



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 and Wednesday am	Sue Davison	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Monday pm	Bryan Melville	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Tuesday pm and evening	Adam Phoenix	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Thursday pm	Jon Huxley	1st apt £55 for 45 - 60mins, FU:£45 for 45mins

Allergy Testing or Food Testing with Kinesiology

Friday pm	Caroline Metz	£45 for 60 minutes or £40 for children (under 18) 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	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Saturday pm	Helen Anderson	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Friday & Sunday	Keiko Kishimoto	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins

Pregnancy Aromatherapy Massage

Wednesday am	Caroline Josling	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins
Friday & Sunday	Keiko Kishimoto	£65 for 75 mins /F.Ups: £55 for 60 mins or £75 for 90 mins

Clinical Aromatherapy with Oriental diagnosis

Friday & Sunday	Keiko Kishimoto	1st Appt £70 for 90 mins inc consultation F/Up same as Aromatherapy
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Ayurvedic Massage

Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	Wide range of treatments available please look under massage or ring for details
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Bach Flower Therapy (prices for consultations include cost of remedies prescribed)

Saturday pm	Celia Stewart	1st apt: £45 for 45mins, FU:£30 for 30mins (Mini Bach consultations 15 mins for £15 & includes remedy)
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Bach Consults can be combined with Facial/Massage treatments for an additional £15 (15mins Bach) or £30 (30mins Bach) this includes the cost of the remedies.

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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Cranial Osteopathy

Wednesday am	Giles Cleghorn	£67.00 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
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Craniosacral Therapy

Tuesday pm	Beverly Katz	1st apt £65 for up to 75mins: FU:£55 for 60 mins Under 16's £40 for new (60min) and £32 for 30 min F/ups
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Counselling (including couples)

Wednesday pm	Lynda Mutch	£60 for 60mins
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Dietetics and Paediatric Dietetics , Adults, Children and Babies

Saturday Morning	Monika Jakiel-Rusin	£55 - initial consultation 1h, £30 - follow up 30min, £15 Bio Scan- body composition analysis 15min - this is an additional cost and can be tagged on or done alone.
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Package of 4 Consultions £125.00

Pregnant women, Children and Babies £45 - initial consultation 1h, £30- follow up 30min

Ear Candling with gentle drainage massage and candles included

Saturday pm	Celia Stewart	£45 for 45 mins
Friday & Sunday	Keiko Kishimoto	£45 for 45 mins

Healing

Crystal Healing

Wednesday am & Thursday evenings	Ottavia Mazzoni	£60 for 60 minutes, £60 for 60 mins or £45 for 45 mins F/U package of 3 is £150 for crystal healing (3x60min)
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Crystal Massage

Wednesday am & Thus eve	Ottavia Mazzoni	NP and F/Up all £60/60mins
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Pranic Healing

Thursday am	Anna Harvey	NP £45 for 60 mins, F/Ups £25 for 30 minutes
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Eden Energy Medicine

Monday am	Carla Hanreck	NP need 90 mins for £70, F/Ups £55 for 60 minutes
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Soul Integration Therapy

Wednesday am and Thursday eve	Ottavia Mazzoni	NP £70/75 min, F/Up £60/ 60 mins, F/U package of 3 is £150 for Soul integration(60min)
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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.)
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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)

Saturday pm	Celia Stewart	£55 for 60 mins, Express Facial £35 for 30 mins
Wednesday am	Caroline Josling	£55 for 60 mins, Express Facial £35 for 30 mins

Facials, Neal's Yard - Combined with Massage

Saturday pm	Celia Stewart	60 mins (30 min facial and 30 min Massage) £55, 75 mins (45 min facial and 30 min Massage) £65; 90 mins (60 min facial and 30 min Massage or 30 min facial, 60 min massage etc) £75
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Ayurvedic Face Massage

Thursday pm	Madeleine Zagni	£50 for 60 mins
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Please give 24 hours notice for any changes or cancellations to avoid a full cancellation charge

