



# 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 FOR NOTES TO BE TAKEN AND FOR YOU TO GET CHANGED**

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 note taking and oils being made up specifically for you. Your time does include time to change and get dressed.

Wednesday 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
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 Appt £70 for 90 mins inc consultation F/Up same as Aromatherapy
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### Ayurvedic Herbal Medicine (prices are for consultations only and do not include the cost of any medicines prescribed)

Thursday all day	Sebastian Pole	1st apt £75 for 60mins, FU:£35 for 30mins
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### Ayurvedic Massage

Wednesday pm	Shireen Hemmati	Wide range of treatments available please ring for details
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### Bach Flower Therapy (prices are for consultations only and do not include the cost of any medicines prescribed)

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

### Bowen Technique

Monday am	Carla Hanreck	£55 for 60 mins, £35 for 30 mins
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### Chinese Herbal Medicine (prices are for consultations only and do not include the cost of any medicines prescribed)

Thursday all day	Sebastian Pole	1st apt £75 for 60mins, FU:£35 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 Under 16's £40 for new (60min) and £32 for 30 min F/ups
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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 am	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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### Treatments for the Face & Head (also see Indian Head Massage)

#### Facials, Neal's Yard

Thursday all day and Saturday pm	Celia Stewart	£55 for 60 mins, Express Facial £35 for 30 mins
Wednesday am	Caroline Josling	£55 for 60 mins, Express Facial £35 for 30 mins

#### Ayurvedic Face Massage

Thursday pm	Madeleine Zagni	£50 for 60 mins
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#### Ayurvedic Face Lift Massage - Mukhabhyanga

Wednesday pm	Shireen Hemmati	£50 for 60 mins
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#### Ayurvedic Treatments for Ear, Nose and Eyes (needs 24 hours notice)

Karana Purana (Ear), Akshitaspana (Eyes), Nasya (Nasal clearing)		£50 for 60mins
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#### Indian Face Massage

Saturday pm	Helen Anderson	£50 for 60 mins, £35 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	£55 for 60 mins
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Please give 24 hours notice for any changes or cancellations to avoid a full cancellation charge

**Treatments for the Face & Head (also see Indian Head Massage) Cont.****Rejuvenessence Facial Energy Release ®**

Wednesday am	<b>Caroline Josling</b>	£65 for 75 mins or deluxe with mini NYR facial £75 for 90 mins £360 for a course of 6 treatments
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**Facial Rejuvenation Acupuncture (need a course of 6 treatments)**

Monday pm	<b>Bryan Melville</b>	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
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**Herbal Medicine (prices are for consultations only and do not include the cost of any medicines prescribed)**

Saturday am	<b>Ruth Baker</b>	£45 for 60 mins, £25 for 30 min follow-ups 15 min free chats & first-aid prescriptions also
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Thursday all day	<b>Sebastian Pole</b>	1st apt £75 for 60mins, FU:£35 for 30mins
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**Homoeopathy**

Tuesday pm	<b>Sally Wallace</b>	£40 for 60mins, children: £35 for 60mins
Wednesday pm (Alternate weeks)	<b>Lynda Mutch</b>	£60 for 60mins (or £80 for 90 mins)
Wednesday pm (Alternate weeks)	<b>Janet Snowdon</b>	1st appt. £90 for 90 mins, F/ups £50 for 30 mins Children 1st appt £80 for 60 mins F/Ups £40 for 30 mins

**Clinical Hypnotherapy (Solution Focussed)**

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

Tuesday all day & Thurs pm	<b>Maxine Kear</b>	
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**Indian Head Massage**

Monday pm	<b>Nadia Hillman</b>	£40 for 45mins or £35 for 30mins
Saturday pm	<b>Helen Anderson</b>	£40 for 45mins or £35 for 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£40 for 45mins or £35 for 30mins
Wednesday pm	<b>Shireen Hemmati</b>	£40 for 45mins or £35 for 30mins

**Kinesiology**

Tuesday all day & Thurs pm	<b>Maxine Kear</b>	£50 for 75 mins
Friday pm	<b>Caroline Metz</b>	£55 for 90 mins; Follow ups £45 for 50 mins 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	<b>Jo Hanstead</b>	1st apt £50 for up to 60mins: FU:£40 for 30mins or £48 for 45 mins
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**Massage - see also Shiatsu, Reflexology, Aromatherapy, Thai Massage etc****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	<b>Nadia Hillman</b>	£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	<b>Keiko Kishimoto</b>	£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	<b>Celia Stewart</b>	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 (Ayurvedic)**

Wednesday pm	<b>Shireen Hemmati</b>	Please check web site or ring for more details
Traditional Abhyanga (Arurvedic Massage)		£65 for 90 mins and £85 for 90 mins
Ayurvedic Abdominal Massage		£50 for 60mins or £35 for 30 mins

