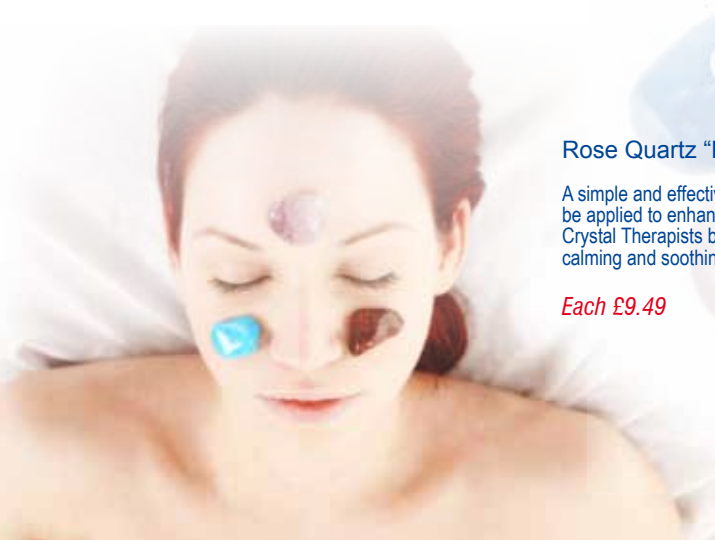
- A4 Each £3.50*
- A3 Each £4.99*



Crystal Stone Books

Two excellent publications to help you benefit and understand the use of stones and pendulums.

- Crystal Bible 400 pages £12.99*
- Crystal Therapy 128 pages £4.99*



***Buy any 3 & get 4th FREE!**



*Massage Lotion

Lightly oiled emulsion for a smooth non drying massage. Excellent contact with the skin and ideal on "hairy" sports men or where there is sensitivity to oils. Clean and Hygienic, an excellent choice. Sample sachets are available for you to try.

200ml Each £4.50
1000ml Each £12.99

*Arnica Gel

Arnica is considered to be one of the best cures for bruises and sprains. Applied externally to stimulate the blood supply, it can help relieve painful or inflammatory joints and bruising. Apply sparingly prior to use of massage lotions or oils.

200ml Each £4.50

*Water Dispersible Oil

Clean and simple, easy to work with and it washes off in clear water. No staining or marking. Soya and fractionated coconut oil base, with a slight citrus smell.

*Cologne

Traditionally used to cleanse skin prior to and after massage.

*Therapeutic Massage Oil

Sweet almond and Jojoba with additional essential oils to make this the perfect workable massage oil.

*HotBalm

Good old fashioned "changing room" smell. Methyl salicylate and Petroleum Base. Excellent pre event balm or to relieve stiff aching joints.

200ml Each £4.50 (Water Dispersible Oil)
500ml Each £7.50
5 litre Each £41.99

*Base Oil

You may decide to prepare your own oils for massage, easily mix the essential oils with our highest quality, medical grade base oils.

Grapeseed or Sweet Almond Oil
500ml Each £6.50
5 litre Each £35.99

Essential Oil Travel Kit

6 x 10ml essential oils including:- Eucalyptus, Mandarin, Lavender, Peppermint, Rosemary and Tea Tree, which can be mixed with our base oils to conduct a variety of aromatherapy massages. Supplied in an attractive wooden travel box.

Each £15.99



£39.99 +VAT

Baby Massage Doll

Has been specially designed for infant massage. Hands can be gently opened allowing for correct demonstration of the hands and limbs when relaxed.

The soft body parts of the doll allow you to demonstrate and practise a full range of movements that are a part of the massage routine. Excellent attention to detail on the feet, hand and ears.

60cm long and available as Caucasian or Afro-Caribbean.

Each £39.99



ONLY!
£8.99 +VAT



Single/Double Oil Holster - includes empty dispensing bottles.

Clean and convenient allowing hands free work. Holster comes complete with 1 or 2 empty bottles, adjustable waist band (extends 66 - 132cm) and a large zipped valuables pouch (on the double holster). Manufactured in oil resistant material.

Single Oil Holster Each £8.99
Double Oil Holster Each £12.99

All prices exclude VAT



Advanced Therapy Massage Gel

Hypoallergenic and unscented. Provides 25% more coverage than ordinary oils yet it's remarkably long lasting and non-greasy. It has one of the lightest, most pleasant textures you'll find. Hypoallergenic and Paraben-Free.

Herbal Select Body Therapy Range

Massage Crème

Light, non-greasy texture penetrates quickly to provide easy glide and consistent workability. Key botanical ingredients offer a soothing and calming feel to the skin.

Massage Oil

Textured oil with a gel feel. Satin glide without the unpleasant oily residue. Excellent in stimulating circulation, relieve soreness, soothe and calm. Great for glide over dense body hair.

Face Therapy

Light emollients and natural botanicals to help moisturise and ensure even glide without clogging pores.

Foot Therapy

Speeds recovery from soreness whilst stimulating circulation and softening rough, callused skin. Leaves a powdery after feel for the skin.

Clear Results

A light, unscented silky formula that washes out easily from fabrics, leaving your sheets and towels looking their best.

Advanced Therapy Massage Lotion

Hypoallergenic. Maintains a gentle drag and extended lasting performance. This product contains no drying alcohol, mineral oil, nut oils, or strong fragrance so you can use it as often as you like. Leaves skin with a light silky, soft feel. Unscented formula.

Advanced Therapy Massage Crème

Hypoallergenic and unscented. The ease of a glide with oil and the light absorption of a lotion in one luxurious crème. Wonderfully silky, this formula offers higher friction and less glide than oil, yet it won't absorb as fully or as fast as lotions. Perfect for longer massage sessions. Easy to apply.

