



Neal's Yard Remedies

Treatment Room Timetables

11 Northumberland Place BATH BA1 5AR Tel: 01225 466 944 www.nyr-bath.com

Times: am = 9.30am to 1.30pm and pm = 2pm to 6pm Evening 6.30 - 9.30 pm

Acupuncture

| | | |
|-------------------------|-----------------------|--|
| Monday and Wednesday am | Sue Davison | 1st apt £55 for 45 - 60mins, FU:£45 for 45mins |
| Monday pm | Bryan Melville | 1st apt £55 for 45 - 60mins, FU:£45 for 45mins |
| Thursday pm | Jon Huxley | 1st apt £55 for 45 - 60mins, FU:£45 for 45mins |

Allergy Testing or Food Testing with Kinesiology

| | | |
|-----------|----------------------|-----------------|
| Friday pm | Caroline Metz | £40 for 60 mins |
|-----------|----------------------|-----------------|

Aromatherapy Massage (* indicates specialist training in Aromatherapy for pregnancy)

Please note - at least 15 mins of 1st aromatherapy appts will involve case taking and oils being made up specifically for you.

| | | |
|---|---------------------------|--|
| Wednesday am | Caroline Josling * | £60 for 75 mins /F.Ups: £50 for 60 mins or £70 for 90 mins |
| Wednesday pm and eve and Friday all day | Lizzie Longhurst | £60 for 75 mins /F.Ups: £50 for 60 mins or £70 for 90 mins |
| Saturday pm | Helen Anderson | £60 for 75 mins /F.Ups: £50 for 60 mins |
| Friday & Sunday | Keiko Kishimoto * | £60 for 75 mins /F.Ups: £50 for 60 mins or £70 for 90 mins |

Clinical Aromatherapy with Oriental diagnosis

| | | |
|-----------------|------------------------|---|
| Friday & Sunday | Keiko Kishimoto | 1st Appt £65 for 90 mins(inc consultaion) F/Up same as Aromatherapy |
|-----------------|------------------------|---|

Ayurvedic Herbal Medicine (prices are for consultations only and do not include the costs of any medicines)

| | | |
|------------------|-----------------------|---|
| Thursday all day | Sebastian Pole | 1st apt £50 for 60mins, FU:£30 for 30mins |
|------------------|-----------------------|---|

Astrology

| | | |
|------------------|---------------------|--|
| Tuesday 11 - 3pm | Graham Ibell | £100 for 1.5 hours or £75.00 for 1 hour. Concessions (-20%) available. Please get the clients email as well and the date, time and place of their birth. |
|------------------|---------------------|--|

Warm Bamboo Massage (can also be combined with Hot stone by Lizzie)

| | | |
|----------------------------|-------------------------|---------------------------------------|
| Wednesday pm and Friday pm | Lizzie Longhurst | £55 for 75 mins or £50.00 for 60 mins |
| Tuesday am | Euridice Hollis | £55 for 75 mins or £50.00 for 60 mins |

Baby Massage

| | | |
|---------------------------------|-------------------------|--|
| Wednesday pm and Friday all day | Lizzie Longhurst | £30 for up to an hour for individual sessions or £15 each if you share with another parent and baby. |
|---------------------------------|-------------------------|--|

Bach Flower Therapy (prices are for consultations only and do not include the costs of any medicines)

| | | |
|----------------------------------|----------------------|---|
| Thursday all day and Saturday pm | Celia Stewart | 1st apt: £30 for 45mins, FU:£20 for 30mins (Mini Bach consultations 10 mins for £10) |
|----------------------------------|----------------------|---|

Bach Consultations can be combined with Facial/Massage treatments for an additional £10 (15mins Bach) or £20 (30mins Bach) plus the cost of remedies approx £5.

