



# Neal's Yard Remedies

## Treatment Room Timetables

11 Northumberland Place BATH BA1 5AR Tel: 01225 466 944 www.nealsyardbath.com

Times: am = 9.30am to 1.30pm and pm = 2pm to 6pm Eve 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. Therapists are all self-employed practitioners who are fully qualified and insured.**

### 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
Tuesday pm and evening	Adam Phoenix	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

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 & Thursday all day	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

### Pregnancy Aromatherapy Massage

Wednesday am	Caroline Josling	£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 consultation F/U same as Aromatherapy
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### Ayurvedic Massage

Wednesday pm & Thursday all day	Shireen Hemmati	Wide range of treatments available please look under massage or ring for details
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### Bach Flower Therapy (prices for consultations include cost of remedies prescribed)

Saturday pm	Celia Stewart	1st apt: £45 for 45mins, FU:£30 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 £15 (15mins Bach) or £30 (30mins Bach) this includes the cost of the remedies.

### Bowen Technique

Monday am	Carla Hanreck	£55 for 60 mins, £35 for 30 mins
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### Core Postural Alignment (Spinal Touch)

Tuesday pm	Jo Hanstead	1st apt £55 for up to 60mins: FU:£48 for 45mins
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### Cranial Osteopathy

Wednesday am	Giles Cleghorn	£67.00 for all sessions adults and children
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### Craniosacral Therapy

Tuesday pm	Jo Hanstead	1st apt £55 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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### Craniosacral Therapy

Tuesday pm	Beverly Katz	1st apt £65 for up to 75mins: FU:£55 for 60 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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### Dietetics and Paediatric Dietetics, Adults, Children and Babies

Saturday Morning	Monika Jakiel-Rusin	£55 - initial consultation 1h, £30 - follow up 30min, £15 Bio Scan- body composition analysis 15min - this is an additional cost and can be tagged on or done alone.
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Package of 4 Consultations £125.00

Pregnant women, Children and Babies £45 - initial consultation 1h, £30- follow up 30min

### Ear Candling with gentle drainage massage and candles included

Saturday pm	Celia Stewart	£45 for 45 mins
Friday & Sunday	Keiko Kishimoto	£45 for 45 mins

### Healing

#### Crystal Healing

Wednesday am & Thursday evenings	Ottavia Mazzoni	£60 for 60 minutes, £60 for 60 mins or £45 for 45 mins F/U package of 3 is £150 for crystal healing (3x60min)
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#### Crystal Massage

Wednesday am & Thus eve	Ottavia Mazzoni	NP and F/Up all £60/60mins
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#### Pranic Healing

Thursday am	Anna Harvey	NP £45 for 60 mins, F/Ups £25 for 30 minutes
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#### Eden Energy Medicine

Monday am	Carla Hanreck	NP need 90 mins for £70, F/Ups £55 for 60 minutes
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#### Soul Integration Therapy

Wednesday am and Thursday eve	Ottavia Mazzoni	NP £70/75 min, F/Up £60/ 60 mins, F/U package of 3 is £150 for Soul integration(60min)
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#### Transference Healing®

Please ring for availability	Anna Kwasigroch	£70 for 90 minutes NP and F/Ups (occ. appts may last for up to 2 hours if needed and all clients will receive a bottle of Lightbody Essences to take home.)
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### Treatments for the Face & Head (also see Indian Head Massage)

#### Facials, Neal's Yard - (Facials and Massage can be combined - see below)

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

#### Facials, Neal's Yard - Combined with Massage

Saturday pm	Celia Stewart	60 mins (30 min facial and 30 min Massage) £55, 75 mins (45 min facial and 30 min Massage) £65; 90 mins (60 min facial and 30 min Massage or 30 min facial, 60 min massage etc) £75
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#### Ayurvedic Face Massage

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

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

Wednesday pm & Thursday all day      **Shireen Hemmati**      £60 for 60 mins

### Ayurvedic Treatments for Ear, Nose and Eyes (needs 24 hours notice)

Karana Purana (Ear), Akshitaspana (Eyes), Nasya (Nasal clearing)      **Shireen Hemmati**      £55 for 60mins

### Indian Face Massage

Saturday pm      **Helen Anderson**      £50 for 60 mins, £35 for 30 mins

### Treatments for the Face & Head (also see Indian Head Massage) Cont.

#### Facelift Massage with Lymphatic Drainage

Wednesday am and some Monday am      **Caroline Josling**      £65 for 75 mins or £75 for 90 mins

**Facelift Massage with Manual Lymphatic Drainage / Japanese Cosmo Facelift - treatment tailored to suit you & using Neal's Yard Products.**