Dual-Purpose Massage Crème

A superior combination of the workability of an oil and the absorbency of a lotion. Ideal for a variety of massage modalities from high glide to deep tissue techniques. Extra rich consistency will not spill and washes out easily from fabrics.

| Product <small>With oil & essential oil content.</small> | Size | | | | | | |
|---|-------|-------|-------|--------|--------|--------|--------|
| | 177ml | 206ml | 236ml | 400ml | 944ml | 1888ml | 2006ml |
| Clear Results <small>Coconut Oil Ester, Jojoba Oil, and Aloe Vera Oil.</small> | | | £8.99 | | | £30.99 | |
| Advanced Therapy Massage Gel <small>Apricot, Sesame, Grape Seed & Coconut Oil Ester, Vitamin E.</small> | | | £6.99 | | | £30.99 | |
| Advanced Therapy Massage Crème <small>Apricot, Sesame & Grape Seed Oil, Vegetable Glycerin, Grape seed Extract.</small> | £7.99 | | | | | £30.99 | |
| Advanced Therapy Massage Lotion <small>Apricot, Sesame & Grape Seed Oil, Vegetable Glycerin.</small> | | | £7.99 | | | £22.99 | |
| Dual-Purpose Massage Crème <small>Almond Oil, Arnica Extract, Ivy Extract, Aloe Vera Oil, Vitamin E, Vegetable Glycerin.</small> | | £8.99 | | | | | £32.99 |
| Herbal Massage Crème <small>Roman Chamomile, English Lavender, Sea Kelp and Aloe Vera.</small> | | | | £18.99 | | £37.99 | |
| Herbal Massage Oil <small>Arnica, Hawaiian White Ginger, Bayberry.</small> | | | £9.99 | | | £29.99 | |
| Herbal Face Therapy <small>White Lily, Rosehips.</small> | | | £9.99 | | £27.99 | | |
| Herbal Foot Therapy <small>Peppermint, Rosemary, Bay Laurel, Lemon Peel.</small> | | | £9.99 | | £27.99 | | |



Altogether Natural ...a supreme medium for massage



Fascial Release Wax

By using the Wax, the therapist can obtain the correct amount of grip and control on this tissue and the ability to stretch it, open it, move and separate it. Beeswax, Olive Oil, Almond Oil, Arnica, Calendula, Essential Oils of Manuka and Lemon. Also includes Hypericum.

225g Each £10.99

Sports Massage Wax

Containing Beeswax and Arnica which works on the skin as well as the muscles, making it an excellent pre and post event massage medium. Essential oils of Calendula, Manuka and Lemon.

100g Each £5.50
500g Each £16.50

Orange Spice Wax

Slightly softer wax than the sports. It helps to disperse lactic acid to reduce aches and pains. Essential Oils of Grapefruit, Orange and Pimento.

100g Each £5.50
500g Each £16.50

Unscented Massage Wax

Contains no essential oils, but in all other respects offers exactly the same benefits as the other waxes. Therapists can choose to create their own blends.

100g Each £5.50
500g Each £16.50

All prices exclude VAT

Massage

ONLY!
£4.99 +VAT

***Buy any 3 & get 4th FREE!**



***Therapist Thumb**

The most comfortable tool you may ever use to prevent wear and tear on your thumb, allowing you to give deeper therapy without the strain on your thumb. Can be used comfortably with oil or cream. One size 130cm x 40cm.

Each £4.99



Roller Massager

Stretches muscles and tendons, breaks down soft tissue adhesion, and soothes tight fascia. Increase in circulation provides stimulation and maximises muscle performance and flexibility. The rounded grip ends provide precision trigger point release to loosen knots in the muscle.

Each £14.99



***Buy any 3 & get 4th FREE!**

***Index & Jacknobbers®**

Allow pain free massage preventing that aching and worn out feeling in your fingers. Effectively delivers accurate trigger point massage. Select from the Index which can be held in the palm or the Jack which has 4 edges for a variety of pressure point tasks. Each Knobber has 2 different size knobles to cover small and large surface areas during massage.

Index Knobber® Each £4.99
 Jacknobber® Each £4.99



Available From Spring 2010!



The Kneader®

The debut product from Kneads Must Ltd, this stylish and durable tool makes body massage techniques easy, without the loss of touch or feel.

Nothing will ever replace a professional massage but using the Kneader delivers excellent technique whilst saving therapists' joints on deep or repetitive movements. It's also great for clients to use in-between treatments!

This product really is 'the one to watch out for' in 2010 and will be available for purchase this spring.

Estimated price £17.99



Backnobber®

Manage your own chronic trigger point pain! The 2 different size ends and natural shape allow the user to apply as much pain releasing pressure for as long as required to achieve remarkable effects.

Each £19.99



Omni-Massage Roller

The Omni Directional rolling ball gives you the deep penetrating pressure and mobility that you need for a great massage. Designed for professional and home use.

Each £9.99

All prices exclude VAT

Couches

FROM ONLY!

£199.99 +VAT

Lifestyle Couch



Lifestyle Couch Plus



Lifestyle Couch Lite



ALL COUCHES SUPPLIED WITH A CARRY BAG AND COUCH COVER WORTH OVER £36.00!

27" WIDE

| Couch | Dimensions | Weight | Extras | Price |
|----------------------|--------------------------------|--------------------------|--|----------------|
| Lifestyle Couch | Width 61cm (24") x 183cm (72") | 15kgs Aluminium Frame | Strong rigid design, even under lateral movement, reiki end panels for close work. | £199.99 |
| Lifestyle Couch Plus | Width 61cm (24") x 183cm (72") | 15kgs Aluminium Frame | Includes extended face cradle and armrest. Increase the couch length by 30cm! | £239.99 |
| Lifestyle Couch Lite | Width 69cm (27") x 183cm (72") | 13kgs Aluminium Frame | Designed for massage therapist. Hour-glass shape for patient comfort and therapist access. | £239.99 |



Carry Bag with Shoulder Strap

Protect your couch in our heavy-duty bag with adjustable shoulder strap. Will fit couches up to 15cm deep when folded. Bag provided with all our featured couches.

Each **£25.99**

All prices exclude VAT



*Couch Cover

Elasticated edge and securing ties for a perfect fit with a tapered finish breathe hole. Cotton based stretch cover which retains it's shape and colour after washing. Fits couches 60 - 72cm. Available in Navy Blue or White.