Ayurvedic Face Lift Massage - Mukhabhyanga		
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£60 for 60 mins
Ayurvedic Treatments for Ear, Nose and Eyes (needs 24 hours notice)		
Karana Purana (Ear), Akshitaspana (Eyes), Nasya (Nasal clearing)	Shireen Hemmati	£55 for 60mins
Indian Face Massage		
Saturday pm	Helen Anderson	£50 for 60 mins, £35 for 30 mins
Treatments for the Face & Head (also see Indian Head Massage) Cont.		
Facelift Massage with Lymphatic Drainage		
Wednesday am and some Monday am	Caroline Josling	£65 for 75 mins or £75 for 90 mins
Facelift Massage with Manual Lymphatic Drainage / Japanese Cosmo Facelift - treatment tailored to suit you & using Neal's Yard Products.		
Friday & Sunday	Keiko Kishimoto	£55 for 60 mins
Facial Reflexology		
Friday & Sunday	Keiko Kishimoto	£55 for 60 mins
Rejuvenessence Facial Energy Release ®		
Wednesday am	Caroline Josling	£65 for 75 mins or deluxe with mini NYR facial £75 for 90 mins
Facial Rejuvenation Acupuncture (need a course of 6 treatments)		
Monday pm	Bryan Melville	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Herbal Medicine (prices are for consultations only and do not include the cost of any medicines prescribed)		
Thursday (& occ Sat) all day	Amanda Lewis -Starks	All: £50 for 60 mins, £30 for 30 min follow-ups, 15-min free chats and first aid prescriptions also available
Friday(& occ. Sat) all day	Ruth Baker	
Alt Sats all day	Helen White	
Homoeopathy		
Wednesday pm (Alternate weeks)	Lynda Mutch	£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 all day	Maxine Kear	1st Appt is free of charge + CD: FU: £60 for 60 mins
Hypno Birthing (Solution Focussed)		
Tuesday all day	Maxine Kear	£60 per hour
Indian Head Massage		
Please ring for next date available	Nadia Hillman	£43 for 45mins or £35 for 30mins
Saturday pm	Helen Anderson	£43 for 45mins or £35 for 30mins
Friday & Sunday	Keiko Kishimoto	£43 for 45mins or £35 for 30mins
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£43 for 45mins or £35 for 30mins
Japanese Acupuncture		
Tuesday pm and evening	Adam Phoenix	1st apt £55 for 45 - 60mins, FU:£45 for 45mins
Kinesiology		
Tuesday all day	Maxine Kear	£50 for 75 mins
Friday pm	Caroline Metz	£55 for 90 mins; Follow ups £45 for 60 mins Children (under 18) £40 for 60 mins only Food Allergy testing £45 adults or £40 for children 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
Massage - see also Shiatsu, Reflexology, Aromatherapy, Thai Massage etc		
Marma Point Full Body Massage (N.B. Please note that some of your booked time will involve notes being taken and getting changed)		
Please ring for next date available	Nadia Hillman	£70.00 for 90 mins (full treatment), £50 for 60mins - (Condensed)
Manual Lymphatic Drainage (MLD) (N.B. please note, this treatment is not suitable for the special conditions such as lymphoedema after cancer treatments)		
Friday & Sunday	Keiko Kishimoto	£55 for 60mins
Massage or Facial and Bach Flower Remedy consultations combined (N.B. Please note that some of your booked time will involve notes being taken and getting changed)		
Saturday pm	Celia Stewart	75mins £60 (1 hour massage with 15mins Bach) or 90mins £70 (1 Hour massage or Facial and 30 mins Bach flower Remedies)
Massage (Ayurvedic) Mon am, Wed pm and Thursday all day		
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	Please check web site or ring for more details
Traditional Abhyanga (Arurvedic Massage)	Shireen Hemmati	£75 90 mins & £55 60mins
Ayurvedic Abdominal Massage	Shireen Hemmati	£55 for 60min
Ayurvedic Massage Special Treatments - need 24 hours notice		
Udvertana- Herbal body scrub Massage	Shireen Hemmati	£65 for 60mins
Pinda sveda Bolus treatments	Shireen Hemmati	£65 for 60mins or £90 for 90 mins
Basti treatments(unique localised warm oil treatments)	Shireen Hemmati	£65 for 60mins
Esalen®Massage		
Occasional Sundays	Ayres Gipson	£85 120 mins, £70 for 90 mins
Crystal Massage		
Wednesday am & Thurs eve	Ottavia Mazzoni	NP and F/Up all £55/60mins, £40/45 mins
Massage, Holistic (N.B. Please note that some of your booked time will involve notes being taken and getting changed)		
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Tuesday all day	Maxine Kear	£60 75mins, £50 60mins, £35 30mins
Tues pm	Sophie Pritchard	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Wednesday am	Caroline Josling	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Wednesday pm	Leora Sharp	£70 90 mins, £60 75mins, £50 60mins, £43 45mins
Wednesday and Sunday	Kyle Packer	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Thursday all day	Nadia Hillman	£70.00 90 mins, £60 75mins, £50 60mins, £35 30mins
Thursday pm	Madeleine Zagni	£60 75mins, £50 60mins, BNS £35 30mins
Friday & Sunday	Anna Kwasigroch	£70 90 mins, £60 75mins, £50 for 60mins, £35 for 30mins
Friday & Sunday	Keiko Kishimoto	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Saturday pm	Celia Stewart	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Sat all day	Jeremy Dymond	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Saturday pm	Helen Anderson	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Occasional Sundays	Ayres Gipson	£85 120 mins, £70 for 90 mins, £55 for 60mins
Pregnancy Massage (N.B. Please note that some of your booked time will involve notes being taken and getting changed)		
Wednesday am	Caroline Josling	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Saturday pm	Helen Anderson	£70 90 mins, £60 75mins, £50 60mins, £35 30mins
Friday & Sunday	Keiko Kishimoto	£70 90 mins, £60 75mins, £50 60mins, £35 30mins

