



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 all day	Stacey Beckitt	1st apt £55 for 75mins, FU:£45 for 45mins Sue Davison's clients: £45 for 60mins 1st time only
Monday pm	Bryan Melville	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Thursday all day	Teresa Syed	1st apt £60 for 75mins, FU:£45 for 45mins

Allergy & Food Testing with Kinesiology - see also Food Sensitivity Testing

Friday pm	Caroline Metz	Adults £50 for 60mins or children (under 18) £45 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	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Saturday & Sunday (Alt)	Ruth Brown	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Friday & Sunday	Keiko Kishimoto	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Saturday & Sunday (Alt)	Sharon Rich	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins

Pregnancy Aromatherapy Massage

Wednesday am	Caroline Josling	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Friday & Sunday	Keiko Kishimoto	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins

Aromatouch Massage

Tuesday am	Beth Lass	£75 90 mins, £65 75 mins, £55 60 mins, £48 45 mins, £40 30 mins
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Clinical Aromatherapy with Oriental diagnosis

Friday & Sunday	Keiko Kishimoto	1st Appt £85 for 90 mins inc consultation F/Up same as Aromatherapy
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Baby Massage

Please call to arrange appointments	Helen Manister	Sessions £35 for 60 mins - at least two sessions are recommended.
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Bach Flower Remedies

Saturday & Sunday (Alt)	Sharon Rich	£40 for 60 mins includes a remedy to take away.
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Bach Flower Remedies & Massage- Emotional Wellbeing Package

Saturday & Sunday (Alt)	Sharon Rich	£70 for 90 mins includes a remedy to take away.
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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
Once a month usually on a Tuesday	Beverley Katz	1st apt £65 for up to 75mins: FU:£55 for 45 mins Under 16's £45 for new (60min) and £35 for 45 min F/ups

Counselling (including couples)

Wednesday pm	Lynda Mutch	£70 for 60mins
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Ear Candling with gentle drainage massage and candles included

Friday & Sunday	Keiko Kishimoto	£50 for 45 mins
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Emotional Freedom Technique

Tuesday am	Beth Lass	£75 90 mins, £65 75 mins, £55 for 60 mins
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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	£60 for 60 mins, Express Facial £40 for 30 mins
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Facials

Saturday & Sunday (Alt)	Ruth Brown	£60 for 60 mins, Express Facial £40 for 30 mins
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Ayurvedic Facelift Massage

Tuesday am	Beth Lass	£55 for 60 mins
Saturday & Sunday (Alt)	Ruth Brown	£60 for 60 mins, Express Facial £40 for 30 mins

Frankincense Intense Facial (NYR)

Wednesday am & occ Saturday am	Caroline Josling	£90 for 90 mins
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Facial Reflexology / Japanese Cosmo Facelift / Manual Lymphatic Drainage- treatment tailored to suit you & using Neal's Yard Products.

Friday & Sunday	Keiko Kishimoto	£60 for 60 mins
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Facial Rejuvenation Massage with Frankincense

Wednesday am & occ Saturday am	Caroline Josling	£60 for 60 mins
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Rejuvenessence Facial Energy Release[®]

Wednesday am & occ Saturday am	Caroline Josling	£70 for 75 mins or deluxe with mini NYR facial £80 for 90 mins. Course of 6 facials are £390 if paid in advance/at first one
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Facial Rejuvenation Acupuncture (need a course of 6 treatments)

Monday pm	Bryan Melville	1st apt £55 for 45 - 60 mins, FU:£45 for 45mins
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Please give 24 hours notice for any changes or cancellations to avoid a full cancellation charge