Each **£10.99**



Trolley Cart

Ideal for any mobile therapist. Will take a portable couch up to 28" wide and folds flat for easy transportation.

Each **£59.99**

Seated Acupressure

thumper® Professional Body Massagers



ONLY!

£139.99_{+VAT}

Mini Pro2 Thumper Massager

A lot of power in a little package. The MINI PRO2 is a professional strength massager in a personal, self-use size. Weighing only 1.4 kg, the MINI PRO2 has three electronically regulated power settings for use on both thick and thin muscles.

Each £139.99



ONLY!

£69.99_{+VAT}



Massage To Go

Lightweight (only 2.8kgs) ingeniously designed product for a truly portable head, scalp and shoulder massage. Folds up simply into a portable carry case.

Each £69.99



ONLY!

£219.99_{+VAT}

Therapy Chair

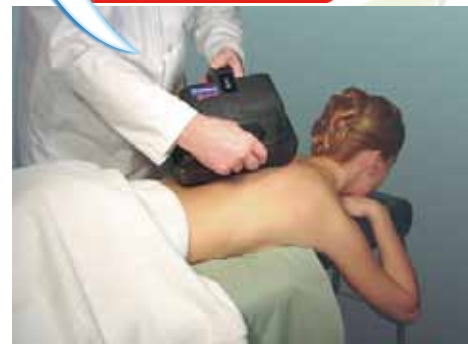
A top quality and professional looking portable massage chair, lightweight and adjustable. It sets up in seconds and is only 7kgs in weight making it easily transportable to and from clients. Supplied with a carry case.

Each £219.99



ONLY!

£199.99_{+VAT}



Maxi Pro Thumper Massager

The full size PROFESSIONAL THUMPER is ideal for 2 person use (eg. doctor - patient). It has 8 massage spheres and pulses 27 times per second. Its large size allows you to massage both thighs, calves, feet or paraspinal muscles at once. It weighs 3.2kg which provides all the necessary force to provide a sensational massage! The Thumper has no kickback in the handles.

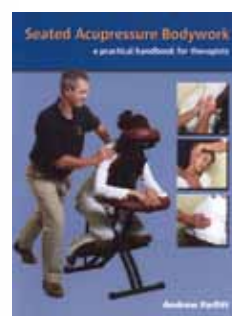
Each £199.99

Soft Tissue Release (STR)

Clear, concise, and a practical book that guides you in understanding and applying the types of soft tissue release. Rather than focus on the specific purposes of STR, this text provides basic information about the therapy and prepares readers to perform the techniques. The result is a text that massage therapists will find invaluable. Paperback 176 pages.



Each £14.99



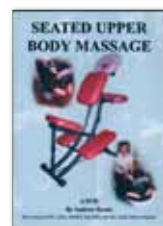
Seated Acupressure Bodywork

Features a sequence developed from traditional Oriental Anma and Shiatsu style massage techniques to improve health, energy flow and reduce tension. Paperback, 144 pages and 65 colour photographs.

Each £12.99

Seated Upper Body Massage DVD

Explains the sequence of massage movements and techniques to treat: The Back, The Neck, Shoulders, Arms & Hands, Scalp and Face. DVD Running Time 35mins.



Each £19.99



All prices exclude VAT

Electrotherapy



ONLY!

£19.99 +VAT

Mini Tens

Tens machines are ideal for relief of nagging pain. Simply place pads over place of pain and adjust output and frequency until pain is reduced or gone.

Each £19.99



Pro Muscle Stimulator

The stimulator helps re-educate the muscle function following injury and can help re-train in the rehabilitation phase. Supplied in a comprehensive kit with pads, leads and instruction manual.

Each £29.99



Pain Gone SPORT

Delivers a controlled electric frequency to the point of pain, the simple pen shaped device sends impulses directly to the nerve pathway, triggering endorphins to stop the pain.

Each £29.99



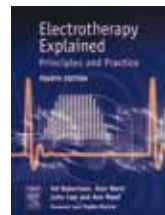
ONLY!

£699.99 +VAT

Intelect 1 & 3Mhz Ultrasound Unit

The Intelect Ultrasound provides an innovative case with logical control and graphical LCD display. The optional battery or mains powered system provides 1 and 3 Mhz frequency in continuous (100%) operation or in pulsed formats of 10%, 20% and 50%.

Each £699.99



Electrotherapy Explained 4th Edition

New 4th Edition A good, thorough and affordable introduction to the principles and practices of electrotherapy. Offers helpful tips, clear explanations and information on the latest electrotherapy modalities.

Each £39.99



Ultrasound Gel

Water soluble blue ultrasonic contact gel. Hypoallergenic and long lasting.

5 Litre Each £13.99
250ml Each £2.49

Electrode Pads

Replacement pads for use with TENS and Stimulator.

5cm x 5cm (4) £4.50
9cm x 4cm (4) £4.50



FROM ONLY!

£54.99 +VAT

Trolley Cart

White baked enamel finish for easy cleaning. Steel frame but lightweight and sturdy with braked castor feet. Simple self assembly required. Dimensions 63cm x 50cm x 80cm.

Each £59.99
2+ Each £54.99



Ward Screen

4 fold privacy screen on casters, very rugged construction, curtains are removable for cleaning. Dimensions: Each section is 183cm x 60cm in diameter giving a privacy screen of over 2.4 metres.

Each £179.99



Folding Stool

Stools

A selection of high quality stools.

Folding Stool 33cm Each £19.99
Therapist Stool 39cm Each £29.99

All prices exclude VAT

Starter Packs

What do I need - Where do I get it - How much is it going to cost me?

We know how difficult it is answering these questions so we've tried to make it as easy and cost effective for you. Our starter packs offer you a package to help you get started in your chosen treatment choice.

Starter Kit ONLY!

£63.75 +VAT



Massage Starter Kit

500ml Therapeutic Oil, 500ml Water Dispersible Oil, 500ml Cologne, 200ml Lotion, Arnica Gel, 150ml Ice Power, Thumb Therapist, Couch Cover and a therapist bag to put it all in and we've given it a massive discount to get you started.

Each £63.75

Starter Kit ONLY!