Bowen Technique

| | | |
|-----------|----------------------|----------------------------------|
| Monday pm | Carla Hanreck | £50 for 60 mins, £30 for 30 mins |
|-----------|----------------------|----------------------------------|

Chinese Herbal Medicine (prices are for consultations only and do not include the costs of any medicines)

| | | |
|------------------|-----------------------|---|
| Thursday all day | Sebastian Pole | 1st apt £50 for 60mins, FU:£30 for 30mins |
|------------------|-----------------------|---|

Cranial Osteopathy

| | | |
|----------------------------|-----------------------|--|
| Tuesday am and Thursday am | Giles Cleghorn | £65.00 for all sessions adults and children. |
|----------------------------|-----------------------|--|

Craniosacral Therapy

| | | |
|----------------|--------------------|--|
| Monday all day | Jo Hanstead | 1st apt £45 for up to 60mins: FU:£38 for 30mins or £45 for 45 mins Children: 1st apt £40 for up to 60 mins: FU:£30 for 30mins |
|----------------|--------------------|--|

Counselling (including couples)

| | | |
|--------------|--------------------|----------------|
| Wednesday pm | Lynda Mutch | £60 for 60mins |
|--------------|--------------------|----------------|

Cupping Massage

| | | |
|------------|------------------------|--|
| Tuesday am | Euridice Hollis | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
|------------|------------------------|--|

Ear Candling with gentle drainage massage and candles included.

| | | |
|----------------------------------|------------------------|-----------------|
| Thursday all day and Saturday pm | Celia Stewart | £40 for 45 mins |
| Friday & Sunday | Keiko Kishimoto | £40 for 45 mins |

Facial Treatments (Cont. overleaf)

Facials, Neal's Yard

| | | |
|----------------------------------|-------------------------|---|
| Thursday all day and Saturday pm | Celia Stewart | £50 for 60 mins, Express Facial £30 for 30 mins |
| Wednesday am | Caroline Josling | £50 for 60 mins, Express Facial £30 for 30 mins |
| Wednesday pm, Friday all day | Lizzie Longhurst | £50 for 60 mins, Express Facial £30 for 30 mins |
| Sunday | Helen Karim | £50 for 60 mins, Express Facial £30 for 30 mins |

Ayurvedic Face Massage

| | | |
|-------------|------------------------|-----------------|
| Saturday pm | Madeleine Zagni | £40 for 60 mins |
|-------------|------------------------|-----------------|

Indian Face Massage

| | | |
|-------------|-----------------------|----------------------------------|
| Saturday pm | Helen Anderson | £45 for 60 mins, £30 for 30 mins |
|-------------|-----------------------|----------------------------------|

Facelift Massage with Manual Lymphatic Drainage

| | | |
|-----------------|-------------------------|------------------------------------|
| Wednesday am | Caroline Josling | £55 for 75 mins or £65 for 90 mins |
| Friday & Sunday | Keiko Kishimoto | £45 for 60 mins |

Please give 24 hours notice for any changes or cancellations to appointments to avoid a full fee cancellation charge