**Ayurvedic Massage Special Treatments - need 24 hours notice**

Udvertana- Herbal body scrub Massage		£55 for 60mins
Pinda sveda Bolus treatments		£55 for 60mins or £75 for 90 mins
Basti treatments- (unique localised warm oil treatments)		£55 for 60mins

**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	<b>Nadia Hillman</b>	£70.00 90 mins, £60 75mins, £50 60mins, £35 30mins
Tuesday all day & Thurs pm	<b>Maxine Kear</b>	£60 75mins, £50 60mins, £35 30mins
Wednesday am	<b>Caroline Josling *</b>	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Wednesday pm	<b>Leora Sharp</b>	£70 90 mins, £60 75mins, £50 60mins, £40 45mins
Wednesday pm	<b>Shireen Hemmati</b>	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Thursday all day and Saturday pm	<b>Celia Stewart</b>	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Thursday pm	<b>Madeleine Zagni</b>	£60 75mins, £50 60mins, BNS £35 30mins
Friday pm & Sunday	<b>Anna Kwasigroch</b>	£70 90 mins, £60 75mins, £50 for 60mins, £35 for 30mins
Sat all day	<b>Jeremy Dymond</b>	£70 90 mins, £60 75mins, £50 60mins, £40 45 mins, £35 30mins
Saturday pm	<b>Helen Anderson *</b>	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Friday & Sunday	<b>Keiko Kishimoto *</b>	£70 90 mins, £60 75mins, £50 60mins, £35 30mins

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

**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 90 mins, £60 75mins, £50 60mins, BNS £35 30mins
Thursday pm	Madeleine Zagni	£60 75mins, £50 60mins, BNS £35 30mins
Friday pm & Sunday	Anna Kwasigroch	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins
Sat all day	Jeremy Dymond	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins
Friday & Sunday	Keiko Kishimoto	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins

Please talk to staff about strength of massage you require as Therapists' approaches to deep tissue vary

**Naturopathy**

Wednesday pm	Lucy Peel	NP £75 for 90mins, F/ups £50 for 60 minutes
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 for full 4 months therapy

**Osteopathy**

Wednesday pm	Giles Cleghorn	£65.00 for 30 mins for all sessions adults and children
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**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 will involve notes being taken and getting changed)**\* Trained in Fertility, Preconception, Pregnancy, Post-Natal Reflexology**

Wednesday 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 & Sunday	Keiko Kishimoto *	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday pm & 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

**Reiki**

Tuesday all day & 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	Caroline Josling	£35 for 45 minutes or £40 for 60mins
Friday & Sunday	Keiko Kishimoto	£35 for 45 minutes or £40 for 60mins

**Rolfing**

Thursday pm	Madeleine Zagni	£68 per 90 mins/ Course of 3 £65 per session/ Course of 10 £65 per session
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**Shiatsu** (N.B. Please note that some of your booked time will involve notes being taken and getting changed)

Monday am	Carla Hanreck	£55 for 60 mins, £35 for 30 mins
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**Spinal Touch**

Monday all day	Jo Hanstead	1st apt £50 for 60mins: FU:£48 for 45mins
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**Head/Neck/Shoulder Shiatsu**

Monday am	Carla Hanreck	£35 for 30mins
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**Thai Foot Massage**

Monday am	Carla Hanreck	£55 for 60mins
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**Thai Herb Compress Massage**

Friday pm & Sunday	Anna Kwasigroch	£75 for 90 mins, £65 for 75 mins /F.Ups: £55 for 60 mins
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**Thai Yoga Massage**

(Please note this is a fully clothed massage on a futon, client needs to bring comfy clothes to stretch in - long sleeved top and long trousers)

Wednesday pm	Shireen Hemmati	£50 for 60 minutes, £65 for 90 mins or £75 for 120 mins
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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 during 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 has worked 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 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, Naturopathy and Allergy testing

May be useful for preconception, during pregnancy and while breastfeeding

Our Nutritional therapist also works with children

### Osteopathy

Appropriate throughout pregnancy

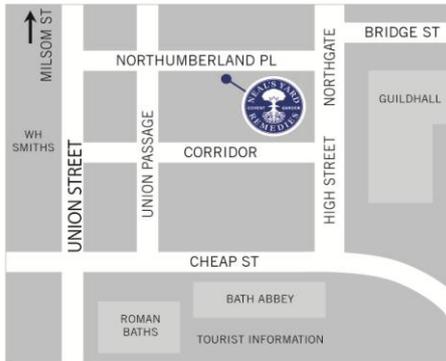
### Reflexology

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

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

### 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.