£27.99 +VAT



Mini Massage Starter Kit

Water Dispersible Oil 200ml, Massage Lotion 200ml, Arnica Gel, Ice Power 150ml, Thumb Therapist. All supplied in a convenient holdall.

Each £27.99

Starter Kit ONLY!

£95.99 +VAT



Personal Training Starter Kit

All you need to get you going in the world of Personal Training. Contains

- Slinguide Skin Fold Callipers
- Aneroid Sphygmomanometer
- Dual Head Stethoscope
- Peak Flow Meter and 10 spare Mouth Pieces
- Fitness cord 120cm Blue
- Fitness Band 2m Blue
- GymBall Max® 65cm
- Ball Pump
- Speed Rope
- Tape Measure
- Studio Mat

All Supplied in a handy therapist holdall. Buying these items as a kit saves over £25.00 + vat.

Each £95.99

Starter Kit ONLY!

£250.55 +VAT



Massage Starter Kit + Lifestyle Couch

500ml Therapeutic Oil, 500ml Water Dispersible Oil, 500ml Cologne, 200ml Lotion, Arnica Gel, 150ml Ice Power, Thumb Therapist, 2 x Couch Cover and a therapist bag to put it all in and we've given it a massive discount to get you started.

Massage Starter Kit and Lifestyle Couch

£263.74 less 5% = £250.55

Starter Kit ONLY!

£21.99 +VAT



Taping Starter Kit

All the tapes, strapping and instruments required to tape upper or lower body parts.
Tiger Tape 2.5 and 3.8cm x 3 each,
Tiger Tan Tape 3.8cm x 1, Adhesive mesh 5cm x 1,
Underwrap x 1, Scissors x 1, Heel and lace pads x 5,
Powerflex 7.5cm x 1, Powertape 3.8cm x 1. Supplied in a Tape Carry Bag.

Each £21.99

Starter Kit ONLY!

£216.58 +VAT



Mini Massage Starter Kit + Lifestyle Couch + Carry Bag

Water Dispersible Oil 200ml, Massage Lotion 200ml, Arnica Gel, Ice Power 150ml, Thumb Therapist. All supplied in a convenient holdall.

Mini Massage Starter Kit and Lifestyle Couch

£227.98 less 5% = £216.58

Save Over 25%

If purchased individually.

All prices exclude VAT

Order On-Line

www.physiquelifestyle.co.uk

Alcohol FREE!

Hand Sanitizer



Bee-San Alcohol Free

Bee-San is a unique hand sanitiser that replaces alcohol with a mixture of safe, natural ingredients, including the powerful antibacterial action of Manuka honey. Instead of irritating the skin, Bee-San leaves hands feeling fresh, clean and moisturised, with a light, powdery finish.

Bee San 50ml Each £1.59
Bee San 250ml Each £3.99
Bee San 500ml Each £4.99



Wash Cloth Mitt's

They are ideal for use in cleansing skin prior to, or following massage. Available in washable toweling or disposable paper.

Towelling Mitt Each £2.50
Paper Mitt 50's £5.50

***Buy any 3 & get 4th FREE!**



*Face Cradle Protectors

Disposable or fitted paper face cradle protectors which provide a hygienic and clean barrier between your cushion and client.

Disposable Pack 100's £7.99
Fitted Pack 5's £1.69

All prices exclude VAT



Bioguard - Kills 99.9% of most common germs!

Bioguard is recognised as the industry standard disinfectant and is extremely effective for combating a wide range of bacteria, viruses and microorganisms in the clinic, workplace and at home. It eliminates: Bacteria, Viruses, Fungi and Yeasts, Tuberculosis, E coli, MRSA and deactivates Hepatitis B and HIV. Non-toxic and safe to use.

Medical Hand Scrub 500ml Each £4.99
Trigger Spray 500ml Each £4.99
Heavy Duty Wipes 150's Each £6.99

1



2



3



4



***Buy any 3 & get 4th FREE!**

*Bolster Cushions

Support cushions for manipulative and massage therapy. Manufactured from wipe clean, navy blue vinyl.

Bolster 1: Full round bolster to relieve tension and add extra support. Dimensions 63cm x 15cm.
 Bolster 2: Half round bolster for support and comfort under legs, back and shoulders. Dimensions 62cm x 15cm x 7cm.
 Bolster 3: Bolster Pillow, offering clients maximum comfort when lying on their back. Dimensions 37cm x 30cm x 9cm.
 Bolster 4: Ladies Comfort Cushion. Provides female clients comfort during face down massage. Dimensions 45cm x 65cm x 10.5cm.

**Bolster 1, 2 or 3 Each £14.99*
**Bolster 4 Each £17.99*
Towelling Cover For 1 or 2 Each £12.99

FROM ONLY!
£1.79 +VAT

Made From 100% Recycled Paper!



50 meters long!

Paper Towel Rolls

For use as a general hand drying paper or for covering a couch, our rolls are double ply, and 50m long and made from 100% Recycled Paper!

25cm Each £1.79
50cm Each £2.29
Case 50cm (12's) £23.88 (£1.99 each)

Paper Towel Holder

Attaches to the end of your Lifestyle Couch or Lifestyle Lite Couch and accommodates paper roll sizes from 50-76cm wide. The push button mechanism holds it in place whilst a complimentary elastic strap holds paper roll in position.

Each £14.99



Towels

Manufactured from extra thick 100% natural cotton, our large and hand towels offer excellent value for a quality towel. Available in White or Navy Blue. Large Towel is 100cm x 150cm and the Hand Towel is 50cm x 90cm.

Hand Navy Each £2.99 Large Navy Each £7.99
Hand White Each £2.99 Large White Each £7.99



FROM ONLY!

£9.99^{+VAT}

First Aid Kits

Essential for anyone travelling to client's home or using own home/clinic. Minimum requirement is a HSE A, which will cover up to 10 people at your workplace. You may however be travelling or based in either a nursery or catering facility and the kits alter slightly. Please select your requirements from the drop down menu.



