



# Neal's Yard Remedies

Treatment Room Timetables updated on

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 getting changed and notes to be taken.

## Acupuncture

Monday	Bryan Melville	1st Apt: 60min (£70) FU: 45mins (£55)
Tuesday am	Fleur Clackson	1st Apt: 75mins (£60) FU: 60mins (£60) Package of 3 £165.00 paid upfront

## Allergy & Food Testing see under Food Testing

## Aromatherapy

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.

### Aromatherapy Massage

Wednesday am	Caroline Josling	60 mins (£70) 75 mins (£85) 90 mins (£100)
Wednesday pm	Shireen Hemmati	60 mins (£70) 75 mins (£85) 90 mins (£100)
Thurs am and alt Saturdays & Sundays	Ruth Brown	60 mins (£70) 75 mins (£85) 90 mins (£100)
Thursday pm, Friday & Sunday	Keiko Kishimoto	60 mins (£70) 75 mins (£85) 90 mins (£100)

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

Wednesday am	Caroline Josling	60 mins (£70) 75 mins (£85) 90 mins (£100)
Thursday pm, Friday & Sunday	Keiko Kishimoto	60 mins (£70) 75 mins (£85) 90 mins (£100)

### Aromatouch Massage

Monday am	Beth Lass	60 mins. (£65)
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## Ayurveda

### Abdominal Ayurvedic Massage (Nabhi Abhyanga)

Wednesday pm	Shireen Hemmati	60 mins (£65)
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### Ayurvedic Consultation

As required - ring therapist to book	Lucy Fleetwood 07923 241 950	60 mins (£80)
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### Ayurvedic Coaching

As required - ring therapist to book	Lucy Fleetwood 07923 241 950	30 min (£30) 60mins (£60)
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### Ayurvedic Facelift Massage

Monday am	Beth Lass	60 mins (£65)
Wednesday pm	Shireen Hemmati	60 mins (£65)
Thurs am and alt Saturdays & Sundays	Ruth Brown	60 mins (£65)

### Ayurvedic Massage for Eyes, Ears or Nasal Clearing

Wednesday pm	Shireen Hemmati	60 mins (£70)
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### Ayurvedic Massage

Wednesday pm	Shireen Hemmati	60 mins (£65)
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### Ayurvedic Body Scrub

Wednesday pm	Shireen Hemmati	60 mins (£75)
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### Ayurvedic Bolus Massage

Wednesday pm	Shireen Hemmati	60 mins (£75)
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### Baby Massage (recommended from 12 weeks)

As required - ring therapist to book	Helen Manister 07970 270 888	Sessions: 60 mins (£35) - at least two sessions are recommended.
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## Cranial Osteopathy

Tuesday	Sultana Khan	Adults = 1st Apt: 60mins (£75) FU: 45mins (£55) Children = 1st Apt: 60mins (£55) FU: 45mins (£45)
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## Craniosacral Therapy

Tuesday	Sultana Khan	Adults = 1st Apt: 60mins (£75) FU: 45mins (£55) Children = 1st Apt: 60mins (£55) FU: 45mins (£45)
Thursday pm	Justine Foster	60 mins (£75)

## Ear Candling with gentle drainage massage (candles included)

Monday am	Beth Lass	60 mins (£60)
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## Emotional Freedom Technique

Monday am	Beth Lass	60 mins (£65)
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Please give 48 hours notice for any changes or cancellations to avoid a cancellation charges.

**Food Sensitivity/Allergy/Intolerance Testing****Food Sensitivity Testing (Skin prick test)**

Tuesday pm Monthly	<b>Philippa Parish</b>	Offered as part of a package - see Nutrition section
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**Allergy & Food Testing with Kinesiology**

Friday pm	<b>Caroline Metz</b>	Adults & Children: 60mins (£60)
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**Facials and Treatments for the Face & Head (also see Indian Head Massage) - see overleaf and under Ayurveda as well****Facials, Neal's Yard - (Facials and Massage can be combined - see below)**

Monday am	<b>Beth Lass</b>	60 mins (£70)
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Wednesday am	<b>Caroline Josling</b>	60 mins (£70)
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**Frankincense Intense Facial (NYR)**

Wednesday am	<b>Caroline Josling</b>	90 mins (£100)
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**Facial Reflexology /Japanese Cosmo Facelift /Manual Lymphatic Drainage- treatment tailored for you using NYR Products.**

Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£70)
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**Men's Facial (NYR)**

