



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.

ALL MASSAGE/ REFLEXOLOGY/ FACIALS/ AROMATHERAPY etc will be going up in price in April 2019 - e.g. 60 min regular massage will then be £55

Acupuncture

Monday all day	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

Allergy & 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
Saturday	Ruth Brown	£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
Sunday	Sharon Rich	£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

Aromatouch Massage

Tuesday am	Beth Lass	60mins £50, 90mins £75, 120mins £100
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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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Bach Flower Remedies

Sunday	Sharon Rich	£40 for 60 mins includes a remedy to take away.
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Biometric Composition Analysis

Thursday am	Stamena Milusheva	30 mins £35
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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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Craniosacral Osteopathy

Wednesday am	Giles Cleghorn	NP 85.00 for 30 mins for adults and children F/Ups 70.00 for 30 mins 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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Counselling (including couples)

Wednesday pm	Lynda Mutch	£70 for 60mins
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Diet Analysis and Weight Loss

Thursday am	Stamena Milusheva	NP 70 - 90 mins £65 & F/Ups 60 mins £50
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Ear Candling with gentle drainage massage and candles included

Friday & Sunday	Keiko Kishimoto	£45 for 45 mins
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Emotional Freedom Technique

Tuesday am	Beth Lass	60mins £50
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Healing

Crystal Healing

Wednesday am & Saturday am once a month	Ottavia Mazzoni	NP or F/Up: £75 for 90 minutes or £65 for 75 mins, F/Up only £55 for 60 min
Tuesday am	Beth Lass	60mins £50

Pranic Healing

Thursday am	Anna Harvey	NP £50 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 & Saturday am once a month	Ottavia Mazzoni	NP or F/Up: £75 for 90 minutes or £65 for 75 mins, F/Up only £55 for 60 min
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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)

Wednesday am & occ Saturday am	Caroline Josling	£55 for 60 mins, Express Facial £35 for 30 mins
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Ayurvedic Face Massage

Thursday pm	Madeleine Zagni	£50 for 60 mins
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Ayurvedic Facelift Massage

Tuesday am	Beth Lass	£50 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.**Facial Holistic**

Saturday **Ruth Brown** £55 for 60 mins, Express Facial £35 for 30 mins

Treatments for the Face & Head (also see Indian Head Massage) Cont.**Facelift Massage with Lymphatic Drainage**

Wednesday am & occ Saturday am **Caroline Josling** £65 for 75 mins or £75 for 90 mins

Frankincense Intense Facial (NYR)

Wednesday am & occ Saturday am **Caroline Josling** £90 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 & occ Saturday 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 - 60 mins, FU:£45 for 45mins

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

Thursdays **Amanda Lewis -Starks** All: £50 for 60 mins, £30 for 30 min follow-ups, 15-min free chats and first aid

Fridays **Helen White** prescriptions also available

Monday, Wednesday & Thursday am, Alt Saturdays **Isha Olsen-Wells** £50 for 60 mins, £30 for 30 min follow-ups (no free 15 mins)

Ruth Baker is taking a sabbatical and will be back in July 2019

Homoeopathy

Wednesday pm (Alternate weeks) **Lynda Mutch** £70 for 60mins (or £90 for 90 mins)
Child £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 & Wed pm **Maxine Kear** 1st Appt is free of charge + CD: FU: £60 for 60 mins

Hypno Birthing (Solution Focussed)

Tuesday & Wed pm **Maxine Kear** £60 per hour

Indian Head Massage

Thurs pm **Nadia Hillman** £43 for 45mins or £35 for 30mins

Tuesday am **Beth Lass** £43 for 45mins or £35 for 30mins

Sat am **Ruth Brown** £43 for 45mins or £35 for 30mins

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

Kinesiology

Tuesday & Wed pm **Maxine Kear** £50 for 75 mins

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

Food Allergy testing £45 adults or £45 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**Hot Stone Massage (N.B.Ruth needs a days notice)**

Sat am **Ruth Brown** £75 for 90 mins, £65 for 75 mins, F.Ups only: £55 for 60 mins

Marma Point Full Body Massage (N.B. Please note that some of your booked time will involve notes being taken and getting changed)

Thursday pm **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 certain conditions such as lymphoedema after cancer treatments)

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

Esalen@Massage

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

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

Tuesday & Wed pm **Maxine Kear** £60 75mins, £50 60mins, £35 30mins

Tuesday am **Beth Lass** 60mins £50, 90mins £75, 120mins £100

Tuesday 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

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

Wednesday pm **Lucy Peel** £52 for 60mins

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 & Saturday **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 **Ruth Brown** £70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins

Monday, Wednesday & Thursday am, Alt Saturdays **Isha Olsen-Wells** £110 120mins £82.50 90 mins, £55 60mins, £43 45 mins, £35 30mins

Sunday **Sharon Rich** £70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins

Sunday once a month **Ayres Gipson** £85 120 mins, £70 for 90 mins, £55 for 60mins

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

Tuesday am **Beth Lass** 60mins £50, 90mins £75, 120mins £100

Wednesday am **Caroline Josling** £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)