HSE A 1 -10 persons Each £9.99
HSE B 10 – 20 persons Each £11.99
HSE C 20 + persons Each £15.99

Childcare Each £11.99

Catering Each £11.99



Examination Gloves

Latex free gloves, the natural colour are powder free synthetic and the blue gloves are slightly powdered vinyl.

Supplied in boxes of 100's. Bulk quantity prices may be mixed.

Natural Synthetic Gloves S,M,L Each £4.99

6+ boxes £3.99

Blue Vinyl Gloves M,L Each £5.99

6+ boxes £4.99

***Buy any 3 & get 4th FREE!**

FROM ONLY!

£29.99^{+VAT}



Accident Prevention and Assessment

COSHH Data Certificates, New 2010 Health and Safety Poster and an Accident Record Book. Are you prepared for unseen eventualities!

Accident Record Book Each £9.99

COSHH Certificates pack of 10 £7.99

Health and Safety Law Poster Each £9.99

FROM ONLY!

£13.49^{+VAT}



*Field Bag

Fully equipped with products to cover injuries at sporting events. Kit includes; Ice packs, resuscitators dressings and water bottles. Dimensions 42 x 28 x 25cm.

Full content list available at www.physiquelifestyle.co.uk

Bag Empty Each £19.99

Fully Equipped Each £39.99

*Immediate Care Bag

Contains everything for the smaller team or even individuals walking and hiking. Dimensions 23 x 15 x 12cm.

Bag Empty Each £7.99

Fully Equipped Each £17.99

FROM ONLY!

£10.49^{+VAT}



*Grab & Go First Aid Kit

2 kits in one, a small pull out "grab & go" pouch containing first aid essentials; Dressings, instant ice, eye wash, safety pins, plasters, plus much more, and an attached 3 section pouch with other essentials. Contains over 35 products. This is an ideal, easy to use and safe first aid kit. Supplied with an advice leaflet.

Each £13.99

All prices exclude VAT

Cold Therapy



***Buy any 3 & get 4th FREE!**

FROM ONLY!
£0.59 +VAT



*Ice Up Massager

Take it anywhere! Stays frozen for up to 10 hours! Ice Up is a barrel for controlled ice massage, is leak proof, reusable and durable. Fill with water, freeze and then use like a deodorant stick - the plunger slides the ice up when required. Immediate ice massage increases treatment effectiveness and speeds recovery. Now available without cooler sleeve.

*Ice Up With Cooler Sleeve Each £14.99
Without Cooler Sleeve Each £7.99*

*Hot And Cold Packs

Simply place in microwave for a hot pack or in the freezer for a cold pack. When it's frozen remains flexible to mould around injury. Supplied in a retail display pack should you wish to hang them on a rack in your clinic.

*Square 20cm x 20cm Each £2.99
Oblong 28cm x 13cm Each £2.99*

*Instant Ice Packs

Simply shake, punch and get instant ice treatment, discard after use and contents are biodegradable. Size 20cm x 15cm.

*Each £0.85
Box of 24 £14.16 (59p each)*

Ice Power

Clinically and scientifically proven range of cold therapy products for both professional and home use.

Main benefits of Ice Power cold therapy:

- Pain relief
- Reduction of swelling and inflammation
- Restriction of the injured area
- Relaxation of muscle tension
- Recovery of the injury

More information available at www.icepower.net

***Buy any 3 & get 4th FREE!**

ICE[®] POWER



| *Ice Power | Each |
|--------------------|--------|
| *400ml Gel | £13.99 |
| *150ml Gel | £8.99 |
| *75ml Gel | £6.99 |
| *Roll On 75ml | £6.99 |
| *Warm Gel 75ml | £6.99 |
| *Warm Gel Roll On | £6.99 |
| *Arthro Creme 60ml | £6.99 |
| *MSM 200ml | £9.99 |
| *Spray 75ml | £6.99 |

“An ice pack in a tube”

All prices exclude VAT

Hot Therapy



ONLY!

£12.99 +VAT



Cherry Stone Neck Pillow

Designed to wrap around the neck at the point of discomfort with all the benefits of controlled heat. Relaxes tension in the upper back and shoulders. Size: 55cm x 12cm.

Each £12.99



Cherry Stone Pillow

After just 3 minutes in the microwave and the Cherry Stone Pillow gives out a long-lasting, penetrating heat that quickly conducts to the point of discomfort. Neck tension, stomach cramps, backaches and headaches are eased as the pillow moulds to the contours of the body. Size: 25cm x 25cm. Machine washable and dust free.

Each £12.99



ONLY!

£16.99 +VAT



Hi-Pad

This is the best heating device available when you need it - at home, in the car or at work. Delivers really effective heat without the fuss! The soft neoprene pads have a pocket which contains a carbon fibre heating element that can reach heats up to 50°C via the 1.74m lead.

Simply plug the pad into the mains adaptor with USB socket (supplied), directly into a USB port on a PC, into a cigarette lighter adaptor with USB port or even a battery pack with a USB port to provide instant heat. Guaranteed for 12 months.

Supplied complete with USB extension lead and UK power adaptor.

Pack of accessories include :

- Cigarette lighter adaptor.
- Battery pack for 4 x AA batteries.
- Battery pack Pouch to clip onto belt.
- Power control cable with built in timer.



Hi-Pad Supports

- Small Wrist and Ankle Each £16.99
- Medium Ankle - Knee - Elbow Each £19.99
- Large Back - Thigh Each £22.99
- Accessories Pack Each £12.99



Wheat Pak

A fast and natural method for Hot & Cold treatment. Microwave the pak for immediate and long term heat therapy or place in freezer for a long lasting cold treatment. Re-usable with inner lining and heavy duty removable and washable cover.

- Standard Each £9.99
- Universal Each £10.99
- Back relief Each £11.99
- Neck relief Each £9.99
- Deluxe cervical Each £12.99

All prices exclude VAT



Bodylastics

A multifunctional training-system, developed for use whilst travelling or for a workout programme at home. 4 resistance tubes with attachments to conduct a variety of exercises.

