



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.

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 appointment	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 (2nd and 4th each month)	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 adults and children F/Ups 70.00 for 30 mins All sessions adults and children
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Craniosacral Therapy

Tuesday pm (2nd and 4th each month)	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 (alternate weeks)	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 (2nd and 4th each month)	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	£75 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 Ruth Baker is taking a sabbatical and will be back in August 2019	£50 for 60 mins, £30 for 30 min follow-ups (no free 15 mins)
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		
Sunday once a month	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, £48 45mins, BNS £40 30mins
Thursday pm	Madeleine Zagni	£65 75mins, £55 60mins, BNS £40 30mins
Monday, Saturday and Sunday	Kyle Packer	£75 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Friday & Saturday	Anna Kwasigroch	£75 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Friday & Sunday	Keiko Kishimoto	£75 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Saturday & Sunday (Alt)	Ruth Brown	£75 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Sunday once a month	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

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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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	£80 for 90 mins, £70 for 75 mins /F.Ups: £60 for 60 mins
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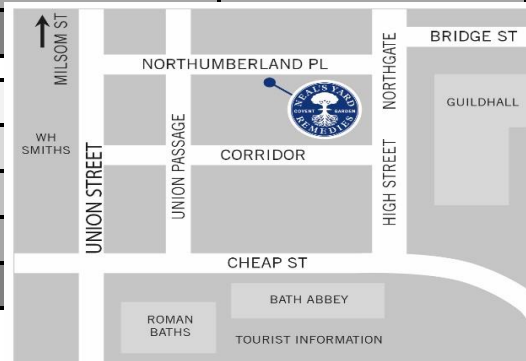
Thai Massage

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		
4			
5		Massage and Deep Tissue Massage Kyle Packer	
Tuesday			
1		Spine treatment Jo Hanstead (every 2nd and 4th 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 (Ring Anna direct to book healing) 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 (Ring Anna direct to book healing) Anna Kwasigroch		
5	Massage and Deep Tissue Massage Isha Olsen-Wells or Kyle Packer		
Sunday 11 am - 4pm			
1			
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.nealsyardbath.com