



Bath Natural Remedies

Treatment Room Timetables updated on April 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

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| 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

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| 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)

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| 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

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| Monday am | Beth Lass | 60 mins (£70) 75 mins (£85) 90 mins (£100) |
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Ayurveda

Abdominal Ayurvedic Massage (Nabhi Abhyanga)

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

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| As required - ring therapist to book | Lucy Fleetwood | 60 mins (£80) |
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Ayurvedic Coaching

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

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| 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

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

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| Wednesday pm | Shireen Hemmati | 60 mins (£65) |
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Ayurvedic Yoga Massage

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| Thursday pm | Claire Baker | 75 mins (£85) |
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Ayurvedic Body Scrub

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

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

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| 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

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

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| 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

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| 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) |

Please give 48 hours notice for any changes or cancellations to avoid a cancellation charges.

Ear Candling with gentle drainage massage (candles included)

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| Monday am | Beth Lass | 45 mins (£60) |
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Emotional Freedom Technique

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| Monday am | Beth Lass | 60 mins (£65) |
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Food Sensitivity/Allergy/Intolerance Testing**Food Sensitivity Testing (Skin prick test)**

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| Tuesday pm Monthly | Philippa Parish | Offered as part of a package - see Nutrition section |
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Allergy & Food Testing with Kinesiology

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| Friday pm | Caroline Metz | 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)**

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| Monday am | Beth Lass | 60 mins (£70) |
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| Wednesday am | Caroline Josling | 60 mins (£70) |
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Frankincense Intense Facial (NYR)

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| Wednesday am | Caroline Josling | 90 mins (£100) |
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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 | 60 mins (£70) |
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Men's Facial (NYR)

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| Wednesday am | Caroline Josling | 60 mins (£70) |
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| Thurs am and alt Saturdays & Sundays | Ruth Brown | 60 mins (£70) |
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| Saturday am | Georgie Britt | 60 mins (£70) |
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Wild Rose Facial (NYR)

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| Monday am | Beth Lass | 60 mins (£70) |
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| Wednesday am | Caroline Josling | 60 mins (£70) |
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| Thurs am and alt Saturdays & Sundays | Ruth Brown | 60 mins (£70) |
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| Saturday am | Georgie Britt | 60 mins (£70) |
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Facial Rejuvenation Massage with Frankincense

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| Wednesday am | Caroline Josling | 60 mins (£70) |
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Facial Rejuvenation & FER Massage with Frankincense

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| Wednesday am | Caroline Josling | 75 mins (£85) 90mins (£100) |
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Rejuvenessence Facial Energy Release (FER)[®]

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| Wednesday am | Caroline Josling | 75 mins (£85) 90mins (£100) |
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Facial Rejuvenation Acupuncture (need a course of 6 treatments)

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| Monday pm | Bryan Melville | 1st Apt: 60min (£70) FU: 45mins (£55) |
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Purifying Facial

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| Saturday am | Georgie Britt | 60 mins (£75) |
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Regenerative Facial

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| Saturday am | Georgie Britt | 60 mins (£75) |
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Signature Facial

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| Saturday am | Georgie Britt | 90 mins (£125) |
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Healing & Energy Work**Biofield Tuning**

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| Thursday pm | Justine Foster | 60 mins (£75) 90 mins (£90) |
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Crystal Healing with Sacred Geometry

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| Monday am | Beth Lass | 60 mins (£65) |
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Reiki

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

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| Wednesday, Friday & Saturday | Anna Kwasigroch | 60 mins (£65) |
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Shamanic Energy Medicine

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| Saturday pm (Alt) | Jo King | 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

Please give 48 hours notice for any changes or cancellations to avoid a cancellation charges.

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 (£20)

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: 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 (£75) 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 (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.

Please give 48 hours notice for any changes or cancellations to avoid a cancellation charges.

Osteopathy

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

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| Thursday | Tim Pursey | 1st Apt = Podiatry Assessment and treatment : 45 mins (£65) Podiatry FU: 30 mins (£46), Podiatry dressing £23 Bio-mechanical Assessment (assesses gait): 60mins (£70) - Orthotics cost extra if needed |
| | NB Please pay Tim directly not via shop | |

Pregnancy & Post Natal Massage - see also Aromatherapy for Pregnancy

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|------------------------------|------------------|--|
| 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

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

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|--------------------------------------|------------------|---|
| 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

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| Saturday pm (Alternate) | Jo King | 60 mins (£65) 90 mins (£95) |
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Reflexology for Digestion

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| Monday am | Beth Lass | 75 mins (£80) |
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Reflexology for Fertility, Preconception, Pregnancy, Post-Natal Reflexology

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| 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

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| Wednesday am | Caroline Josling | 60 mins (£65) |
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Reiki/ Shamanic Energy Medicine - see under healing

Rolfing

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| Tuesday pm | Madeleine Zagni | 90 mins (£95) |
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Scar Treatment

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| Wednesday, Friday & Saturday | Anna Kwasigroch | 60 mins (£65) |
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Thai Massage

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| Wednesday pm | Shireen Hemmati | 60 mins (£70) |
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Bath Natural Remedies

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

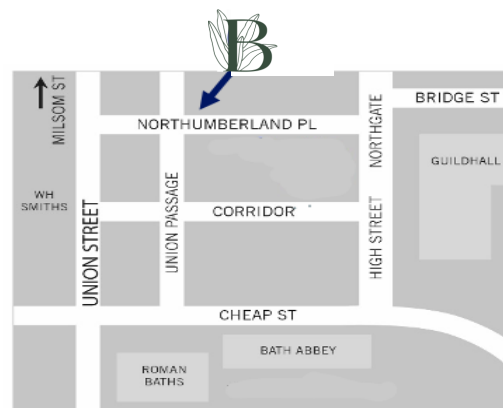
Call 01225 466 944

or book online at:

www.bathnaturalremedies.com

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

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



Please give 48 hours notice for any changes or cancellations to avoid a cancellation charges.