



# Neal's Yard Remedies

## Treatment Room Timetables

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

Please give 48 hours notice if you need to cancel your appointment to avoid being charged in full.

**ALL MASSAGE TIMES QUOTED INCLUDE TIME FOR NOTES TO BE TAKEN AND FOR YOU TO GET CHANGED**

### Acupuncture

Monday	Bryan Melville	1st apt £70 for 60mins, FU:£55 for 45mins
Thursday	Fleur Clackson	1st apt £60 for 75mins, FU:£45 for 45mins

### Abdominal Ayurvedic Massage (Nabhi Abhyanga)

Tuesday (Women Only)	Shireen Hemmati	£60 for 60 mins
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### Allergy & Food Testing with Kinesiology - see also Food Sensitivity Testing

Friday pm	Caroline Metz	Adults & Children £55 for 60mins
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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.

The session length includes the time spent getting changed.

Tuesday (Women Only)	Shireen Hemmati	£65 for 60 mins
Wednesday am	Caroline Josling	£65 for 60 mins
Thursday am and alt Saturday	Ruth Brown	£65 for 60 mins
Thursday pm, Friday & Sunday	Keiko Kishimoto	£65 for 60 mins

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

Wednesday am	Caroline Josling	£65 for 60 mins
Thursday pm, Friday & Sunday	Keiko Kishimoto	£65 for 60 mins

### Aromatouch Massage

Monday	Beth Lass	£60 for 60 mins
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### Baby Massage (recommended from 12 weeks)

Wednesday pm	Helen Manister	Sessions £35 for 60 mins - at least two sessions are recommended.
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### Ayurvedic Consultation

Friday pm	Lucy Fleetwood	£80 for 60 mins
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### Ayurvedic Coaching

Friday pm	Lucy Fleetwood	£30 for 30 min, £60 for 60mins
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### Cranial Osteopathy

Tuesday pm	Sultana Khan	Adults: 1st apt £75 for 60mins, FU £55 for 45mins Children: 1st apt £55 for up to 60mins, FU £40 for up to 45mins
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### Ear Candling with gentle drainage massage and candles included

Monday	Beth Lass	£60 for 60 mins
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### Emotional Freedom Technique

Monday	Beth Lass	£60 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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### Facials and Treatments for the Face & Head (also see Indian Head Massage)

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

Monday am	Beth Lass	£65 for 60 mins
Wednesday am	Caroline Josling	£65 for 60 mins

### Frankincense Intense Facial (NYR)

Wednesday am	Caroline Josling	£65 for 60 mins
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### Facial Reflexology /Japanese Cosmo Facelift /Manual Lymphatic Drainage- treatment tailored for you & using NYR Products.

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Thursday pm, Friday & Sunday      **Keiko Kishimoto**      £65 for 60 mins

#### Men's Facial (NYR)

Thursday am and alt Saturday      **Ruth Brown**      £65 for 60 mins

#### Wild Rose Facial (NYR)

Wednesday am      **Caroline Josling**      £65 for 60 mins

Thursday am and alt Saturday      **Ruth Brown**      £65 for 60 mins

#### Ayurvedic Facelift Massage

Tuesday (Women Only)      **Shireen Hemmati**      £60 for 60 mins

Monday      **Beth Lass**      £65 for 60 mins

Thursday am and alt Saturday      **Ruth Brown**      £65 for 60 mins

#### Ayurvedic Massage for Eyes or Ears or Nasal Clearing (Women Only)

Tuesday (Women Only)      **Shireen Hemmati**      £65 for 60 mins

#### Frankincense Intense Facial Rejuvenation

Wednesday am      **Caroline Josling**      £65 for 60 mins, £95 for 90 mins

#### Rejuvenessence Facial Energy Release (FER)®

Wednesday am      **Caroline Josling**      £65 for 60 mins, £80 for 75 mins

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

Monday pm      **Bryan Melville**      1st apt £70 for 60mins, FU:£55 for 45mins

### Healing

#### Crystal Healing

Monday      **Beth Lass**      £60 for 60 mins

#### Reiki

Tuesday (Women Only)      **Shireen Hemmati**      £60 for 60 mins

Wednesday am      **Caroline Josling**      £60 for 60 mins

Friday pm      **Caroline Metz**      £60 for 60 mins

Thursday pm, Friday & Sunday      **Keiko Kishimoto**      £60 for 60 mins

Thursday am and alt Saturday      **Ruth Brown**      £60 for 60 mins

Saturday pm      **Jo King**      £60 for 60 mins and £90 for 90 mins

#### Hypnotherapy - Clinical, Solution Focused

Friday pm      **Lucy Fleetwood**      £60 for 60 mins

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

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

Alternate Sundays      **Daniella Carrozza**      NP £40 for 60 mins, £25 for 30 min f/Ups - also fusion with body work £90 for 90 mins

#### Indian Head Massage

Monday      **Beth Lass**      £60 for 60mins

Tuesday (Women Only)      **Shireen Hemmati**      £60 for 60 mins

Thursday am and alt Saturday      **Ruth Brown**      £60 for 60mins

Thursday pm, Friday & Sunday      **Keiko Kishimoto**      £60 for 60mins

#### Kinesiology

Friday pm      **Caroline Metz**      NP £55 for 60 mins / F/Ups £50 for 60 mins  
Food Allergy testing £55 adults and children for 60 mins