Facial Acupuncture (Treatment includes a Tui na facial massage)		
Monday all day	Stacey Beckett	1st apt £65 for 75mins - 90mins, F/Ups £55 for 60 mins
Food Sensitivity Testing		
Tuesday pm	Philippa Parish	£125 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
Healing		
Crystal Healing		
Wednesday am & Saturday am once a month	Ottavia Mazzoni	NP £65 for 75 mins, F.Up £55 for 60mins/ Children £30 for 45 mins
Tuesday am	Beth Lass	£65 for 75 mins, £55 for 60 mins/ Children £30 for 45 min
Eden Energy Medicine		
Monday am	Carla Hanreck	NP need 90 mins for £70, F/Ups £55 for 60 minutes
Soul Integration Therapy		
Wednesday am & Saturday am once a month	Ottavia Mazzoni	NP £65 for 75 mins, F/Up £55 for 60mins or £75 for 90 mins
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.)
Herbal Medicine (prices are for consultations only and do not include the cost of any medicines prescribed)		
Thursdays	Amanda Lewis -Starks	NP & first appt after a free 15 mins £50 for 60 mins, £30 for 30 min follow-ups
Fridays	Helen White	NP & first appt after a free 15 mins £50 for 60 mins, £30 for 30 min follow-ups
		We also offer free 15-min free chats for simple conditions and first aid prescriptions on Thurs & Fridays
Mon all day, Wed & Thurs 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 August 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: £65 for 60 mins
Hypno Birthing (Solution Focussed)		
Tuesday & Wed pm	Maxine Kear	£65 per hour
Indian Head Massage		
Thursday pm	Nadia Hillman	£48 for 45mins or £40 for 30mins
Tuesday am	Beth Lass	£48 for 45mins or £40 for 30mins
Saturday & Sunday (Alt)	Ruth Brown	£48 for 45mins or £40 for 30mins
Friday & Sunday	Keiko Kishimoto	£48 for 45mins or £40 for 30mins
Kinesiology		
Tuesday & Wed pm	Maxine Kear	£55 for 75 mins
Friday pm	Caroline Metz	NP & F/Ups £50 for 60 mins / Children (under 18) £45 for 60 mins Food Allergy testing £50 adults or £45 for children for 60 mins
Massage - see also Shiatsu, Reflexology, Aromatherapy, Thai Massage etc		
Hot Stone Massage (N.B.Ruth needs a days notice)		
Saturday & Sunday (Alt)	Ruth Brown	£80 for 90 mins, £70 for 75 mins, F.Ups only: £60 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	£75.00 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 lymphedema after cancer treatments)		
Friday & Sunday	Keiko Kishimoto	£60 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	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday am	Beth Lass	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday pm	Sophie Pritchard	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday am	Caroline Josling	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday pm	Leora Sharp	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Monday, Saturday and Sunday	Kyle Packer	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday pm	Lucy Peel	£55 for 60mins
Thursday pm	Madeleine Zagni	£65 75mins, £55 60mins, BNS £40 30mins
Friday & Saturday	Anna Kwasigroch	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Friday & Sunday	Keiko Kishimoto	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Saturday & Sunday (Alt)	Ruth Brown	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Mon all day, Wed & Thurs am & Alt Saturdays	Isha Olsen-Wells	£110 120mins £82.50 90 mins, £55 60mins, £48 45 mins, £40 30mins
Saturday & Sunday (Alt)	Sharon Rich	£75 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Sunday once a month	Ayres Gipson	£85 120 mins, £70 for 90 mins, £55 for 60mins
Massage - Graduate clinic (N.B. Please note that some of your booked time (10 mins or so) will involve notes being taken and getting changed)		
Tuesday & Thursday evening pm	Kate Matheson	NP: £50 90 mins, £40 70mins, £35 60mins F/Ups £50 90 mins, £40 60mins, £35 45 mins
Graduate clinic is for practitioners that have recently qualified or just got back into working. They offer massage at a reduced rate for their first year of working with us. It is an evening clinic and is for women clients only at the moment.		

