MASSAGES

Holistic Massage - Relaxation
Calming, soothing, relaxing massage

Full Body exc Abdomen	60 mins	£50
Full Body Face and Scalp	90 mins	£65
Full Body deluxe	120 mins	£80

Holistic Massage - Remedial/Deep Tissue
Effective massage for tight, tense muscles and everyday aches and pains - slow deep pressure

Bespoke	60 mins	£60
Bespoke	90 mins	£85
Bespoke	120 mins	£95

Hot Stones Massage - Relaxation
Deeply relaxing, stress reducing heated massage + hot stone placements to deeply penetrate tissues

Full Body exc Abdomen	60 mins	£60
Full Body Face and Scalp	90 mins	£85
Full Body deluxe	120 mins	£95

Hot Stones Massage - Remedial
Effectively works on knotty areas (acts as a cleansing pump to the system if glacial stones added) includes stretches - rejuvenating

Bespoke	60 mins	£60
Bespoke	90 mins	£85
Bespoke	120 mins	£95

Warm Bamboo Massage - Remedial
Strong, smooth massage using warm bamboo sticks that deeply penetrate tense muscles

Bespoke	60 mins	£60

Clothed Massages on Couch

Thru the Clothes Massage - Remedial
No oil table massage using a variety of techniques including Thai style dynamic stretches and energy work

Full Body/Bespoke	60 mins	£50

Seated Clothed Massages

Seated Acupressure Massage - Remedial
Effective deep massage for computer users, drivers

Back Neck Shoulders	45 mins	£40
Bespoke Remedial	60 mins	£50

any+hot lava shell OR warm bamboo stick+£5

Champissage/Indian Head Massage
Vigorous massage of scalp, neck shoulders

Head Neck Shoulders Face	45 min	£40
With Hair Oil	60 mins	£50

any+hot lava shell OR warm bamboo stick+£5

Detox Massages

Holistic Detox Massage
Dry skin brushing and oil massage to gently aid improved gut transit times and lymphatic drainage

Lower Back Legs Abdomen	60 mins	£55

Hot Stones Detox Massage
Dry skin brushing + hot stones to reduce gut congestion and improve lymphatic drainage

Lower Back Legs Abdomen	60 mins	£60

Glacial Stones Detox Massage
Dry skin brushing + hot and cold stones to effectively improve gut motility and lymphatic drainage

Lower Back Legs Abdomen	60 mins	£60

HEALING

Reiki
Hands on healing received clothed on couch

Just Reiki	60 min	£50
+ Meditation & Visualisation	90 mins	£65

Thermal Auricular/Ear Candling
Uses hollow lit beeswax candles to help relieve pressure in ears, sinuses, and eustachian tubes

Just Candling	45 mins	£40
+foot reflex work	60 mins	£50
+neck shoulders face massage	75 mins	£65

FOOT TREATMENTS

Reflexology
To aid balanced well being

Just Reflexology	60 mins	£50
Advanced Reflexology+Healing	90 mins	£65
Conception/Fertility Reflexology	90 mins	£65

Tsuboki Japanese Foot Massage
Energy work for whole body thru the feet

Advanced Acupressure	60 mins	£50

Thai Style Deep Foot Massage

Deep treatment feet/lower legs	60 mins	£50
Deep treatment feet/lower legs	90 mins	£65

Holistic Foot Massage
Relaxing or pampering with foot soak + exfoliation

Foot Massage	60 mins	£50

FACE TREATMENTS

Tsuboki Japanese Acupressure Face Massage
Acupressure, line-reduction massage, lymphatic drainage - advanced with tsuboki derma rollers

Tsuboki Acupressure	60 mins	£50
Advanced Tsuboki	75 mins	£60

Acupressure Face Massage
Energy work face massage

Acupressure Massage	60 mins	£50

Neal's Yard Remedies Organic Holistic Facial (NYRO)
Cleanse, tone, exfoliate, moisturise facial using award-winning, organic Neal's Yard products

Organic Facial	60 mins	£60
Fabulous Frankincense Facial	75 mins	£75
Mini Facial (add-on only)	15 mins	£15

Neal's Yard Remedies Organic SkinCare Workshop
Skin Care Consultation plus try a range of Neal's Yard products

For 2 to 8 people at Walcot Street **FREE**

Order products - www.nyrplanet.com

Facebook - facebook.com/NYRplanet/

OTHER SERVICES

Nutrition and Diet Advice

Basic	120 mins+	from £75
Complete	180 mins +	from £125
Guided Shopping Service	per hour	from £50

Chakra Dancing Workshops for Groups

Workshop Class	2 hours	from £150
Workshop Class	4 hours	from £250
Workshop Class	1 day	from £400

Talks/Workshops for Patient Groups/Events £Neg

ADD ONS/OTHER TREATMENTS

Surge of Chi/FlexxiCore Passive Exerciser

Rhythmic energising massager to reduce tension, calm nerves increase mobility - highly recommended

Session (add on)	5/15 mins	£5
Session (stand alone)	5/15 mins	£15
Also available to purchase		£227

Reiki/Healing

Session (add on)	10 mins	£5

Mini Neal's Yard Remedies Organic Facial

As an add on only	15 mins	£15

Exercises for Better Posture

Session (add on)	10 mins	£5
Session (stand alone)	20 mins	£15

CORPORATE/EVENT/MOBILE/PARTY

Corporate/Workplace - At Work Massage Service
Contact karen@karenfreed.com for further details

Event Service for Corporate Hospitality Areas, VIPs, Backstage, Exhibitions and Events
Contact karen@karenfreed.com for a quote

Mobile Therapy Service for At Home/Hotel Treatments - see Mobile Brochure online

Holistic Wellbeing Parties/Pamper Parties/Hen Parties - see Parties Brochure online

FREE 10 minute phone consultation to discuss your concerns, suitability and treatment options

* * *

35 years experience working with the body
15 years as holistic therapist

* * *

Professional and Confidential Service
Personalised, detailed, in-depth, after-care advice, with follow-up e-mail, on exercise, nutrition, hydration, improving sleep, relaxation techniques, stress reduction, environmental factors, lifestyle enhancement and effective products

* * *

Extensive Range of Holistic Therapies
Resources Loaned
Fully Insured and Qualified

* * *

Work Place Visits
Corporate Events
House Parties - Therapies or Neal's Yard Products
Well Being Retreats
Hen Parties
Pamper Parties

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Retail Products Available
Neals Yard Organic Remedies Skincare & Beauty
Magnesium Oils and Flakes
Supplements and Pro-Biotics
Crystalline Sea Water

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Gift Vouchers Online and by Post
Corporate and Gift Vouchers for Treatments or Products

* * *

Weekend Appointments
Payment by cash/credit/debit card on the day or BACS 24 hours in advance

A New Day
Holistic Services

Professional Holistic Therapy

Be Treated like a Unique Individual

2020
Bath Spa Clinic Brochure

Karen Freed
BA (Hons) MOSMA

BATH SPA CITY CENTRE LOCATION

07479 577989
www.karenfreed.com
karen@karenfreed.com
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* **BUY GIFT VOUCHERS ONLINE** *
* **BOOK APPOINTMENTS ONLINE** *

Walcot Street, Bath Spa, BA1 5BL