Monday am	<b>Beth Lass</b>	60 mins (£70)
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Wednesday am	<b>Caroline Josling</b>	60 mins (£70)
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Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£70)
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**Wild Rose Facial (NYR)**

Monday am	<b>Beth Lass</b>	60 mins (£70)
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Wednesday am	<b>Caroline Josling</b>	60 mins (£70)
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Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£70)
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**Facial Rejuvenation Massage with Frankincense**

Wednesday am	<b>Caroline Josling</b>	60 mins (£70)
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**Facial Rejuvenation & FER Massage with Frankincense**

Wednesday am	<b>Caroline Josling</b>	75 mins (£85) 90mins (£100)
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**Rejuvenessence Facial Energy Release (FER)®**

Wednesday am	<b>Caroline Josling</b>	75 mins (£85) 90mins (£100)
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**Facial Rejuvenation Acupuncture (need a course of 6 treatments)**

Monday pm	<b>Bryan Melville</b>	1st Apt: 60min (£70) FU: 45mins (£55)
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**Healing & Energy Work****Biofield Tuning**

Thursday pm	<b>Justine Foster</b>	60 mins (£75) 90 mins (£90)
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**Crystal Healing**

Monday am	<b>Beth Lass</b>	60 mins (£65)
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**Reiki**

Monday am	<b>Beth Lass</b>	60 mins (£65)
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Wednesday am	<b>Caroline Josling</b>	60 mins (£65)
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Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£65)
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Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£65)
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Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65)
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Friday pm	<b>Caroline Metz</b>	60 mins (£65)
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Saturday pm (Alternate)	<b>Jo King</b>	60 mins (£65) 90 mins (£90)
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**Kinetic Chain Release**

Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65)
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**Shamanic Energy Medicine**

Saturday pm (Alt)	<b>Jo King</b>	75 mins (£75)
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**Transference healing** is not available to book online or via the shop. Please ring Anna Kwasigroch directly for details: 07940 242 660

**Hypnotherapy - Cincial, Solution Focused**

As required - ring therapist to book	<b>Lucy Fleetwood</b>	60 mins (£60)
	<b>07923 241 950</b>	

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

Tuesday pm	<b>Giacomo Sandri</b>	1st Apt: 60 mins (£60) FU: 30 min (£30)
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Wednesday	<b>Olivia Cliff</b>	1st Apt: 60 mins (£60) FU: 30 min (£40) Acute Consultations: 30mins (£30) Taster Session: 15 mins (Free)
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		Child's Initial Consultation: 40mins (£40) FU: 20mins (£20mins)
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Thursday Alt: 4- 9pm	<b>Daniella Carrozza</b>	1st Apt: 60 mins (£50) FU: 30 min (£30) Also can combine with body work: 90 mins (£100)
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**Indian Head Massage**

Monday am	<b>Beth Lass</b>	60 mins (£65)
Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£65)
Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£65)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65)

**Kinesiology**

Friday pm	<b>Caroline Metz</b>	1st Apt: 60 mins (£60) FU: FU: 60 mins (£50) Adults and Children Food Allergy Testing: 60 mins (£60)
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**Life Coaching**

As required - ring therapist to book	<b>Francesca Ajello</b> <b>07577 502 887</b>	Intro Session: 30 mins (Free) 1st Paid Apt: 90 mins (£95) FU: 60 mins (£70)
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**Massage (Check under Ayurveda as well)****Abdominal Womb Massage**

Thursday Alt: 4- 9pm	<b>Daniella Carrozza</b>	90 mins (£95)
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**Breathe and Be Calm Massage**

Monday am	<b>Beth Lass</b>	90 mins (£100)
Wednesday am	<b>Caroline Josling</b>	90 mins (£100)
Wednesday pm	<b>Shireen Hemmati</b>	90 mins (£100)
Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	90 mins (£100)

**Lomi Lomi Massage**

Monday am	<b>Beth Lass</b>	60 mins (£65) 90 mins (£95) 120 mins (£125)
Thursday Alt: 4- 9pm	<b>Daniella Carrozza</b>	60 mins (£65) 90 mins (£95) 120 mins (£125)

**Fusion Massage - Lomi Lomi and Deep Tissue**

Monday am	<b>Beth Lass</b>	60 mins (£65) 90 mins (£95) 120 mins (£125)
Thursday Alt: 4- 9pm	<b>Daniella Carrozza</b>	60 mins (£65) 90 mins (£95) 120 mins (£125)

