



# Neal's Yard Remedies

## Treatment Room Timetables

11 Northumberland Place BATH BA1 5AR Tel: 01225 466 944 [www.nealsyardbath.com](http://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 Beckett	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

### Abdominal Ayurvedic Massage (Nabhi Abhyanga)

Tuesday am	Shireen Hemmati	£55 60 mins
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### 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.

Tuesday am	Shireen Hemmati	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Wednesday am	Caroline Josling	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins
Saturday	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
Sunday & Friday am	Sharon Rich	£70 for 75 mins /F.Ups: £60 for 60 mins or £80 for 90 mins

### Pregnancy Aromatherapy Massage (also see Pregnancy Massage and Pregnancy Reflexology)

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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### Ayurvedic Ear, Eye and Nose Treatments

Tuesday am	Shireen Hemmati	£60 for 60 mins
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### Ayurvedic Herbal Bolus Treatment

Tuesday am	Shireen Hemmati	£90 for 90 mins
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### Ayurvedic Herbal Body Scrub Treatment

Tuesday am	Shireen Hemmati	£65 for 60 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 (recommended from 12 weeks)

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

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

Sunday	Sharon Rich	£70 for 90 mins includes a remedy to take away.
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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 92.00 for 30 mins adults and children F/Ups 72.00 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 60 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
Tuesday am	Beth Lass	£50 for 45 mins

### Emotional Freedom Technique

Tuesday am	Beth Lass	£75 90 mins, £65 75 mins, £55 for 60 mins
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### Food Sensitivity Testing

Tuesday pm	Philippa Parish	NP £125 for 60 mins, F/Up £40 for 30mins
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Please give 24 hours notice for any changes or cancellations  
to avoid a full cancellation charge

**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

**Treatments for the Face & Head (also see Indian Head Massage) - see overleaf**

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

Tuesday am      **Beth Lass**      £60 for 60 mins, Express Facial £40 for 30 mins

Wednesday am & occ Saturday am      **Caroline Josling**      £60 for 60 mins, Express Facial £40 for 30 mins

**Facials**

Saturday      **Ruth Brown**      £60 for 60 mins, Express Facial £40 for 30 mins

**Ayurvedic Facelift Massage**

Tuesday am      **Beth Lass**      £60 for 60 mins

Tuesday am      **Shireen Hemmati**      £60 for 60 mins

Saturday      **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

**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

**Facial Rejuvenation Massage with Frankincense**

Wednesday am & occ Saturday am      **Caroline Josling**      £60 for 60 mins

**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

**Facial Rejuvenation Acupuncture (need a course of 6 treatments)**

Monday pm      **Bryan Melville**      1st apt £55 for 45 - 60 mins, FU:£45 for 45mins

**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

**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

**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

Thursday 6.30pm - 11pm      **Giacomo Sandri**      NP £50 for 60 mins, £25 for 30 min follow-ups

Fridays & Saturdays      **Ruth Baker**      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 am & Thurs all day      **Isha Olsen-Wells**      £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 Focused)**

Tuesday & Wed pm      **Maxine Kear**      1st Appt is free of charge + CD: FU: £65 for 60 mins

**Hypno Birthing (Solution Focused)**

Tuesday & Wed pm      **Maxine Kear**      £65 per hour

**Indian Head Massage**

Tuesday am      **Beth Lass**      £48 for 45mins or £40 for 30mins

Tuesday am      **Shireen Hemmati**      £48 for 45mins or £40 for 30mins

Saturday      **Ruth Brown**      £48 for 45mins or £40 for 30mins

Friday & Sunday      **Keiko Kishimoto**      £48 for 45mins or £40 for 30mins

**Internal Family Systems**

Tuesday am and Thursday evening      **Christiane Ley**      Introductory Session £35 for 60 mins; ongoing sessions £55 for 75 mins

