

Our memberships

Our memberships are about more than convenience. They are a **long-term investment in a healthier, happier you** with flexible plans to fit your unique health journey that help you to stay ahead of illness, stress, and injury.

Choose the right plan for your wellness journey.	 Balance £69 pcm	 Flow £132 pcm	 Elevate £248 pcm
Number of persons on the membership	Individual	Individual	1-2 persons
Discount on all Align services	15%	19%	22%
Bonus sessions	12	24	48
Flexibility with emergency care	✓	✓	✓
Priority booking	✓	✓	✓
Exclusive offers & benefits	✓	✓	✓✓
Personalised annual health plan			✓



Full list of benefits and FAQs online at align.je/memberships
For full terms and conditions contact info@align.je

Your future wellness is proactive, not reactive.

70-90%

of GP visits are stress-related - yet conventional medicine rarely addresses stress at it's root.

BRITISH MEDICAL JOURNAL

92%

of people feel better within 4 weeks of starting a personalised wellness plan with a qualified practitioner.

ALIGN HEALTH INTERNAL DATA

88%

of people feel they don't have enough time to priorities their health - but it takes just 10 minutes a day to make a real impact.

MIND UK

77%

of people receiving regular massage therapy report a significant reduction in stress and anxiety within 4 weeks.

AMERICAN MASSAGE THERAPY ASSOCIATION - CLINICAL

60%

of chiropractic patients reduce or eliminate the need for long term medication after regular care.

JOURNAL OF MANIPULATIVE & PHYSIOLOGICAL THERAPEUTICS

31%

30 minutes of therapeutic massage can reduce cortisol (stress hormone) levels by up to 31% in a single session.

INTERNATIONAL JOURNAL OF NEUROSCIENCE

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Health is a journey



Treatment & membership information

Standard treatments

Chiropractic	
Chiropractic exam & Adjustment	£95
Report of Findings or Re-exams	£95
Chiropractic Adjustments	£74
Chiropractic block (10 sessions)	£700
Chiropractic under 4's	
Examination	£83
Under 4's Adjustment	£70
Dr Marie-Christine Chiropractic	
Chiropractic exam & Adjustment	£215
Report of Findings or Re-exams	£100
Dr MC adjustments	£84
Other	
Hot Stone Massage	£74
Indian Head Massage	£74
Reiki	£74
Facial	£74
Lymphatic Massage	£74
Lymphatic Facial Massage	£74
Thai Massage	£74
Pregnancy Massage	£74
Swedish Massage	£74
Deep tissue massage	£74
Reflexology	£100
Yoga (6 week block)	£84
Massage block (10 sessions)	£700

Included in Align membership bonus sessions

Ayurvedic	
Ayurvedic Indian Head (Head massage)	£100
Shiroabhyanga (Forehead, neck & shoulder)	£100
Mardana (Energy Reiki massage)	£100
Ayurvedic Massages (1 hour massage)	£100
Shiropada (Head & feet treatment)	£100
Face Marma (Face massage)	£100
Padabhyanga (Foot massage)	£100
Prasavaraksha (Pregnancy massage)	£100
Knee vasti	£100
Refreshing Sundari Facial (Mini facial)	£69
Mini Ayurvedic Massage	£69
Mini Indian Head Massage	£69

Sports Massage & Advanced Therapies	
Sports Massage	£84
Dry Cupping	£84
Dry Needling	£84
Ultrasound & Electrotherapy	£84

Health Coaching	
Discovery call	FREE
Initial consultation	£92
1-1 Health coaching	£84
EFT Tapping	£84

Specialised treatments

Included under Align membership discount

Ayurvedic	
Massage Full Body	£130
Lower back treatment (For back pain)	£130
Shila Abhyanga (Hot stone massage)	£130
Shrinking Violet (Inch loss body wrap)	£130
Signature Sundari Facial (Extended)	£145
Shirodhara (Relaxing oil pour)	£145
Sinus Treatment (Oil, steam & massage)	£145



Not sure what service you need or where to start, dont worry we will guide you. Arrange a free guidance call using the QR code to discuss your individual needs and the best route for you.

Award-winning alternative healthcare experience, bridging the gap between relaxation and medical care.

Prices as of May 2026 and are subject to change anytime. All students receive a 20% discount.

Sister Companies

Health Alchemy
Dr Marie-Christine Dix DC M.Chiro FMCP
www.drmariechritsinedix.com



Use this QR code to book a free discovery call



Healthcare doesn't just work from home

Thrive

The workplace wellness membership

Customised plans for your team: Empower your workforce with tailored membership options that cater to diverse health needs. Our flexible plans ensure that every team member can access the wellness services they deserve.

- Mental wellness support
- Physical health & movement
- Nutrition & lifestyle
- 1:1 Personal support
- Group wellness activities
- On-demand wellness resources
- Wellness events & experiences



To enquire & begin designing your package at align.je/thrive-memberships
For full terms and conditions contact info@align.je