Kit contains:-
 1 x Door roll
 4 x Resistance tubes light to heavy
 2 x Ankle loops
 2 x Deluxe foam handles
 1 x Exercise manual
 1 x Nylon carry bag

Each £24.99

***Buy any 3 & get 4th FREE!**



*Studio Mat

A comfortable exercise mat with a smooth surface and ribbed underside for extra grip. Rolls up for easy transportation, storage and supplied with easy shoulder carry strap.
 Dimensions 182cm x 58cm x 10mm.

*Each £19.99
 *Resist-a-Ball Each £2.50



*Balance Pad

Helps strengthen and stabilize your muscles that control balance and movement. 39cm wide and is easily inflated without a pump, the air can be added or removed to make the balance more difficult or easier, an excellent progression exercise tool.

Each £12.99



*GymBall Max®

Anti Burst Ball for Maximum Performance. Using the highest quality material to produce an exercise ball that is safe, fun to use and burst resistant.

55cm - 5"1 - 5"7 Each £8.99
 65cm - 5"8 - 6"0 Each £9.99
 75cm - 6"1 - 6"3 Each £10.99
 Pump Each £2.99

All prices exclude VAT



*Foam Rollers

Foam rollers are used to improve balance and alignment, they are also effective in myofascial massage. They can help re-educate muscular flexibility and dynamic strength. Available in 50cm or 100cm lengths and as 1/2 or full 15cm round roller.

Round Roller 50cm long Each £5.99
 Round Roller 100cm long Each £10.99
 1/2 width roller 50cm long Each £3.99
 1/2 width roller 100cm long Each £6.99



Yoga Mats, Blocks and Belts

Support the head in forward bends and for lifts in seated twists. Belt is manufactured from 100% cotton and a 4mm high quality mat.

Warrior Mat 61cm x 183cm x 4mm Each £9.99
 Block 30.5cm x 20.5cm x 5cm Each £4.00
 Brick 22cm x 11cm x 7cm Each £4.00
 Belt 2m x 38mm Each £4.75

ONLY!
£25.99 +VAT



Digital Blood Pressure Monitor

Correct maintenance of blood pressure is essential to create a correct and efficient training and exercise programme. Cuff Size 22 - 32cm.

Each £25.99



Seca Scales 761

Mechanical dial floor model, economical and space saving. Streamline design features a non-slip platform cover and large dial with metric reading. Capacity 150kgs.

Each £79.99



Aneroid Sphygmomanometer Kit

Nylon cuff with easy read dial and inflation system, complete with leatherette zippered carrying case. Cuff Size 22 to 32cm. Supplied with a dual head nurses quality stethoscope.

Each £19.50

Body Fat Analysis



Tanita Scales

Measurements include Weight, Body Fat %, Body Water %, Basal Metabolic Rate, Metabolic Age, Bone Mass, Muscle Mass, Physique Rating, and exclusive to Tanita Visceral Fat Rating.

Each £31.99



Accu Measure Skin Fold Testers

The simplest calipers ever. A patented CLICK action ensures you have applied the right pressure on the skin fold for an accurate body fat reading.

Each £11.99



| | |
|----------------------------|------------------|
| Abdominal Curl Test CD | Each £10.99 |
| Chester Step Test | Each £37.99 |
| Goniometer 360 | 8" £9.99 |
| Goniometer 360 | 12" £13.99 |
| Multistage Fitness Test CD | Each £12.99 |
| Patella Hammer Queens | Each £4.99 |
| Peak Flow Meter | Mini £10.99 |
| Spare Mouth Pieces | 100's £4.99 |
| Percussor Bucks | Each £5.99 |
| Sit-n-Reach Box | Each £55.99 |
| Slimguide Caliper | Each £17.99 |
| Sphygmomanometer | Aneroid £15.99 |
| Stethoscope | Dual Head £5.99 |
| Tape Measure | Anatomical £3.99 |
| Tuning Fork | Each £6.99 |



Omron Body Fat Monitor

An accurate, validated device for home, clinical and fitness use. Easy to use, just stand with the feet shoulder width apart, input data, hold straight in front of you and press start. Within a minute the measurement is displayed.

Each £39.99

All prices exclude VAT

SKELETON ONLY!

£99.99 +VAT

**Life Size
Models From
Under
£20.00!**



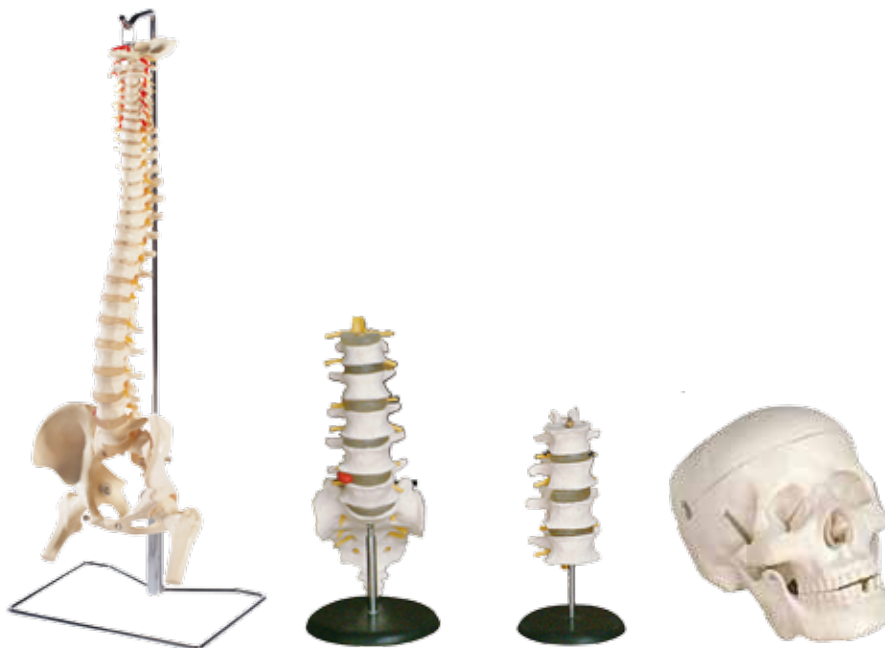
The most realistic selection of life size anatomical models ever. Complete with ligament attachments, they show how the joint functions with muscle origin and insertions.

| | Each |
|---|--------|
| Elbow | £19.99 |
| Foot with ligaments | £21.99 |
| Foot without ligaments | £19.99 |
| Hip | £19.99 |
| Knee | £19.99 |
| Shoulder | £19.99 |
| Lumbar set (4 pieces) | £19.99 |
| Life size skull dissectible in 3 parts with 3 removable teeth | £21.99 |
| Lumbar vertebrae with sacrum, coccyx and herniated disc | £21.99 |
| Flexible Spine with femur heads supplied with a stand | £39.99 |

Standard Skeleton and Mini Skeleton

Excellent quality and affordable range of skeletons. Standard skeleton life size 170cm tall includes stand. Also a scale model skeleton standing 40cm tall including a stand.

