

Exclusive one-off offers from Helix Wellness

(1) Physiotherapy - 20% off any ONE of the following sessions (one-off offer):

Session	Original price (HKD)	Discounted price (HKD)
60 minutes	\$1,800.00	\$1,440.00
45 minutes	\$1,350.00	\$1,080.00

(2) Personal Training - 10% off any ONE of the following packages (one-off offer)*:

Package	Original price (HKD)	Discounted price (HKD)
12-session	\$12,960.00	\$11,664.00
24-Session	\$23,520.00	\$21,168.00

*Free consultation is available for customers who are interested in learning more about personal training services

PHYSIOTHERAPY

Pain Management

Injury Prevention

Movement Enhancement



MOVE BETTER. FEEL BETTER. LOOK BETTER.

Our physiotherapists and personal trainers are here to help you live a strong and pain free life.

Contact us today to start your health journey.

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✉ admin@helixwellness.com.hk


🌐 www.helixwellness.com.hk



Helix Wellness

Health to Xcellence

Premium Physiogym in Central




Why Helix?

Helix is a wellness studio specialised to help you stay young, fit and pain-free.


Our integrated team of physios and trainers ensure that we identify the best treatment and training plan for you to better your life.

PERSONAL TRAINING


Weight Management



Strength Improvement



Age Optimisation







Our Facilities



Our gym is equipped with state of the art facilities to help you get strong and fit.

Our private physio rooms holds the latest treatment technology, allowing our physios to tailor their treatment plan to get you out of pain.

We've Got You Covered!

 Bottled water and fountain
  Protein shakes/bars

 Individual shower/ changing cubicles
  Fresh towels

 Gym clothes
  Toiletries

What Our Clients Say About Us

“Training at Helix has given me the strength & energy to handle my hospital workload. They fixed my knee pain allowing me to play badminton again.”

Doctor R, Surgeon

“Not only are we stronger than before, we feel younger, move better and have gotten rid of years of nagging pain.”

Ada & Andrew, 60 yrs+ couple

For more details about Helix Wellness, please visit its [official website](#).

To enjoy the offer:

Please present your Law Society membership card to a staff member of Helix Wellness when purchasing any sessions/packages.

Validity of the offer:

From now until 31 December 2024

Remarks:

1. Helix Wellness may design personalised contents for individual customers based on their needs and conditions. The prices above are standard pricing and may vary.
2. Offer (1) is only applicable to customers who have not joined any physiotherapy sessions before.
3. Offer (2) is only applicable to customers who have not joined any personal training packages before.

Enquiries:

Please contact Helix Wellness by phone at 6598 0008 or by email at admin@helixwellness.com.hk to book your physiotherapy session or free personal training consultation.