#### Kinetic Chain Release

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

### Massage

#### Ayurvedic Massage

Tuesday (Women Only)	<b>Shireen Hemmati</b>	£60 for 60 mins
<b>Ayurvedic Body Scrub</b>		
Tuesday (Women Only)	<b>Shireen Hemmati</b>	£65 for 60 mins
<b>Hot Stone Massage (N.B.Ruth needs a days notice)</b>		
Thursday am and alt Saturday	<b>Ruth Brown</b>	£60 for 60 mins
<b>Lomi Lomi Massage</b>		
Sunday (alt)	<b>Daniella Carozza</b>	£65 for 60 mins and £90 for 90 mins
<b>Fusion Massage - Lomi Lomi and Deep Tissue</b>		
Sunday (alt)	<b>Daniella Carozza</b>	£65 for 60 mins and £90 for 90 mins
<b>Manual Lymphatic Drainage (MLD) (N.B. please note, this treatment is not suitable for certain conditions such as lymphedema after cancer treatments)</b>		
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£65 for 60mins
<b>Massage, Holistic (N.B. Please note that some of your booked time will involve notes being taken and getting changed)</b>		
Monday	<b>Beth Lass</b>	£60 for 60 mins and £90 for 90 mins
Tuesday (Women Only)	<b>Shireen Hemmati</b>	£60 for 60 mins
Wednesday am	<b>Caroline Josling</b>	£60 for 60 mins
Sunday (alt)	<b>Kyle Packer</b>	£60 for 60 mins
Monday & Thursday pm	<b>Giacomo Sandri</b>	£60 for 60 mins and £90 for 90 mins
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	£60 for 60 mins
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 60 mins
Thursday am and alt Saturday	<b>Ruth Brown</b>	£60 for 60 mins and £90 for 90 mins
Saturday	<b>Lindsay Furness</b>	£60 for 60 mins
Sunday (alt)	<b>Daniella Carozza</b>	£60 for 60 mins and £90 for 90 mins
<b>Massage: Mobilisation &amp; Deep Tissue (N.B. Please note that some of your booked time will involve notes being taken and getting changed)</b>		
Monday	<b>Beth Lass</b>	£60 for 60 mins
Monday & Thursday pm	<b>Giacomo Sandri</b>	£60 for 60 mins and £90 for 90 mins
Sunday (alt)	<b>Kyle Packer</b>	£60 for 60 mins
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	£60 for 60 mins
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 60 mins
Saturday	<b>Lindsay Furness</b>	£60 for 60 mins
Sunday (alt)	<b>Daniella Carozza</b>	£60 for 60 mins and £90 for 90 mins - also can combine with herbal medicine or Lomi Lomi both 390 for 90 mins
Please talk to staff about strength of massage you require as Therapists' approaches to deep tissue vary		
<b>Naturopathy</b>		
Wednesday pm	<b>Lucy Peel</b>	1st apt £90 for 90mins, FU:£55 for 60mins
<b>Osteopathy</b>		
Tuesday pm	<b>Sultana Khan</b>	1st apt £75 for 60mins, FU:£55 for 45mins (Adults and Children)
<b>Nutritional Therapy</b>		
Tuesday pm	<b>Philippa Parish</b>	
<b>Silver £290. A value package</b> (Total payment due when booked and all 4 appointments must be used within 3 months. <b>One initial nutritional consultation and 3 follow-up appointments.</b> )		
<b>Gold £390. A fully comprehensive package</b> (Total payment due at the first consultation and all 5 appointments must be used within 4 months) <b>A food sensitivity test (worth £125), one full nutritional consultation and 3 follow-up appointments.</b>		
<b>Platinum £580. For those needing more continual support</b> (Total payment due at the first consultation and all 8 appointments must be used within 14 weeks) <b>Includes a food sensitivity test, one full nutritional consultation and 6, fortnightly follow-up appointments.</b>		
<b>Podiatry</b>		
Thursday	<b>Tim Pursey</b>	NP Podiatry Assessment and treatment : £50.00 for 45 mins
	<b>NB Please pay Tim directly not via shop</b>	Podiatry F/up £42 for 30 mins
		Bio-mechanical Assessment (assessment of gait) - £60 1 hour (orthotics cost extra if needed) , Dressing Appt £21
<b>Pregnancy &amp; Post Natal Massage</b>		
Monday	<b>Beth Lass</b>	£60 for 60 mins
Wednesday am	<b>Caroline Josling</b>	£60 for 60 mins
Saturday	<b>Lindsay Furness</b>	£60 for 60 mins
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 60 mins
<b>Psychotherapy for individuals and couples</b>		
Thursday	<b>Hilary O'Neill</b>	Individuals 50 minute sessions for £70 Couples 90 minute sessions for £100
<b>Mindful Reflexology</b>		

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Alternate Saturday pm                      **Jo King**                      £60 for 60 mins and £90 for 90 mins

**Reflexology**

Monday	<b>Beth Lass</b>	£60 for 60 mins
Tuesday (Women Only)	<b>Shireen Hemmati</b>	£60 for 60 mins
Wednesday am	<b>Caroline Josling</b>	£60 for 60 mins
Alternate Saturday pm	<b>Jo King</b>	£60 for 60 mins and £90 for 90 mins
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 60 mins
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	£60 for 60 mins
Thursday am and alt Saturday	<b>Ruth Brown</b>	£60 for 60 mins

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

Tuesday (Women Only)	<b>Shireen Hemmati</b>	£60 for 60 mins
Wednesday am	<b>Caroline Josling</b>	£60 for 60 mins
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	£60 for 60 mins
Friday & Saturday	<b>Anna Kwasigroch</b>	£60 for 60 mins

**Reproflexology**

Wednesday am	<b>Caroline Josling</b>	£60 for 60 mins
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**Reiki - see under healing**

**Scar Treatment**

Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	£60 for 60 mins
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**Thai Massage**

Tuesday (Women Only)	<b>Shireen Hemmati</b>	£65 for 60 mins
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Call 01225 466 944 to book  
Or book on line (offered by most therapists)  
at:  
<https://nealsyardbath.com>

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