



# Neal's Yard Remedies

## Treatment Room Timetables

11 Northumberland Place BATH BA1 5AR Tel: 01225 466 944 [www.nyr-bath.com](http://www.nyr-bath.com)

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

**PLEASE NOTE ALL MASSAGE TIMES QUOTED INCLUDE TIME TO TAKE A SHORT CONSULTATION AND TIME FOR YOU TO CHANGE AND GET DRESSED.**

**If you want a full hour on the couch please book 75 minutes**

### 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	£45 for 60 minutes or £40 for children (under 18) for 60 mins
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### 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. Your time does include time to change and get dressed.

Wednesday am & some Mon am	Caroline Josling *	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Wednesday pm	Shireen Hemmati	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Friday pm (Away until April 2016)	Lizzie Longhurst	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Saturday pm	Helen Anderson	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Friday & Sunday	Keiko Kishimoto *	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins

### Clinical Aromatherapy with Oriental diagnosis

Friday & Sunday	Keiko Kishimoto	1st Apt £70 for 90 mins(inc consultaion) F/Up same as Aromatherapy
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### 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
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### Warm Bamboo Massage (always combined with Hot stone when done by Lizzie) (booked time will involve notes being taken and getting changed)

Friday pm (Lizzie is away until April 2016)	Lizzie Longhurst	£55 for 75 mins or £50.00 for 60 mins
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### Baby Massage

Friday pm (Away until April 2016)	Lizzie Longhurst	£30 for up to an hour for individual sessions or £15 each if you share with another parent and baby.
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### 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: £35 for 45mins, FU:£25 for 30mins (Mini Bach consultations 15 mins for £15 & includes remedy)
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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
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### 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
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### Cranial Osteopathy

Wednesday pm	Giles Cleghorn	£65.00 for all sessions adults and children.
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### Craniosacral Therapy

Monday all day	Jo Hanstead	1st apt £50 for up to 60mins: FU:£48 for 45 mins £40 for new (60min) and £32 for 30 min F/ups	Under 16's
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### Counselling (including couples)

Wednesday pm	Lynda Mutch	£60 for 60mins
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### 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

### Eden Energy Medicine

Monday pm	Carla Hanreck	£70 for 90 minutes NP and F/Ups
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### Energy Healing

Tuesday pm	David Moul	£55 for 60 minutes NP and F/Ups
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### Facials, Neal's Yard

Thursday all day and Saturday pm	Celia Stewart	£55 for 60 mins, Express Facial £35 for 30 mins
Wednesday am and some Monday am	Caroline Josling	£55 for 60 mins, Express Facial £35 for 30 mins
Friday pm (Away until April 2016)	Lizzie Longhurst	£55 for 60 mins, Express Facial £35 for 30 mins

### Ayurvedic Face Massage

Thursday pm	Madeleine Zagni	£45 for 60 mins
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### Indian Face Massage

Saturday pm	Helen Anderson	£50 for 60 mins, £30 for 30 mins
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### Facelift Massage with Lymphatic Drainage

Wednesday am and some Monday am	Caroline Josling	£65 for 75 mins or £75 for 90 mins
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### Facelift Massage with Manual Lymphatic Drainage / Japanese Cosmo Facelift - treatment tailored to suit you

Friday & Sunday	Keiko Kishimoto	£55 for 60 mins
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### Facial Reflexology

Friday & Sunday	Keiko Kishimoto	£50 for 60 mins
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### Rejuvenessence Facial Energy Release®

Wednesday am and some Monday am	Caroline Josling	£65 for 75 mins or deluxe with mini NYR facial £75 for 90 mins. course of 6 treatments.	£360 for a
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**Please give 24 hours notice for any changes or cancellations to avoid a full cancellation charge**

**Facial Rejuvenation Acupuncture (need a course of 6 treatments)**

Monday pm	Bryan Melville	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
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**Facial Yoga (Monthly sessions 7pm until 8.30pm on the second Thursday each month )**