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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 am, Wednesday pm & Thursday all day	Shireen Hemmati	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Tues pm	Sophie Pritchard	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Thursday pm	Madeleine Zagni	£60 75mins, £50 60mins, BNS £35 30mins
Wednesday and Sunday	Kyle Packer	£70 90 mins, £60 75mins, £50 60mins, £43 45 mins, £35 30mins
Friday & Sunday	Anna Kwasigroch	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Friday & Sunday	Keiko Kishimoto	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 45mins
Sat all day	Jeremy Dymond	£70 90 mins, £60 75mins, £50 60mins, BNS £35 30mins, £43 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

Naturopathy

Wednesday pm	Lucy Peel	NP £75 for 90mins, F/ups £50 for 60 minutes
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Nutritional Therapy (Dietetics) (can be combined with coaching and/or Personal training sessions)

Please ring for availability	Monika Jakiel-Rusin	analysis 15min - this is an additional cost and can be tagged on or done alone.
	Package of 4 Consultions	£125.00
	Pregnant women, Children and Babies	£45 - initial consultation 1h, £30- follow up 30min

Monika also offers personal sports coaching - please contact her for details

Osteopathy

Wednesday am	Giles Cleghorn	£67.00 for 30 mins for all sessions adults and children
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Personal Sports training with Nutrition with Monika Jakiel-Rusin

1 month; 2 nutrition consultations, 4 personal training sessions, BioScan, online support- £230 or £790 for the full 4 months therapy

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)

Wednesday am	Caroline Josling	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	Keiko Kishimoto	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	Anna Kwasigroch	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Saturday pm	Helen Anderson	£60 for 75mins/ £50 for 60mins/£35 for 30mins

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

Wednesday am	Caroline Josling	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	Keiko Kishimoto	£60 for 75mins/ £50 for 60mins/£35 for 30mins
Friday & Sunday	Anna Kwasigroch	£60 for 75mins/ £50 for 60mins/£35 for 30mins

Reiki

Tuesday all day	Maxine Kear	£35 for 45 minutes or £40 for 60mins
Monday am, Wednesday pm & Thursday all day	Shireen Hemmati	£35 for 45 minutes or £40 for 60mins
Wednesday am	Caroline Josling	£35 for 45 minutes or £40 for 60mins
Wed am	Ottavia Mazzoni	NP & F/Up: £60 for 60mins/ £50 for 45 mins
Friday & Sunday	Keiko Kishimoto	£40 for 60mins