Friday & Sunday      **Keiko Kishimoto**      £55 for 60 mins

#### Facial Reflexology

Friday & Sunday      **Keiko Kishimoto**      £55 for 60 mins

#### Rejuvenessence Facial Energy Release ®

Wednesday am      **Caroline Josling**      £65 for 75 mins or deluxe with mini NYR facial £75 for 90 mins. Course of 6 facials are £360 if paid in advance/at first one

### Facial Rejuvenation Acupuncture (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 cost of any medicines prescribed)

Thursday (& occ Sat) all day      **Amanda Lewis -Starks**

Friday(& occ. Sat) all day      **Ruth Baker**      All: £50 for 60 mins, £30 for 30 min follow-ups, 15-min free chats and first aid prescriptions also available

Alt Sats all day      **Helen White**

### Homoeopathy

Wednesday pm (Alternate weeks)      **Lynda Mutch**      £60 for 60mins (or £80 for 90 mins)

Tuesday am & Thurs eve      **Christiane Ley**      1st appt. £90 for up to 2 hours, F/ups £50 for 60 mins  
Child 1st appt £70 for 1.5 - 2hrs for F/Ups £40 for 60 mins

### Clinical Hypnotherapy (Solution Focussed)

Tuesday all day      **Maxine Kear**      1st Appt is free of charge + CD: FU: £60 for 60 mins

### Hypno Birthing (Solution Focussed)

Tuesday all day      **Maxine Kear**      £60 per hour

### Indian Head Massage

Please ring for next date available      **Nadia Hillman**      £43 for 45mins or £35 for 30mins

Saturday pm      **Helen Anderson**      £43 for 45mins or £35 for 30mins

Friday & Sunday      **Keiko Kishimoto**      £43 for 45mins or £35 for 30mins

Wednesday pm & Thursday all day      **Shireen Hemmati**      £43 for 45mins or £35 for 30mins

### Japanese Acupuncture

Tuesday pm and evening      **Adam Phoenix**      1st apt £55 for 45 - 60mins, FU:£45 for 45mins

### Kinesiology

Tuesday all day      **Maxine Kear**      £50 for 75 mins

Friday pm      **Caroline Metz**      £55 for 90 mins; Follow ups £45 for 60 mins

Children (under 18) £40 for 60 mins only  
Food Allergy testing £45 adults or £40 for children for 60 mins

### Gentle Spinal Alignment (Free spine checks available for those considering treatment, book 1/2 hour)

Tuesday pm      **Jo Hanstead**      1st apt £55 for up to 60mins: FU:£48 for 45mins, Children £42 for 45 mins

### 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)

Please ring for next date available      **Nadia Hillman**      £70.00 for 90 mins (full treatment), £50 for 60mins - (Condensed)

#### Manual Lymphatic Drainage (MLD) (N.B. please note, this treatment is not suitable for the special conditions such as lymphoedema after cancer treatments)

Friday & Sunday      **Keiko Kishimoto**      £55 for 60mins

#### 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

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)

### Massage (Ayurvedic) Mon am, Wed pm and Thursday all day

Wednesday pm & Thursday all day      **Shireen Hemmati**      Please check web site or ring for more details

Traditional Abhyanga (Arurvedic Massage)      **Shireen Hemmati**      £75 90 mins & £55 60mins

Ayurvedic Abdominal Massage      **Shireen Hemmati**      £55 for 60min

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

Udvertana- Herbal body scrub Massage      **Shireen Hemmati**      £65 for 60mins

Pinda sveda Bolus treatments      **Shireen Hemmati**      £65 for 60mins or £90 for 90 mins

Basti treatments(unique localised warm oil treatments)      **Shireen Hemmati**      £65 for 60mins

### Esalen® Massage

Occasional Sundays      **Ayres Gipson**      £85 120 mins, £70 for 90 mins

### Crystal Massage

Wednesday am & Thurs eve      **Ottavia Mazzoni**      NP and F/Up all £55/60mins, £40/45 mins

### Massage, Holistic (N.B. Please note that some of your booked time will involve notes being taken and getting changed)

Wednesday pm & Thursday all day      **Shireen Hemmati**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Tuesday all day      **Maxine Kear**      £60 75mins, £50 60mins, £35 30mins

Tues pm      **Sophie Pritchard**      £70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins

Wednesday am      **Caroline Josling**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Wednesday pm      **Leora Sharp**      £70 90 mins, £60 75mins, £50 60mins, £43 45mins

Wednesday and Sunday      **Kyle Packer**      £70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins

Thursday all day      **Nadia Hillman**      £70.00 90 mins, £60 75mins, £50 60mins, £35 30mins

Thursday pm      **Madeleine Zagni**      £60 75mins, £50 60mins, BNS £35 30mins

Friday & Sunday      **Anna Kwasigroch**      £70 90 mins, £60 75mins, £50 for 60mins, £35 for 30mins