	Emma Foster	£15.00 per session - please book in advance.
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**Herbal Medicine (prices are for consultations only and do not include the costs of any medicines)**

Saturday am	Ruth Baker	£45 for 60 mins, £25 for 30 min follow-ups. 15 min free chats & first-aid prescriptions also available
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Thursday all day	Sebastian Pole	1st apt £50 for 60mins, FU:£30 for 30mins
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**Homoeopathy**

Tuesday pm	Sally Wallace	£40 for 60mins, children: £35 for 60mins
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Wednesday pm (Alternate weeks)	Lynda Mutch	£60 for 60mins (or £80 for 90 mins)
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Wednesday pm (Alternate weeks)	Janet Snowdon	1st appt. £90 for 90 mins, F/ups £50 for 30 mins. appt £75 for 60 mins F/Ups £38 for 30 mins Children 1st appt £80 for 60 mins F/Ups £40 for 30 mins	Children 1st
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**Hot stone Massage (Can also be combined with Warm Bamboo)**

Friday pm (Away until April 2016)	Lizzie Longhurst	£55 for 75 mins or £50.00 for 60 mins
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**Clinical Hypnotherapy (Solution Focussed)**

Tuesday all day & Thurs pm	Maxine Kear	1st Appt for 50 mins + CD is free : FU: £60 for 60 mins
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**Hypno Birthing (Solution Focussed)**

Tuesday all day & Thurs pm	Maxine Kear	
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**Indian Head Massage**

Monday pm	Nadia Hillman	£40 for 45mins or £30 for 30mins
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Friday pm (Away until April 2016)	Lizzie Longhurst	£40 for 45mins or £30 for 30mins
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Saturday pm	Helen Anderson	£40 for 45mins or £30 for 30mins
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Friday & Sunday	Keiko Kishimoto	£40 for 45mins or £30 for 30mins
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**Kinesiology**

Tuesday all day & Thurs pm	Maxine Kear	£50 for 75 mins
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Friday pm	Caroline Metz	£55 for 90 mins; Follow ups £45 for 50 mins.
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Children (under 18) £40 for 60 mins only.

Food Allergy testing £45 or £40 for children for 60 mins

**McTimoney Chiropractic (Free spine checks available for those considering treatment, book 1/2 hour)**

Monday all day	Jo Hanstead	1st apt £50 for up to 60mins: FU:£40 for 30mins or £48 for 45 mins £40 for new (60min) and £32 for 30 min F/ups	Under 16's
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**Marma Point Full Body Massage (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Monday pm	Nadia Hillman	£70.00 for 90 mins (full treatment), £50 for 60mins - (Condensed)
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**Manual Lymphatic Drainage (MLD) (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Friday & Sunday	Keiko Kishimoto	£55 for 60mins
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**Massage or Facial and Bach Flower Remedy consultations combined (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Thursday all day and Saturday pm	Celia Stewart	75mins £60 (1 hour massage with 15mins Bach ) or 90mins £70 (1 Hour massage or Facial and 30 mins Bach flower Remedies)
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**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	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Tuesday all day & Thurs pm	Maxine Kear	£60 for 75mins, £50 for 60mins, £35 for 30mins
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Wednesday am & some Mon am	Caroline Josling *	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Wednesday pm	Leora Sharp	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £40 for 45mins
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Wednesday pm	Shireen Hemmati	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Friday pm (Away until April 2016)	Lizzie Longhurst *	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Thursday all day and Saturday pm	Celia Stewart	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Thursday pm	Madeleine Zagni	£60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Friday pm & Sunday	Anna Kwasigroch	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Sat all day	Jeremy Dymond	£70.00 = 90 mins, £60 = 75mins, £50 = 60mins, £40 = 45 mins, £35 = 30mins
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Saturday pm	Helen Anderson *	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Friday & Sunday	Keiko Kishimoto *	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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**Massage: Mobilisation & Deep Tissue (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Wednesday pm	Shireen Hemmati	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Thursday pm	Madeleine Zagni	£60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Friday pm (Away until April 2016)	Lizzie Longhurst	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Friday pm & Sunday	Anna Kwasigroch	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Sat all day	Jeremy Dymond	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, BNS £35 for 30mins
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Friday & Sunday	Keiko Kishimoto	£70.00 for 90 mins, £60 for 75mins, £50 for 60mins, £35 for 30mins
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Please talk to staff about strength of massage you require as Therapists approaches to deep tissue vary