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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)

Monday, Wednesday & Alt Saturdays	Isha Olsen-Wells	£110 120mins £82.50 90 mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday am	Beth Lass	£110 120mins, £75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Tues pm	Sophie Pritchard	£75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Thursday pm	Madeleine Zagni	£65 75mins, £55 60mins, BNS £40 30mins
Monday, Saturday and Sunday	Kyle Packer	£75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Friday & Saturday	Anna Kwasigroch	£75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Friday & Sunday	Keiko Kishimoto	£75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Saturday & Sunday (Alt)	Ruth Brown	£75 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
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

Mon all day, Wed & Thurs 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

Sports and Remedial Massage

Thursday pm	Madeleine Zagni	£65 75mins, £55 60mins, BNS £40 30mins
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Massage & Bach Flower Remedies - Emotional Wellbeing Package

Saturday & Sunday (Alt)	Sharon Rich	£70 for 90 mins includes a remedy to take away.
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Meditation

Thursday 12.30pm and Wednesdays 7.30 pm	Anna Harvey	By donation
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Naturopathy

Wednesday pm (Alt)	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
Tuesday pm	Philippa Parish	To be confirmed - starting in July

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	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Wednesday am	Caroline Josling	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Sunday	Keiko Kishimoto	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Saturday	Anna Kwasigroch	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Saturday & Sunday (Alt)	Sharon Rich	£65 for 75mins/ £55 for 60mins
Saturday & Sunday (Alt)	Ruth Brown	£55 for 60mins/£40 for 30mins

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

Wednesday am	Caroline Josling	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Sunday	Keiko Kishimoto	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Saturday	Anna Kwasigroch	£65 for 75mins/ £55 for 60mins/£40 for 30mins

TCM Pregnancy Reflexology

Saturday & Sunday (Alt)	Sharon Rich	£65 for 75mins/ £55 for 60mins
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Reiki

Tuesday & Wednesday pm	Maxine Kear	£50 for 60mins
Saturday & Sunday (Alt)	Sharon Rich	£50 for 60mins
Wednesday am	Caroline Josling	£50 for 60mins
Wednesday am & Saturday am (only once a month)	Ottavia Mazzoni	NP £65 for 75 mins, F.Up £55 for 60mins/ Children £30 for 45 mins
Wednesday pm	Lucy Peel	£50 for 60mins
Friday pm	Caroline Metz	£50 for 60mins
Friday & Sunday	Keiko Kishimoto	£50 for 60mins

Rolfing

Thursday pm	Madeleine Zagni	£75 per 90 mins/ Course of 3 or more £70 per session
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Scar Treatment

Friday & Saturday	Anna Kwasigroch	£60 for 60 mins
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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	£40 for 30 mins, £55 for 60 mins, £75 for 90 mins

Head/Neck/Shoulder Shiatsu

Monday am	Carla Hanreck	£35 for 30mins
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Somatic Experiencing

Wednesday all day	Jon Bauer	F/Ups 60mins - £95-£65 - sliding scale for concessions -please discuss with therapist
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Thai Foot Massage

Monday am	Carla Hanreck	£55 for 60mins
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Thai Reflexology

Mon all day, Wed & Thurs 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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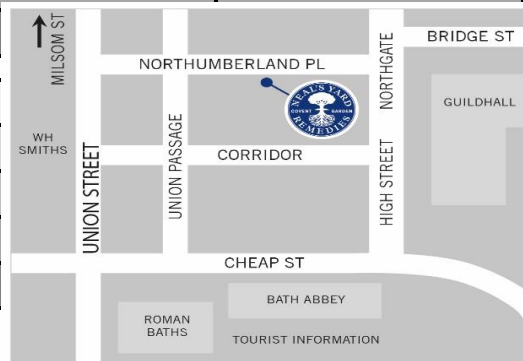
Thai Massage

Mon all day, Wed & Thurs am & Alt Saturdays	Isha Olsen-Wells	£165 180mins, £110 120mins £82.50 90 mins, £55 60mins
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Please give 24 hours notice for any changes or cancellations
to avoid a full cancellation charge

Always give 24 hours notice to change or cancel appointment to avoid being charged in full for your session.