Rolfing

Thursday pm	Madeleine Zagni	£68 per 90 mins/ Course of 3 £65 per session/ Course of 10 £65 per session
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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	£35 for 30 mins, £50 for 60 mins, £70 for 90 mins

Head/Neck/Shoulder Shiatsu

Monday am	Carla Hanreck	£35 for 30mins
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Thai Foot Massage

Monday am	Carla Hanreck	£55 for 60mins
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Thai Herb Compress Massage

Friday & Sunday	Anna Kwasigroch	£75 for 90 mins, £65 for 75 mins /F.Ups: £55 for 60 mins
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Thai Yoga Massage

(Please note this is a fully clothed massage on a futon, client needs to bring comfy clothes to stretch in - long sleeved top and long trousers)

Wednesday pm & Thursdays - NOT available Mondays	Shireen Hemmati	£55 for 60 minutes, £75 for 90 mins or £90 for 120 mins
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Please give 24 hours notice for any changes or cancellations
to avoid a full cancellation charge

Treatments in Pregnancy and for Children

Acupuncture

All of our acupuncturists: Bryan Melville, Jon Huxley and Sue Davison work with pregnant women and offer preconception

Aromatherapy

All of our aromatherapists work with pregnant women from the second trimester
Caroline Josling & Keiko Kishimoto specialise in aromatherapy during pregnancy

Bach Flower Therapy

Can be used for emotional balance throughout pregnancy and for babies and children of all ages

Bowen Therapy

A gentle therapy than can be used throughout pregnancy

Cranial Osteopathy

Appropriate throughout pregnancy, Giles Cleghorn specialises in working with babies and children

Facial treatments

All facials and Rejuvenessence© are fine during pregnancy

Gentle Spinal Alignment

Both can be used during pregnancy, Jo Hanstead has worked with many babies and children

Herbal Medicine

Both our herbalists work with pregnant women throughout pregnancy

Homeopathy

Our homeopaths; Lynda Mutch and Janet Snowdon work with pregnant women, babies and children
Homeopathy can be used from any age and at any point during pregnancy, birth and afterwards

Kinesiology

Kinesiology is fine during any stage of pregnancy
Maxine Kear has experience working with children over the age of 8 with their parent present
Caroline Metz specialises in working with children and teenagers

Massage

All of our massage practitioners are happy to work with pregnant women - some from 12 weeks only but do ask
Caroline Josling and Keiko Kishimoto have done specialist training in pregnancy massage
Some massage therapists will massage children under 16 with parent present and from 16 - 18 with parental consent

Manual Lymphatic Drainage Massage

Offered By Keiko Kishimoto and is a gentle treatment that can be used throughout pregnancy

Nutrition, Naturopathy and Allergy testing

May be useful for preconception, during pregnancy and while breastfeeding
Our Nutritional therapist also works with children

Osteopathy

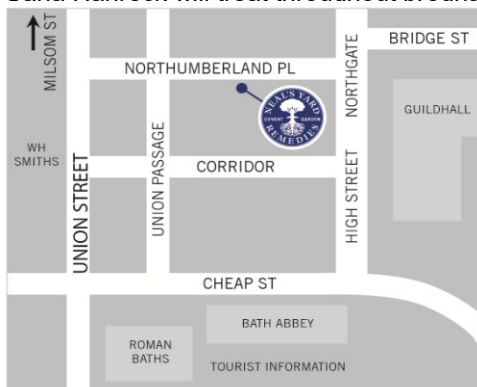
Appropriate throughout pregnancy

Reflexology

Caroline Josling offers a reflexology combined with massage specifically for pregnant women
Keiko Kishimoto, Anna Kwasigroch and Caroline Josling are all trained in maternity reflexology

Shiatsu

Carla Hanreck will treat throughout pregnancy



Please give 24 hours notice if you need to cancel or you will be charged the full cost of your treatment.
If you are new to a therapist you will need to pay in advance for your first appointment.