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

**Naturopathic Nutrition**

Please call directly as only seeing existing clients

**Elizabeth Season**

NP £55 for 60mins, F/ups £45 for 45 mins or £35 for 30 minutes.

**Nutritional Therapy (can be combined with coaching and/or Personal training sessions)**

Tuesday all day

**Monika**

NP £55- up to 75min (BioScan included)

F/up long £35- up to 45min (BioScan included)

F/up short £25- up to 30min

BioScan £10 for 15 mins refunded with initial full consultation.

50% off all the services, for children under 16 and students

Paired and group coaching - £25/person/hour (minimum 2)

Paired and group coaching - 2- 3 people -£25/person/hour, 4 or more - £20 per hour - max 8 people

Monthly package - 4 nutrition consultations including, BioScans and online support- £130 per month or £470 if do full 4 months therapy

**Osteopathy**

Wednesday pm

**Giles Cleghorn**

£65.00 for 30 mins for all sessions adults and children.

**Personal Sports training with Nutrition**

1 month- 2 nutrition consultations, 4 personal training sessions, BioScan, online support- £230 or £790 for the full 4 months therapy

**Preconception, Pregnancy and Post-Natal treatments.**

These are offered by many of our therapists, please see back page for more details.

**Reflexology (N.B. Please note that some of your booked time****\* Trained in Fertility, Preconception, Pregnancy, Post-Natal Reflexology**

Wednesday am &amp; some Mon am

**Caroline Josling \***

£60 for 75mins/ £50 for 60mins/£35 for 30mins

Wednesday pm

**Shireen Hemmati**

£60 for 75mins/ £50 for 60mins/£35 for 30mins

Friday pm (Away until April 2016)

**Lizzie Longhurst \***

£60 for 75mins/ £50 for 60mins/£35 for 30mins

Lizzie also offers VRT

Friday &amp; Sunday

**Keiko Kishimoto \***

£60 for 75mins/ £50 for 60mins/£35 for 30mins

Friday pm &amp; Sunday

**Anna Kwasigroch\***

£60 for 75mins/ £50 for 60mins/£35 for 30mins

Saturday pm

**Helen Anderson**

£60 for 75mins/ £50 for 60mins/£35 for 30mins

**Repro reflexology (for couples going through assisted conception techniques)**

Friday pm (away until April 2016)

**Lizzie Longhurst**

£65 for 90mins 1st Appt; £50 for 60 min follow ups.

**Reiki**

Tuesday all day &amp; Thurs pm

**Maxine Kear**

£35 for 45 minutes or £40 for 60mins

Wednesday pm

**Shireen Hemmati**

£35 for 45 minutes or £40 for 60mins

Wednesday am &amp; some Mon am

**Caroline Josling**

£35 for 45 minutes or £40 for 60mins

Friday &amp; Sunday

**Keiko Kishimoto**

£35 for 45 minutes or £40 for 60mins

**Rolfing**

Thursday pm

**Madeleine Zagni**

£68 per 90 minute session Course of 3 £65 per session, Course of 10 £65 per session

**Shiatsu (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Monday pm

**Carla Hanreck**

£55 for 60 mins, £30 for 30 mins

**Spinal Touch**

Monday all day

**Jo Hanstead**

1st apt £50 for 60mins: FU:£48 for 45mins

**Head/Neck/Shoulder Shiatsu**

Monday pm

**Carla Hanreck**

£30 for 30mins

**Thai Foot Massage**

Monday pm

**Carla Hanreck**

£55 for 60mins

**Thai Herb Compress Massage**

Friday pm &amp; Sunday

**Anna Kwasigroch**

£60 for 75 mins /F.Ups: £50 for 60 mins or £70 for 90 mins

**Thai Yoga Massage (client needs to bring comfy clothes to stretch in - long sleeved top and long trousers this is a fully clothed massage on a futon)**