	Morning 9.30 - 1.30pm	Afternoon 2 - 6pm	Evening 6.30pm onwards
Monday			
1	Shiatsu/Energy Healing/Bowen/Thai foot Carla Hanreck	Acupuncture Bryan Melville	Baby Massage available with Helen Manister - need to ring to arrange date and time
2	Massage and Deep Tissue Massage Isha Olsen-Wells		
3	Acupuncture Stacey Beckett		
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5	Massage and Deep Tissue Massage Kyle Packer		
Tuesday			
1		Spine treatment Jo Hanstead (not every week)	Craniosacral therapy in pm With Bev Katz monthly
2	Health Kinesiology, Solution focussed Hypnotherapy & Massage Maxine Kear		Graduate Massage clinic Kate Matheson
3	Massage & Pregnancy Massage Beth Lass	Massage, Sports Massage and Chair massage Sophie Pritchard	YOGA TO START SOON
4	Homeopathy Christiane Ley	Food Sensitivity Testing/Nutritional Therapy Philippa Parish	
5			
Wednesday			
1	Osteopathy and Cranial Osteopathy Giles Cleghorn	Homeopathy / Naturopathy Lynda Mutch/ Lucy Peel alternate weeks	
2	Crystal Healing Ottavia Mazzoni		
3	Rejuvenessence/Aroma/Massage/Reflexo/Facial Caroline Josling	Kinesiology, Solution focus Hypnotherapy & Massage Maxine Kear	Meditation fortnightly Anna Harvey
4	Somatic Experiencing (S.E) Jon Bauer		
5	Massage & Deep Tissue & Herbal Medicine Isha Olsen-Wells	Massage Leora Sharp	ON Shop FLOOR IN PM Isha Olsen-Wells - chair massage
Thursday			
1	Herbal Medicine Amanda Lewis Starks	Herbal Medicine (not massage in pm) Isha Olsen-Wells	Graduate Massage clinic Kate Matheson
2	Podiatry Tim Pursey (takes all his own payments)		Homeopathy (occ - check first!) Christiane Ley
3	Massage & Herbal Medicine Isha Olsen-Wells	Rolfing, Massage & Ayurvedic face massage Madeleine Zagni	Madeleine extends into evening at times
4	Acupuncture Teresa Syed (takes all her own payments)		
5	IHM and Marma Point Massage Nadia Hillman		
Friday			
1	Caroline can sometimes come in early	Kinesiology & Allergy testing Caroline Metz	Caroline occ will exten into evening
2	Herbal Medicine Helen White		
3	Massage/Aroma/Reiki/Reflexo/Ear Candles/ IHM/MLD Keiko Kishimoto		Keiko occ will extend into evening
4	Massage and Reflexology (NO HEALING THIS DAY - EVENINGS ONLY via ANNA) Anna Kwasigroch		Anna occ will extend into evening
5	Shiatsu Kirsty Harper		
Saturday			
1	Aromatherapy, Massage & Facials (Ruth) Flower Remedies (Sharon) & once a month Ottavia and Crystals in am Ruth Brown/ Sharon Rich - with Ottavia one morning once every 4 weeks		
2	Herbal Medicine back here soon		
3	WORKSHOPS - Please ask for details & Caroline Josling once a month Facials		
4	Massage and Reflexology (NO HEALING THIS DAY - EVENINGS ONLY via ANNA) Anna Kwasigroch		
5	Massage and Deep Tissue Massage Isha Olsen-Wells or Kyle Packer		
Sunday 11 am - 4pm			
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2	Massage, Deep Tissue Massage and Esalen Massage Ayres Gipson - once a month		
3	Massage/Aroma/Reiki/Reflexo/IHM/MLD Keiko Kishimoto		
4	Aromatherapy, Massage, Reflexology (& Flower Remedies with Sharon) Sharon Rich or Ruth Brown		
5	Massage and Deep Tissue Massage Kyle Packer		



Find us at 11 Northumberland Place BATH BA1 5AR www.nealsyrbath.com