**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

**Kinetic Chain Release**

Friday & Saturday      **Anna Kwasigroch**      £60 for 60mins

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

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

Mon all day, Wed am & Thurs all day	<b>Isha Olsen-Wells</b>	£110 120mins £82.50 90 mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday & Wed pm	<b>Maxine Kear</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday am	<b>Beth Lass</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday am	<b>Shireen Hemmati</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday pm	<b>Sophie Pritchard</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday am	<b>Caroline Josling</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday pm	<b>Leora Sharp</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Monday, Saturday and Sunday	<b>Kyle Packer</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday pm	<b>Lucy Peel</b>	£55 for 60mins
Thursday pm	<b>Madeleine Zagni</b>	£65 75mins, £55 60mins, BNS £40 30mins
Thursday 6.30pm - 10pm	<b>Giacomo Sandri</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Friday & Saturday	<b>Anna Kwasigroch</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Saturday	<b>Ruth Brown</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Saturday pm	<b>Lindsay Furness</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Sunday & Friday am	<b>Sharon Rich</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Sunday once a month	<b>Ayres Gipson</b>	£85 120 mins, £70 for 90 mins, £55 for 60mins

**Massage: Mobilisation & Deep Tissue (N.B. Please note that some of your booked time will involve notes being taken and getting changed)**

Mon all day, Wed am & Thurs all day	<b>Isha Olsen-Wells</b>	£110 120mins £80 90 mins, £55 60mins, £48 45 mins, £40 30mins
Tuesday am	<b>Beth Lass</b>	£110 120mins, £80 90 mins, £65 75mins, £55 60mins, BNS £40 30mins, £48 45mins
Tues pm	<b>Sophie Pritchard</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Thursday pm	<b>Madeleine Zagni</b>	£65 75mins, £55 60mins, BNS £40 30mins
Monday, Saturday and Sunday	<b>Kyle Packer</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Friday & Saturday	<b>Anna Kwasigroch</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Saturday	<b>Ruth Brown</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45mins, BNS £40 30mins
Sunday once a month	<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

**Oncology Complementary Treatments: Massage, Reflexology & Bach Flower Remedies**

Sunday & Friday am	<b>Sharon Rich</b>	£55 for 75 minutes
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**On-Site Chair Massage**

Mon all day, Wed & Thurs am	<b>Isha Olsen-Wells</b>	£20 for 20 minutes, £35 for 30 mins
Tues pm	<b>Sophie Pritchard</b>	£20 for 20 minutes, £35 for 30 mins
Saturday	<b>Ruth Brown</b>	£20 for 20 minutes, £35 for 30 mins

**Pregnancy & Post Natal Massage**

Tuesday am	<b>Beth Lass</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Wednesday am	<b>Caroline Josling</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Saturday pm	<b>Lindsay Furness</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£80 90 mins, £65 75mins, £55 60mins, £48 45 mins, £40 30mins

**Sports and Remedial Massage**

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

Sunday & Friday am	<b>Sharon Rich</b>	£70 for 90 mins includes a remedy to take away.
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**Naturopathy**

Wednesday pm (Alt)	<b>Lucy Peel</b>	NP £80 for 90mins, F/ups £52 for 60 minutes
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**Nutritional Therapy**

Wednesday pm	<b>Lucy Peel</b>	NP £80 for 90mins, F/ups £52 for 60 minutes
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Tuesday pm	<b>Philippa Parish</b>	
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**Silver £290. A value package** (Total payment due when book and all 4 appointments must be used within 3months)

One initial nutritional consultation and 3 follow-up appointments.

**Gold £390. A fully comprehensive package** (Total payment due at the first consultation and all 5 appointments must be used within 4 months)

A food sensitivity test (worth £125), one full nutritional consultation and 3 follow-up appointments.

**Platinum £580. For those needing more continual support** (Total payment due at the first consultation and all 8 appointments must be used within 14 weeks)

A food sensitivity test, one full nutritional consultation and 6, fortnightly follow-up appointments.