Mini Skeleton Each £15.99
Full Size Skeleton Each £99.99



All prices exclude VAT

Education

Helen McGuinness DVD Series

Best sellers for a number of years and are used by colleges and students, both nationally and internationally as part of their training programmes.

- | | |
|--|------------------------------|
| Advanced Massage | Hot Stone Therapy 1 |
| Aromatherapy Massage | Hot Stone Therapy 2 |
| Ayurvedic Facial Massage | Indian Head Massage |
| Baby Massage | Lash & Brow Treatments |
| Body Electrical Treatments | Luxury Manicures & Pedicures |
| Body Massage | Make up |
| Eyelash Perming | Manicure |
| Deep Tissue Massage Techniques – The Extremities | Nail Enhancements |
| Deep Tissue Massage Techniques – The Torso | Pedicure |
| Facial Electrical Treatments | Reflexology |
| Facial Stone Therapy | Thai Foot Massage |
| Facials | Thai Herbal Compress Massage |
| | Thermal Auricular Therapy |
| | Waxing Depilation |

Running time Approx 60 Minutes.

Each £16.99
2 + Mixed £16.49



IChill Music Factory CD Collection

Supplied to therapists for the last 10 years, the "Feel Good Music Collection" from IChill is a unique and welcome addition for mobile therapists and small salons as no license is required for you and your clients to enjoy the relaxing sounds. Each disc is approx 60mins long.

- | | |
|------------------|-----------------|
| Chill Away | Gaia |
| Classical Lounge | Natural Beauty |
| Dream Away | Piano Lounge |
| Drift Away | Reiki |
| Float Away | West Of The Sun |

Each £9.99
2 + Mixed £8.99



Relaxation and Treatment CD's

Our extensive range of music covers all aspects of treatment to help you and your clients create a calming and relaxing atmosphere.

The perfect accompaniment for yoga, meditation, massage, aromatherapy, pilates and much more. CD's are approximately 45 - 60 mins long.

- Aromatherapy
- Ayurveda
- Baby Massage - Mother and Baby Massage
- Chakra Balancing
- Crystals
- Colour Healing
- Feng Shui
- Guided Meditation for Sleep
- Healing Massage

- Indian Head Massage
- Meditation and Visualisation
- Pilates
- Reflexology
- Reiki

- Shiatsu
- Sleep
- Tai Chi
- Yoga - Relax for Yoga

Each £9.99
2+ Mixed £8.99



*Anatomical and 3D Wall Chart

Laminated and 3D Anatomical Wall Charts

Featuring detailed explanation of anatomy and body structures. Excellent in any clinic for patients awareness and offers an excellent tuitional tool giving clear explanation of anatomy and body structures.

Please select from the following charts:

*Laminated Anatomical Charts 50cm x 66cm

- Muscular System
- Skeletal System
- Vascular System
- Foot & Ankle
- Vertebral Column
- Knee Injuries
- Shoulder & Elbow
- Endocrine System
- Respiratory System
- Hip & Knee
- Hand and Wrist
- Digestive System
- Human Spine Disorders
- Lymphatic System
- Weight Control
- Spinal Nerves
- Nervous System
- Skin Disorders

***Buy any 3 & get 4th FREE!**

*3D Anatomical Charts 53cm x 77cm

- Foot & Ankle
- Hand & Wrist
- Hip & Knee
- Knee Injuries
- Muscular System
- Shoulder & Elbow
- Skeletal System
- Sports Injuries
- Human Spine – Disorders
- Vertebral Column
- Whiplash

Each £12.99



Other Wallcharts available please visit www.physiqueinfestyle.co.uk



Atlas of Human Anatomy DVD

This DVD series has transformed the way we learn Anatomy. All the dissections are of real, fresh, unembalmed human specimens. The true colour and texture of each structure is shown, just as it appears in the living body. Joints and muscles are shown actually moving as they do in real life. As the camera moves from one viewpoint to another, the specimen appears to rotate in space, letting you see it at its truly 3D object. As you meet each new structure, you see its name displayed on the screen. Review sections let you test yourself on what you've learned. The series is made up of 6 DVD's, which are over 2 hours long; they offer fantastic value for money and a fantastic anatomy resource for both student and practitioner.

Select from either of these DVD's or purchase the complete set of 6.

- No1 Upper Extremity
- No2 Lower Extremity
- No3 The Trunk
- No4 Head and Neck Part 1
- No5 Head and Neck Part 2
- No6 Internal Organs

Each £17.99
Set of 6 £99.99



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Vertical Reflexology Therapy

VRT is a brief, highly effective reflexology technique that is applied to the weight bearing hand and foot reflexes. Find out and discover more on how this therapeutic treatment can assist you.

DVD Each £18.99



Vertical Reflexology Wall Charts

Full instruction on this remarkable treatment demonstrated on these wall charts. Dimensions 59cm x 42cm.

Hand or Foot Each £3.99

Teresa Rich Reflexology Techniques

An in depth guide to advanced hand and foot reflexology, which provides a concise and illustrated demonstration to this subject. Also a beginners guide to foot reflexology set at a pace which is easy to follow, and allows for instructional guidance through the use of chapters for the therapist.