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

Monday am	<b>Beth Lass</b>	60 mins (£65) 90 mins (£95)
Tuesday pm	<b>Madeleine Zagni</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Tuesday pm	<b>Giacomo Sandri</b>	60 mins (£65) 90 mins (£95)
Wednesday am	<b>Caroline Josling</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£65) 90 mins (£95)
Wednesday pm (monthly)	<b>Leora Sharp</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65) 90 mins (£95)
Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£65) 90 mins (£95)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65) 90 mins (£95)
Thursday Alt: 4- 9pm	<b>Daniella Carozza</b>	60 mins (£65) 90 mins (£95)

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

Monday am	<b>Beth Lass</b>	60 mins (£65) 90 mins (£95)
Tuesday pm	<b>Madeleine Zagni</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Tuesday pm	<b>Giacomo Sandri</b>	60 mins (£65) 90 mins (£95)
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65) 90 mins (£95)
Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£65) 90 mins (£95)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65) 90 mins (£95)
Thursday Alt: 4- 9pm	<b>Daniella Carrozza</b>	60 mins (£65) 90 mins (£95)

Please talk to staff about strength of massage you require as Therapists' approaches to deep tissue vary

**Sports Massage**

Tuesday pm	<b>Madeleine Zagni</b>	60 mins (£65)
Tuesday pm	<b>Giacomo Sandri</b>	60 mins (£65)

**Nutritional Therapy Packages**

Tuesday pm Monthly **Philippa Parish**

**Gold £450.** 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 £650.** For those needing more continual support (Total payment due at the first consultation and all 8 appointments must be used within 14 weeks)

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

**Any costs of additional tests and supplements to be met by the client.**

**Osteopathy**

Tuesday	<b>Sultana Khan</b>	<b>Adults = 1st Apt: 60mins (£75) FU: 45mins (£55)</b> <b>Children = 1st Apt: 60mins (£55) FU: 45mins (£45)</b>
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**Podiatry**

Thursday	<b>Tim Pursey</b> <b>NB Please pay Tim directly not via shop</b>	1st Apt = Podiatry Assessment and treatment : 45 mins (£53) Podiatry FU: 30 mins (£44) Bio-mechanical Assessment (assesses gait): 60mins (£60) - Orthotics cost extra if needed
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**Pregnancy & Post Natal Massage - see also Aromatherapy for Pregnancy**

Monday am	<b>Beth Lass</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday am	<b>Caroline Josling</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£65) 75mins (£80) 90 mins (£95)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65) 75mins (£80) 90 mins (£95)

**Psychotherapy for individuals and couples**

As required - ring therapist to book	<b>Hilary O'Neill</b> <b>07592 540 122</b>	Individuals: 50 mins (£70) Couples: 50 mins (£100)
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**Reflexology**

Monday am	<b>Beth Lass</b>	60 mins (£65)
Wednesday am	<b>Caroline Josling</b>	60 mins (£65) 75 mins (£80)
Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£65)
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65)
Thurs am and alt Saturdays & Sundays	<b>Ruth Brown</b>	60 mins (£65)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65)
Saturday pm	<b>Jo King</b>	60 mins (£65) 90 mins (£95)

**Mindful Reflexology**

Saturday pm (Alternate)	<b>Jo King</b>	60 mins (£65) 90 mins (£95)
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**Reflexology for Digestion**

Monday am	<b>Beth Lass</b>	60 mins (£65)
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**Reflexology for Fertility, Preconception, Pregnancy, Post-Natal Reflexology**

Wednesday am	<b>Caroline Josling</b>	60 mins (£65)
Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65)
Thursday pm, Friday & Sunday	<b>Keiko Kishimoto</b>	60 mins (£65)

**Reproreflexology**

Wednesday am	<b>Caroline Josling</b>	60 mins (£65)
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**Rolfing**

Tuesday pm	<b>Madeleine Zagni</b>	90 mins (£95)
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**Reiki/ Shamanic Energy Medicine - see under healing**

**Scar Treatment**

Wednesday, Friday & Saturday	<b>Anna Kwasigroch</b>	60 mins (£65)
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**Thai Massage**

Wednesday pm	<b>Shireen Hemmati</b>	60 mins (£70)
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# Neal's Yard Remedies

11 Northumberland Place BATH BA1 5AR

**Call 01225 466 944**

or book online at:

[www.nealsyardbath.com](http://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**