| | | |
|--|--------------------|---|
| Frais and Jeune - anti aging deep facial & lymph massage | | |
| Sunday | Helen Karim | £45 for 60 mins |
| Facial Reflexology / Japanese Cosmo Facelift | | |
| Sunday | Helen Karim | Intital session 90 mins (consult + treatment) £55 F/ups £45 for 60 mins. Relaxer destresser sessio 60 mins at £45 - (reduced health discussion) |
| Friday & Sunday | Keiko Kishimoto | £45 for 60 mins |
| Rejuvenessence Facial Energy Release ® | | |
| Wednesday am | Caroline Josling | £55 for 75 mins or deluxe with mini NYR facial £65 for 90 mins |
| Facial Rejuvenation Acupunture (need a course of 6 treatments) | | |
| Monday pm | Bryan Melville | 1st apt £55 for 45 - 60mins, FU:£45 for 45mins |
| Herbal Medicine (prices are for consultations only and do not include the costs of any medicines) | | |
| Saturday am | Ruth Baker | £40 for 60 mins, £25 for 30 min follow ups. 15 min free chats to see if a herbal medicine appt may help you. Free 15 min chat, Short consult for specific symptom £25 for 30 mins |
| Thursday all day | Sebastian Pole | 1st apt £50 for 60mins, FU:£30 for 30mins |
| Homoeopathy | | |
| Tuesday pm | Sally Wallace | £40 for 60mins, children: £35 for 60mins |
| Wednesday pm (Alternate weeks) | Lynda Mutch | £60 for 60mins (or £80 for 90 mins) |
| Wednesday pm (Alternate weeks) | Janet Snowdon | 1st appt. £85 for 90 mins, F/ups £48 for 30 mins. Children 1st appt £75 for 60 mins F/Ups £38 for 30 mins |
| Hot stone Massage (Can also be combined with Warm Bamboo) | | |
| Wednesday pm, Friday all day | Lizzie Longhurst | £55 for 75 mins or £50.00 for 60 mins |
| Clinical Hypnotherapy (Solution Focussed) | | |
| Tuesday am & Sunday | Maxine Kear | 1st Appt for 50 mins + CD is free : FU: £60 for 60 mins |
| Hypno Birthing (Solution Focussed) | | |
| Tuesday am & Sunday | Maxine Kear | |
| Indian Head Massage | | |
| Monday pm | Nadia Hillman | £40 for 45mins or £30 for 30mins |
| Wednesday pm, Friday all day | Lizzie Longhurst | £40 for 45mins or £30 for 30mins |
| Saturday pm | Helen Anderson | £40 for 45mins or £30 for 30mins |
| Friday & Sunday | Keiko Kishimoto | £40 for 45mins or £30 for 30mins |
| Kinesiology | | |
| Tuesday | Maxine Kear | £50 for 75 mins |
| Friday pm | Caroline Metz | £50 for 90 mins & 60 mins £40 |
| McTimoney Chiropractic (free spinal checks available for those considering a treatment) | | |
| Monday all day | Jo Hanstead | 1st apt £45 for up to 60mins: FU:£38 for 30mins or £45 for 45 mins |
| Marma Point Full Body Massage | | |
| Monday pm | Nadia Hillman | £65.00 for 90 mins, £45 for 60mins, BNS £30 for 30mins |
| Massage or Facial and Bach Flower Remedy consultations combined | | |
| Thursday all day and Saturday pm | Celia Stewart | or Facial and 30 mins Bach flower Remedies) |
| Massage, Holistic (N.B. Please note that some of your booked time will involve notes being taken and getting changed) | | |
| * indicates specialist training in Pregnancy Massage | | |
| Monday pm | Nadia Hillman | £65.00 for 90 mins, £45 for 60mins |
| Tuesday am | Euridice Hollis | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Tuesday Evening | Anna Kwasigroch | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Tuesday | Maxine Kear | £55 for 75mins, £45 for 60mins BNS £30 for 30mins |
| Wednesday am | Caroline Josling * | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Wednesday pm | Leora Sharp | £55 for 75mins, £45 for 60mins, £65 for 90mins |
| Wednesday pm and Friday all day | Lizzie Longhurst * | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Thursday all day and Saturday pm | Celia Stewart | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Thursday pm | Jon Huxley | £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Sat all day | Jeremy Dymond | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Saturday pm | Helen Anderson * | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Sunday | Susannah Deane | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Sunday | Helen Karim | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Friday & Sunday | Keiko Kishimoto * | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Massage: Mobilisation & Deep Tissue | | |
| Tuesday | Maxine Kear | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Tuesday am | Euridice Hollis | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Tuesday Evening | Anna Kwasigroch | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Wednesday am | Caroline Josling | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Wednesday pm and Friday all day | Lizzie Longhurst | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |

**Please give 24 hours notice for any changes or cancellations to appointments
to avoid a full fee cancellation charge**

Massage: Mobilisation & Deep Tissue (cont.)

| | | |
|----------------------------------|------------------------|--|
| Thursday pm | Jon Huxley | £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Thursday all day and Saturday pm | Celia Stewart | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Sat all day | Jeremy Dymond | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Friday & Sunday | Keiko Kishimoto | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |
| Saturday pm | Helen Anderson | £55 for 75mins, £45 for 60mins BNS £30 for 30mins |
| Sunday | Susannah Deane | £65.00 for 90 mins, £55 for 75mins, £45 for 60mins, BNS £30 for 30mins |

Manual Lymphatic Drainage (MLD)

| | | |
|-----------------|------------------------|----------------|
| Friday & Sunday | Keiko Kishimoto | £50 for 60mins |
|-----------------|------------------------|----------------|

Osteopathy

| | | |
|----------------------------|-----------------------|--|
| Tuesday am and Thursday am | Giles Cleghorn | £65.00 for all sessions adults and children. |
|----------------------------|-----------------------|--|

Preconception, Pregnancy and Post-Natal treatments.