Hand Reflexology DVD
Beginners Foot Reflexology DVD
Advanced Foot Reflexology DVD

Each £19.99
Set of all 3 - £59.99



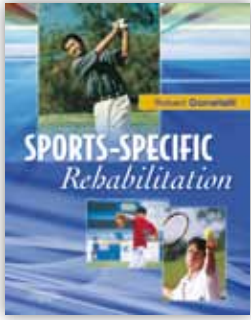
Therapy Charts

These small, full coloured, double sided therapy charts are fully illustrated with all the detailed information required for therapists or clients. These charts can also be used as an ideal learning source for students. Dimension and charts available 23cm x 16cm

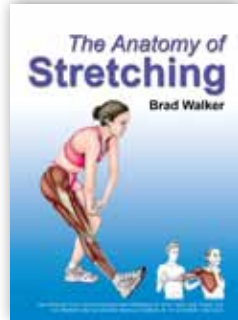
- Ayurveda
- Shiatsu
- Bach Flowers
- Aromatherapy
- Chakra
- Colour Therapy
- Crystal's
- Essential Oils
- Reflexology

Each £3.49

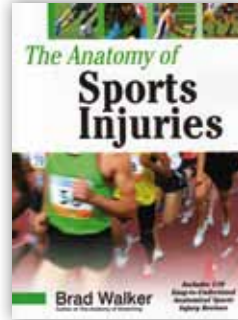
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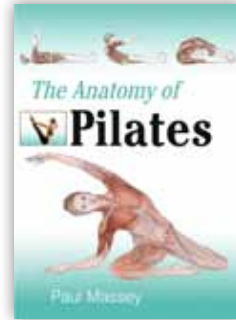
Each £37.99



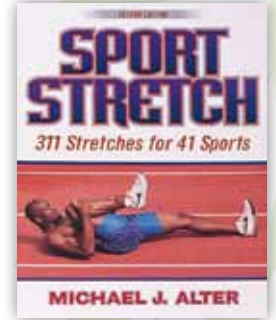
Each £12.99



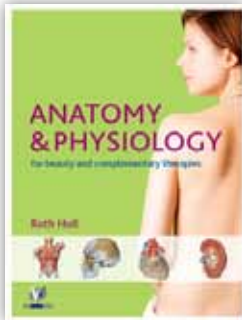
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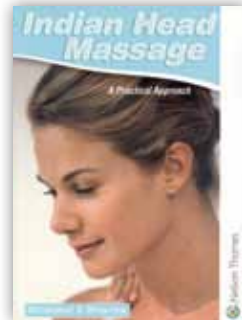
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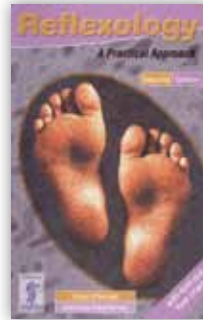
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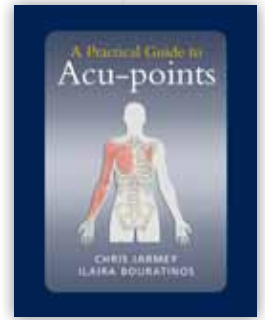
Each £19.99



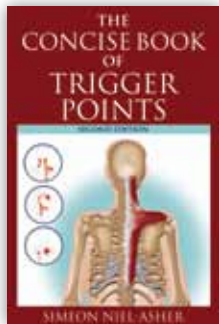
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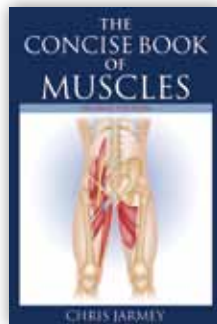
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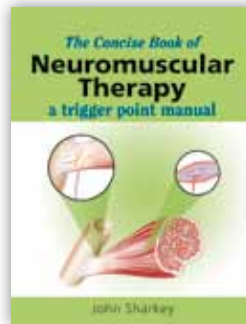
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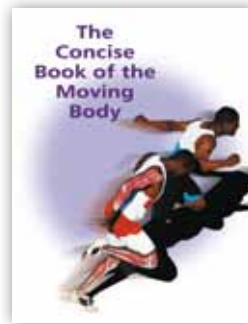
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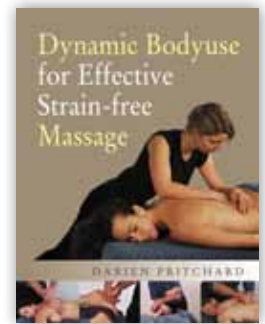
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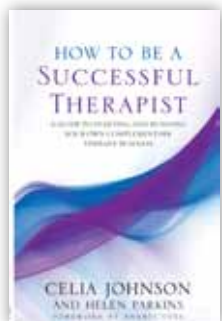
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Illustrated Skeletal Muscle Flash Cards

The easiest way to remember your muscle origin, insertion and function. Supplied in a display box featuring over 200 muscle cards in order.

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FHT member discount - visit www.fhtonline.co.uk for full details and to be directed to your exclusive FHT prices.

If you are a college and would like to arrange for one of our representatives to visit your students, please call us to arrange a time that suits you.

For more information about the FHT and how it could help you as a student or practitioner, visit www.fht.org.uk

We offer a "Try before you Buy" service. If you would like to discuss your clinical requirements please call in and talk to us at our showroom in Portsmouth. Open Monday to Friday but appointments can be arranged over the weekend.

Postage and Packing: We do not make a profit on carriage and the cost includes insurance, packaging materials and packing time. Our prices are kept keen, competitive and fair. Carriage is a cost, which has to be borne, the following are guidelines when ordering.

1. All orders under 500g in weight will be sent by Royal Mail 1st class and charged at £2.99 inc VAT
2. All single boxed items to mainland UK, between 500g and 30kgs will be sent on a next working day delivery by Courier and charged at £5.99 + VAT. The parcel delivery time and consignment number will be emailed or text to you to keep you informed of delivery progress.
3. Multiple parcels will be charged at the additional cost and you will be contacted should this occur.
4. All other deliveries and overseas deliveries will be charged at our published rates available on line at www.physiquelifestyle.co.uk

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