



Bath Natural Remedies

Treatment Room Timetables updated on March 1st 2024

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. (£75)
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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 Yoga Massage

Thursday pm	Claire Baker	75 mins (£85)
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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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Bach Flower Remedies

Monday pm	Jane Basson	1st Apt: 60mins (£50) FU: 30 - 45 mins (£35)
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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)
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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

Homeopathy

Tue & Wed am **Rebecca Sturgeon** initial Appt: 60 mins (£85) Follow Ups 45 mins (£75) Prices include Remedies

Hypnotherapy - Clinical, Solution Focused

As required - ring therapist to book **Lucy Fleetwood** 60 mins (£60)
07923 241 950

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

Tuesday pm **Giacomo Sandri** 1st Apt: 60 mins (£60) FU: 30 min (£30)
Wednesday **Olivia Cliff** 1st Apt: 80 mins (£70) FU: 40 min (£40) Acute Consultations: 30mins (£30)
Taster Session: 15 mins (Free)
Child's Initial Consultation: 40mins (£40) FU: 20mins (£20mins)

Indian Head 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)
Thursday pm, Friday & Sunday **Keiko Kishimoto** 60 mins (£65)

Kinesiology

Friday pm **Caroline Metz** 1st Apt: 60 mins (£60) FU: FU: 60 mins (£50)
Adults and Children Food Allergy Testing: 60 mins (£60)

Massage (Check under Ayurveda as well)

Breathe and Be Calm Massage

Monday am **Beth Lass** 90 mins (£100)
Wednesday am **Caroline Josling** 90 mins (£100)
Wednesday pm **Shireen Hemmati** 90 mins (£100)
Thurs am and alt Saturdays & Sundays **Ruth Brown** 90 mins (£100)
Saturday am **Georgie Britt** 90 mins (£100)

Lomi Lomi Massage or Fusion Massage - Lomi Lomi and Deep Tissue

Monday am **Beth Lass** 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 **Beth Lass** 60 mins (£65) 90 mins (£95)
Tuesday pm **Madeleine Zagni** 60 mins (£65) 75mins (£80) 90 mins (£95)
Tuesday pm **Giacomo Sandri** 60 mins (£65) 90 mins (£95)
Wednesday am **Caroline Josling** 60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday pm **Shireen Hemmati** 60 mins (£65) 90 mins (£95)
Wednesday pm (monthly) **Leora Sharp** 60 mins (£65) 75mins (£80) 90 mins (£95)
Wednesday, Friday & Saturday **Anna Kwasigroch** 60 mins (£65) 90 mins (£95)
Thurs am and alt Saturdays & Sundays **Ruth Brown** 60 mins (£65) 90 mins (£95)
Thursday pm, Friday & Sunday **Keiko Kishimoto** 60 mins (£65) 90 mins (£95)
Thursday pm **Claire Baker** 60 mins (£65) 90 mins (£95)
Saturday am **Georgie Britt** 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 **Beth Lass** 60 mins (£65) 90 mins (£95)
Tuesday pm **Madeleine Zagni** 60 mins (£65) 75mins (£80) 90 mins (£95)
Tuesday pm **Giacomo Sandri** 60 mins (£65) 90 mins (£95)
Wednesday, Friday & Saturday **Anna Kwasigroch** 60 mins (£65) 90 mins (£95)
Thurs am and alt Saturdays & Sundays **Ruth Brown** 60 mins (£65) 90 mins (£95)
Thursday pm, Friday & Sunday **Keiko Kishimoto** 60 mins (£65) 90 mins (£95)
Thursday pm **Claire Baker** 60 mins (£65) 90 mins (£95)
Saturday am **Georgie Britt** 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 **Madeleine Zagni** 60 mins (£65)
Tuesday pm **Giacomo Sandri** 60 mins (£65)
Saturday am **Georgie Britt** 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

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(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 **Sultana Khan** **Adults = 1st Apt: 60mins (£75) FU: 45mins (£55)**
Children = 1st Apt: 60mins (£55) FU: 45mins (£45)

Podiatry

Thursday **Tim Pursey** 1st Apt = Podiatry Assessment and treatment : 45 mins (£53)
 Podiatry FU: 30 mins (£44)
NB Please pay Tim directly not via shop Bio-mechanical Assessment (assesses gait): 60mins (£60) - Orthotics cost extra if needed

Pregnancy & Post Natal Massage - see also Aromatherapy for Pregnancy

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

Psychotherapy for individuals and couples

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

Reflexology

Monday am **Beth Lass** 60 mins (£65) 75 mins (£80)
 Wednesday am **Caroline Josling** 60 mins (£65) 75 mins (£80)
 Wednesday pm **Shireen Hemmati** 60 mins (£65)
 Wednesday, Friday & Saturday **Anna Kwasigroch** 60 mins (£65)
 Thurs am and alt Saturdays & Sundays **Ruth Brown** 60 mins (£65)
 Thursday pm, Friday & Sunday **Keiko Kishimoto** 60 mins (£65)
 Saturday pm **Jo King** 60 mins (£65) 90 mins (£95) 30 mins (£45)

Mindful Reflexology

Saturday pm (Alternate) **Jo King** 60 mins (£65) 90 mins (£95)

Reflexology for Digestion

Monday am **Beth Lass** 75 mins (£80)

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

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

Reproreflexology

Wednesday am **Caroline Josling** 60 mins (£65)

Reiki/ Shamanic Energy Medicine - see under healing

Rolfing

Tuesday pm **Madeleine Zagni** 90 mins (£95)

Scar Treatment

Wednesday, Friday & Saturday **Anna Kwasigroch** 60 mins (£65)

Thai Massage

Wednesday pm **Shireen Hemmati** 60 mins (£70)

Bath Natural Remedies

Neals Yard Remedies Heritage Store
 11 Northumberland Place BATH BA1 5AR

Call 01225 466 944

or book online at:

www.bathnaturalremedies.com

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



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to avoid a cancellation charges.**