Friday & Sunday      **Keiko Kishimoto**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Saturday pm      **Celia Stewart**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Sat all day      **Jeremy Dymond**      £70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins

Saturday pm      **Helen Anderson**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Occasional Sundays      **Ayres Gipson**      £85 120 mins, £70 for 90 mins, £55 for 60mins

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

Wednesday am      **Caroline Josling**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Saturday pm      **Helen Anderson**      £70 90 mins, £60 75mins, £50 60mins, £35 30mins

Friday & Sunday      **Keiko Kishimoto**      £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 & Thursday all day	<b>Shireen Hemmati</b>	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Tues pm	<b>Sophie Pritchard</b>	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Thursday pm	<b>Madeleine Zagni</b>	£60 75mins, £50 60mins, BNS £35 30mins
Wednesday and Sunday	<b>Kyle Packer</b>	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Friday & Sunday	<b>Anna Kwasigroch</b>	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Sat all day	<b>Jeremy Dymond</b>	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Occasional Sundays	<b>Ayres Gipson</b>	£85 120 mins, £70 for 90 mins, £55 for 60mins

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

**Naturopathy**

Wednesday pm	<b>Lucy Peel</b>	NP £75 for 90mins, F/ups £50 for 60 minutes
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**Nutritional Therapy (Dietetics) (can be combined with coaching and/or Personal training sessions)**

Please ring for availability	<b>Monika Jakiel-Rusin</b>	analysis 15min - this is an additional cost and can be tagged on or done alone.
	<b>Package of 4 Consultions</b>	£125.00
	<b>Pregnant women, Children and Babies</b>	£45 - initial consultation 1h, £30- follow up 30min

Monika also offers personal sports coaching - please contact her for details

**Osteopathy**

Wednesday am	<b>Giles Cleghorn</b>	£67.00 for 30 mins for all sessions adults and children
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**Personal Sports training with Nutrition with Monika Jakiel-Rusin**

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)

Wednesday am	<b>Caroline Josling</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Wednesday pm & Thursday all day	<b>Shireen Hemmati</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	<b>Anna Kwasigroch</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Saturday pm	<b>Helen Anderson</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins

**Reflexology for Fertility, Preconception, Pregnancy, Post-Natal Reflexology**

Wednesday am	<b>Caroline Josling</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	<b>Anna Kwasigroch</b>	£60 for 75mins/ £50 for 60mins/£35 for 30mins

**Reiki**

Tuesday all day	<b>Maxine Kear</b>	£45 for 60mins
Wednesday pm & Thursday all day	<b>Shireen Hemmati</b>	£45 for 60mins
Wednesday am	<b>Caroline Josling</b>	£45 for 60mins
Wed am	<b>Ottavia Mazzoni</b>	NP & F/Up: £60 for 60mins/ £50 for 45 mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£45 for 60mins

**Rolfing**

Thursday pm	<b>Madeleine Zagni</b>	£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	<b>Carla Hanreck</b>	£55 for 60 mins, £35 for 30 mins
Friday	<b>Kirsty Harper</b>	£35 for 30 mins, £50 for 60 mins, £70 for 90 mins

**Head/Neck/Shoulder Shiatsu**

Monday am	<b>Carla Hanreck</b>	£35 for 30mins
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**Thai Foot Massage**

Monday am	<b>Carla Hanreck</b>	£55 for 60mins
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**Thai Herb Compress Massage**

Friday & Sunday	<b>Anna Kwasigroch</b>	£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 & Thursdays	<b>Shireen Hemmati</b>	£55 for 60 minutes, £75 for 90 mins or £90 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

## Cranial Osteopathy

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

## Facial treatments

All facials and Rejuvenessence© are fine during pregnancy

## Gentle Spinal Alignment

Both can be used during pregnancy, Jo Hanstead has worked with many babies and children

## Herbal Medicine

Both our herbalists work with pregnant women throughout pregnancy

## Homeopathy

Our homeopaths; 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

## 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

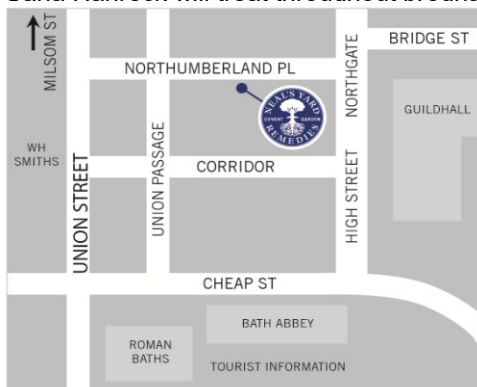
Appropriate throughout pregnancy

## 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.