Monday, Wednesday & Thursday am, Alt Saturdays	Isha Olsen-Wells	£110 120mins £82.50 90 mins, £55 60mins, £43 45 mins, £35 30mins
Tuesday am	Beth Lass	60mins £50, 90mins £75, 120mins £100
Tues pm	Sophie Pritchard	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Thursday pm	Madeleine Zagni	£60 75mins, £50 60mins, BNS £35 30mins
Wednesday and Sunday	Kyle Packer	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Friday & Saturday	Anna Kwasigroch	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Friday & Sunday	Keiko Kishimoto	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Sat am	Ruth Brown	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Occasional Sundays	Ayres Gipson	£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

On-Site Chair Massage

Monday, Wednesday & Thursday am, Alt Saturdays	Isha Olsen-Wells	£20 for 20 minutes, £35 for 30 mins
Tues pm	Sophie Pritchard	£20 for 20 minutes, £35 for 30 mins

Meditation

Thursday am - Mindfulness	Stamena Milusheva	NP & F/Ups 50 - 60 mins £55 Initial interview + 1 F/up and 2 progress consultations 45 mins each = £195
Thursday 12.30pm and Wednesdays 7.30 pm	Anna Harvey	By donation

Naturopathy

Wednesday pm	Lucy Peel	NP £80 for 90mins, F/ups £52 for 60 minutes
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Nutritional Therapy

Wednesday pm	Lucy Peel	NP £80 for 90mins, F/ups £52 for 60 minutes
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Nutrition advice & Weight Loss

Thursday am	Stamena Milusheva	NP 70 - 90 mins £65 & F/Ups 60 mins £55
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Osteopathy

Wednesday am	Giles Cleghorn	NP 85.00 for approx 30 mins for adults and children F/Ups 70.00 for 30 mins for all sessions adults and children
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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)

Tuesday am	Beth Lass	60mins £50, 90mins £75, 120mins £100
Wednesday am	Caroline Josling	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Sunday	Sharon Rich	£60 for 75mins or £50 for 60mins
Friday & Sunday	Keiko Kishimoto	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Saturday	Anna Kwasigroch	£60 for 75mins/ £50 for 60mins/£35 for 30mins

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

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

Reiki

Tuesday & Wednesday pm	Maxine Kear	£45 for 60mins
Sunday	Sharon Rich	£45 for 60mins
Wednesday am	Caroline Josling	£45 for 60mins
Wednesday am & Saturday am (only once a month)	Ottavia Mazzoni	NP & F/Up: £55 for 60mins/ Children £30 for 45 mins
Wednesday pm	Lucy Peel	£52 for 60mins
Friday & Sunday	Keiko Kishimoto	£45 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
Friday	Kirsty Harper	£35 for 30 mins, £50 for 60 mins, £70 for 90 mins

Head/Neck/Shoulder Shiatsu

Monday am	Carla Hanreck	£35 for 30mins
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Somatic Experiencing

Monday & Wednesday pm	Jon Bauer	Limited offer 1st appt £20 for 60mins F/Ups £59 for 75 mins (75 mins is the best) but can also book 60mins for £48
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Thai Foot Massage

Monday am	Carla Hanreck	£55 for 60mins
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Thai Reflexology

Monday, Wednesday & Thursday am, Alt Saturdays	Isha Olsen-Wells	£55 for 60mins
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Thai Herb Compress Massage

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

Monday, Wednesday & Thursday am, Alt Saturdays	Isha Olsen-Wells	£165 180mins, £110 120mins £82.50 90 mins, £55 60mins
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Yoga for Therapy

Thursday am	Stamena Milusheva	NP 70- 90 mins £65, F/Ups 45 mins £45 or £55 for 60 mins Book 4 x 60 mins and pay £200 upfront.
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Yoga & Mindfulness Individual Sessions

Thursday am	Stamena Milusheva	NP & F/Ups 50 - 60 mins £55 Book 4 x 60 mins and pay £200 upfront.
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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 work with pregnant women and offer preconception treatments for both men and women.

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 & Cranio Sacral Therapy

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

Our herbalists work with pregnant women throughout pregnancy

Homeopathy

Our homeopaths all 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, Beth Lass 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

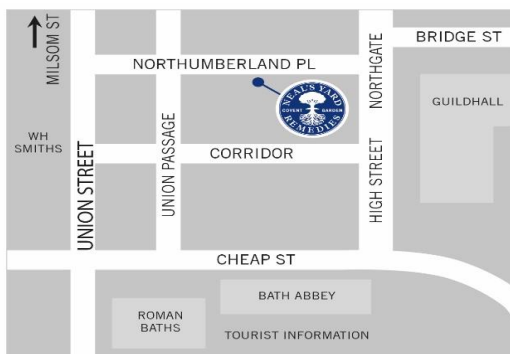
Caroline Josling offers a reflexology combined with massage specifically for pregnant women
Keiko Kishimoto, Anna Kwasigroch and Caroline Josling are all trained in maternity reflexology
Beth Lass does Reflexology for children.

Shiatsu

Carla Hanreck will treat throughout pregnancy

Yoga in Pregnancy

Stamena Milushiva offers yoga sessions specifically for pregnant women



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.