These are offered by many of our therapists, please look on our website or ask for details.

Reflexology (* Trained in Fertility, Preconception, Pregnancy, Post-Natal Reflexology)

| | | |
|---------------------------------|---------------------------|---|
| Tuesday Evening | Anna Kwasigroch | £55 for 75mins/ £45 for 60mins/£30 for 30mins |
| Wednesday am | Caroline Josling * | £55 for 75mins/ £45 for 60mins/£30 for 30mins |
| Wednesday pm and Friday all day | Lizzie Longhurst * | £55 for 75mins/ £45 for 60mins/£30 for 30mins Lizzie also offers VRT |
| Saturday pm | Helen Anderson | £55 for 75mins/ £45 for 60mins/£30 for 30mins |
| Friday & Sunday | Keiko Kishimoto * | £55 for 75mins/ F.U: £45 for 60mins, £30 for 30mins |
| Sunday | Susannah Deane | £55 for 75mins/ F.U: £45 for 60mins, £30 for 30mins |

Reiki

| | | |
|-----------------|-------------------------|----------------|
| Tuesday | Maxine Kear | £35 for 60mins |
| Wednesday pm | Leora Sharp | £35 for 60mins |
| Wednesday am | Caroline Josling | £35 for 60mins |
| Friday & Sunday | Keiko Kishimoto | £35 for 60mins |

Rolfing

| | | |
|-----------|------------------------|---|
| Friday pm | Madeleine Zagni | £68 per 90 minute session Course of 3 £65 per session, Course of 10 £65 per |
|-----------|------------------------|---|

Shiatsu

| | | |
|-----------|----------------------|--------------------------------|
| Monday pm | Carla Hanreck | £50 for 60mins, £30 for 30mins |
|-----------|----------------------|--------------------------------|

Spinal Touch

| | | |
|----------------|--------------------|---|
| Monday all day | Jo Hanstead | 1st apt £45 for 60mins: FU:£45 for 45mins |
|----------------|--------------------|---|

Head/Neck/Shoulder Shiatsu

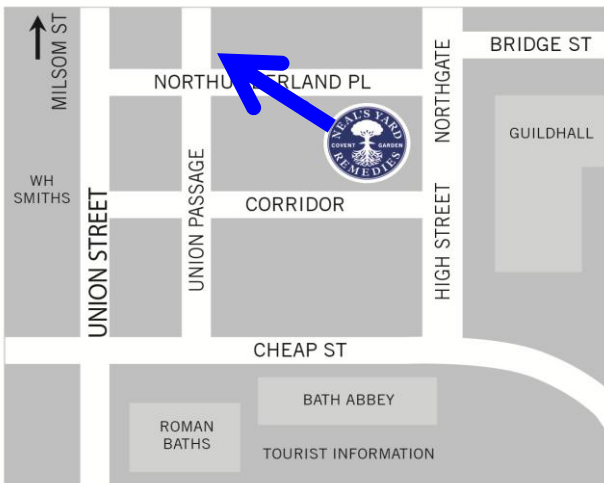
| | | |
|-----------|----------------------|----------------|
| Monday pm | Carla Hanreck | £30 for 30mins |
|-----------|----------------------|----------------|

Thai Foot Massage

| | | |
|-----------|----------------------|----------------|
| Monday pm | Carla Hanreck | £50 for 60mins |
|-----------|----------------------|----------------|

Thai Herb Compress Massage

| | | |
|-----------------|------------------------|--|
| Tuesday Evening | Anna Kwasigroch | £60 for 75 mins /F.Ups: £50 for 60 mins or £70 for 90 mins |
|-----------------|------------------------|--|



FU = Follow Up
 BNS = Back neck and shoulders or scalp
www.nyr-bath.com

Neal's Yard Remedies, 11 Northumberland Place BATH BA1 5AR Tel: 01225 466 944 bath@nealsyardremedies.com

Please give 24 hours notice for any changes or cancellations to appointments to avoid a full fee cancellation charge