**Osteopathy**

Wednesday am	<b>Giles Cleghorn</b>	NP 92.00 for approx 30 mins for adults and children F/Ups 72.00 for 30 mins for all sessions adults and children
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**Podiatry**

Thursday	<b>Tim Pursey</b>	NP Podiatry 45 mins Pay Tim on day: £40.00, (F/Up) 30 mins £37.00 £250 for 1 hour - price includes up to 4 x 15 min F/Ups if needed
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**Reflexology**

Tuesday am	<b>Beth Lass</b>	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Tuesday am	<b>Shireen Hemmati</b>	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Wednesday am	<b>Caroline Josling</b>	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Friday & Saturday	<b>Anna Kwasigroch</b>	£65 for 75mins/ £55 for 60mins/£40 for 30mins
Sunday & Friday am	<b>Sharon Rich</b>	£65 for 75mins/ £55 for 60mins/ £40 for 30 mins
Saturday	<b>Ruth Brown</b>	£55 for 60mins/£40 for 30mins

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

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

**Foot Massage**

Tuesday & Wed pm	<b>Maxine Kear</b>	£55 60mins, £48 45 mins, £40 30mins
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**TCM Pregnancy Reflexology**

Sunday	<b>Sharon Rich</b>	£65 for 75mins/ £55 for 60mins
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**Reiki**

Tuesday & Wednesday pm	<b>Maxine Kear</b>	£50 for 60mins
Tuesday am	<b>Shireen Hemmati</b>	£50 for 60mins
Wednesday am	<b>Caroline Josling</b>	£50 for 60mins
Wednesday am & Saturday am (only or	<b>Ottavia Mazzoni</b>	NP £65 for 75 mins, F.Up £55 for 60mins/ Children £30 for 45 mins
Wednesday pm	<b>Lucy Peel</b>	£50 for 60mins
Friday pm	<b>Caroline Metz</b>	£50 for 60mins
Friday & Sunday	<b>Keiko Kishimoto</b>	£50 for 60mins
Saturday	<b>Ruth Brown</b>	£50 for 60mins
Sunday & Friday am	<b>Sharon Rich</b>	£50 for 60mins

**Rolfing**

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

Friday & Saturday	<b>Anna Kwasigroch</b>	£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)**

Friday	<b>Kirsty Harper</b>	£40 for 30 mins, £55 for 60 mins, £75 for 90 mins
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**Somatic Experiencing**

Wednesday all day	<b>Jon Bauer</b>	F/Ups 60mins - £95-£65 - sliding scale for concessions -please discuss with therapist
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**Thai Reflexology**

Mon all day, Wed am & Thurs all day	<b>Isha Olsen-Wells</b>	£55 for 60mins
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**Thai Herb Compress Massage**

Friday & Saturday	<b>Anna Kwasigroch</b>	£80 for 90 mins, £70 for 75 mins /F.Ups: £60 for 60 mins
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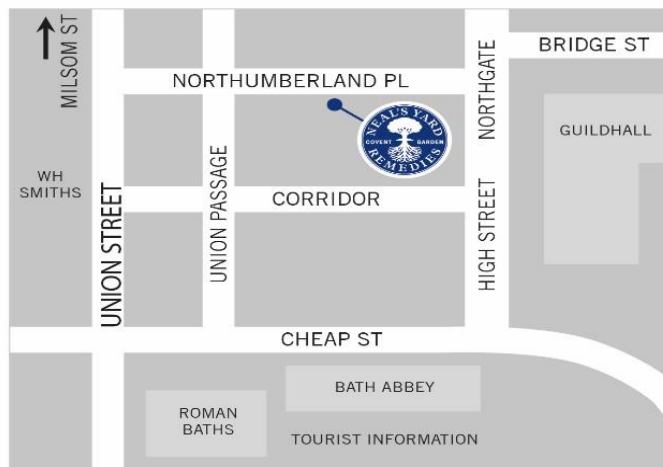
**Thai Yoga Massage**

Mon all day, Wed am & Thurs all day	<b>Isha Olsen-Wells</b>	£165 180mins, £110 120mins £82.50 90 mins, £60 60mins
Tuesday am	<b>Shireen Hemmati</b>	£80 90 mins, £60 60mins, £40 30mins

Call 01225 466 944 to book  
Or book on line (only offered by some therapists)  
at:

<https://neals-yard-remedies-bath.10to8.com>

Please give 24 hours notice if you wish to change or  
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charged in full.



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