Wednesday pm

**Shireen Hemmati**

£50 for 60 minutes, £65 for 90 mins or £75 for 120 mins

Friday pm (Away until April 2016)

**Lizzie Longhurst**

£65 for 90 mins or £75 for 120 mins (shorter treatments are not available)

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

## Treatments in Pregnancy and for Children

### Acupuncture

All of our acupuncturists , Bryan Melville, Jon Huxley and Sue Davison work with pregnant women and offer preconception

### Aromatherapy

All of our aromatherapists work with pregnant women from the second trimester.

Caroline Josling & Keiko Kishimoto specialise in aromatherapy in pregnancy.

### Bach Flower Therapy

Can be used for emotional balance throughout pregnancy and for babies and children of all ages.

### Bowen Therapy

A gentle therapy than can be used throughout pregnancy

### Cranio-sacral therapy and Spinal Touch

Both can be used during pregnancy, Jo Hanstead also works with many babies and children.

### Cranial Osteopathy

Appropriate throughout pregnancy, Giles Cleghorn specialises in working with babies and children.

### Facial treatments

All facials and Rejuvenessence© are fine during pregnancy.

### Herbal Medicine

Both our herbalists work with pregnant women throughout pregnancy.

Ruth uses Western herbs and Sebastian Pole works with Ayurvedic, Chinese and Western herbs.

### Homeopathy

All our homeopaths, Sally Wallace, Lynda Mutch and Janet Snowdon work with pregnant women, babies and children.

Homeopathy can be used from any age and at any point during pregnancy, birth and afterwards.

### Kinesiology

Kinesiology is fine during any stage of pregnancy.

Maxine Kear has experience working with children over the age of 8 with their parent present.

Caroline Metz specialises in working with children and teenagers.

### Massage

All of our massage practitioners are happy to work with pregnant women - some from 12 weeks only but do ask.

Caroline Josling , Lizzie Longhurst and Keiko Kishimoto have done specialist training in pregnancy massage.

Some massage therapists will massage children under 16 with parent present and from 16 - 18 with parental consent.

### McTimoney Chiropractic

Appropriate throughout pregnancy and afterwards.

### Manual Lymphatic Drainage Massage

Offered By Keiko Kishimoto and is a gentle treatment that can be used throughout pregnancy.

### Nutrition and Allergy testing

May be useful for preconception, during pregnancy and while breastfeeding.

Our Nutritional therapist also works with children.

### Osteopathy

Appropriate throughout pregnancy.

### Reflexology

Reflexology is available from your second trimester.

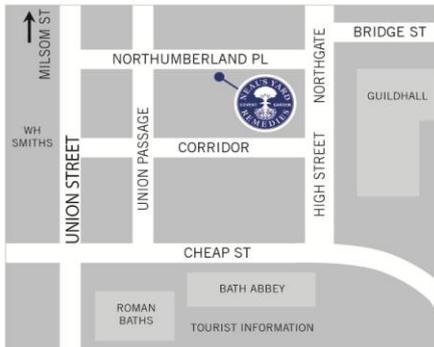
Caroline Josling offers a reflexology combined with massage specifically for pregnant women.

Keiko Kishimoto, Anna Kwasigroch, Caroline Josling and Lizzie Longhurst are all trained in maternity reflexology.

Lizzie Longhurst also offers ReproReflexology.

### Shiatsu

Carla Hanreck will treat throughout pregnancy.



Please give 24 hours notice if you need to cancel or you will be charged the full cost of your treatment.  
If you are new to a therapist you will need to pay in advance for your first appointment.