

ONLINE NUTRITION

ONLINE - DIET AND NUTRITIONAL ADVICE CONSULTATION

An in-depth look at your diet and nutrition and how that relates to your overall wellbeing. The online consultation will go over suggested changes to your diet to achieve better health and manage ongoing conditions and will cover, your lifestyle, nutrition and more from a holistic perspective with the aim of improving your overall health and wellbeing and managing ongoing conditions. You will be given recommendations to help you manage ongoing health conditions using lifestyle, nutrition, specific related exercises, products, and you will have a chance to go into depth about any anxieties and concerns you may have about your general wellbeing as it relates to your ongoing health conditions. Recommended for those with ongoing health issues such as auto-immune conditions who want to improve their quality of life.

Phone or Zoom 60 mins £95

ONLINE - TARGETED DIET AND NUTRITION CONSULTATIONS

A targeted holistic consultation to cover, your lifestyle, nutrition and more from a holistic perspective with the aim of improving your area of concern. You will be given recommendations to help you manage ongoing conditions related to the targeted theme using lifestyle, nutrition, specific related exercises, products, and you will have a chance to go into depth about any anxieties and concerns you may have about your general wellbeing as it relates to your theme.

Targeted Consultations available:

BALANCE YOUR DIET

IMPROVE YOUR DIGESTION

BETTER SKIN

REDUCE STRESS, ANXIETY/TENSION

BOOST YOUR IMMUNE SYSTEM

IMPROVE YOUR SLEEP

Phone or Zoom

60 mins - £60

ONLINE MESSAGE

ONLINE - "REMEDIAL MASSAGE" BODY WORK

During the session we will cover issues arising from the consultation then you will be guided in performing some simple movements to ascertain where the pain/discomfort is and when it occurs, then perform some warm up exercises going on to releasing stretches mainly lying on the floor. Simple props you will find at home may be used to enhance the work and this will be detailed in an email sent to you before your session. You will be helped to find comfortable sleeping, sitting and standing positions if necessary. Also nutritional recommendations and further treatment recommendations will be made and you will have time for questions at the end as well as the opportunity to book a "hands on" session. This is a fast moving treatment aimed at getting you out of pain or discomfort such as sciatica, neck and shoulder tightness, lower back pain and to provide you with tools to keep you pain free until you are able to have a "hands on" session with a practitioner. Recommended for those who are in pain/discomfort and are unable to get to a "hands on" practitioner.

Zoom

60 Mins £60

ONLINE - STRETCH FOR BETTER POSTURE

This is a one to one session during which you will be guided in performing simple movements to ascertain where there is postural misalignment and then after performing some simple warm up exercises we will then move on to targeted stretches and exercises to help realign and strengthen the body. You will be guided by an ex-dancer who has worked with the body for more than 40 years.

Recommended for people with "head forward" posture, hunched back, lordosis (deep lumbar curve), misaligned hips and more.

Zoom

60 mins £60

ONLINE - HOLISTIC CONSULTATION

You will be invited for a 30 min or 60 minute online consultation depending on the complexity of your conditions. The consultation can take place either by phone or by Zoom. The detailed holistic consultation will cover, your lifestyle, nutrition and more from a holistic perspective. You will be given recommendations to help you manage ongoing conditions using lifestyle, nutrition, specific related exercises, products, referral to other practitioners and you will have a chance to go into depth about any anxieties and concerns you may have about your general wellbeing. Highly recommended for those who want an Holistic MOT.

Phone or Zoom 30 mins £30 60 mins £60

FACIALS/SKINCARE

ONLINE - NEAL'S YARD REMEDIES ORGANIC FACIAL

Some sachets/sample pots of the luscious Neal's Yard Remedies Organic products will be sent in the post for use during the session.

This is a DIY at home facial guided by an experienced therapist using ethical, organic skincare products by Neal's Yard Remedies Organic. You will cleanse, tone, exfoliate your face and then apply a face mask and finish with a serum/oil and moisturiser. You will get time to discuss the products used and have the opportunity to place an order for your new skincare regime. Orders placed on the day of £50 or more will receive a free gift and free delivery to your home address.

Recommended for those who love facials and want to try a new skincare range that is organic, not tested on animals and that has respect for the environment.

Zoom

60 mins - £70

****See attached for exciting Online Neal's Yard Remedies Organic Experiences****

ONLINE HEALING/REIKI

ONLINE - HEALING DEEPER RELAXATION

Be taken on a journey through the body to relearn how to let go of tension and to experience a really deeply relaxed body, mind and spirit. May include a variety of techniques such as creative visualisation, affirmations, breathing techniques, chakra balancing, sound forks and much more to enhance deep relaxation.

Recommended for those who find it difficult to let go and fully relax and for those who like to feel a sense of peace in the world.

Zoom

60 mins - £60

ONLINE - REIKI HEALING

Live distant Reiki healing over Zoom. This is a one to one distant Reiki healing session in real time online and you will need to set your intention for the session in advance. It is a clothed treatment received whilst you will be sat in a chair or lying down, and you will place your hands on the clothed energetic centres of the body mirroring the practitioner's hands who will guide you verbally whilst allowing energy to flow and directing the intention. Relaxation and other healing techniques may also be used during the session and this will be agreed at the beginning.

Recommended for those who love energy healing, want to balance energetic flow and/or who are unable to receive other holistic treatments.

Zoom

60 mins - £60

HOW TO BOOK/PAYMENT

Book online - www.karenfreed.com

or 07479 577989/karen@karenfreed.com

A payment request is sent by SMS Text with a link to pay online. Payment must be received 24 hours before your appointment.

CONSULTATION FORMS

Consultation forms and other relevant information/products will be sent by email which must be completed and returned to karen@karenfreed.com at least 24 hours before your online appointment

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

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

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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

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Extensive Range of Holistic Therapies
Fully Insured and Qualified

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Work Place Massage Service
Corporate Events
House Parties - Therapies or Neal's Yard Products
Well Being Group 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

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Bath Spa Clinic Based Service - see Clinic Brochure
Mobile Therapy Service - see Mobile Service Brochure
Corporate Massage Service - see Workplace Brochure
Home/Hen/Wellbeing/Pamper Parties - see Party Brochure



Professional Holistic Therapy

Be Treated like a
Unique Individual

2020

Online Services Brochure

Facials Party
Nutritional Advice
Skincare Consultations

**incorporating
Neal's Yard Remedies Organic
Products**

Karen Freed
BA (Hons) MOSMA

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facebook.com/ANewDayHolisticServices

Walcot Street, Bath Spa, BA1 5BL

**ONLINE
NEAL'S YARD SKINCARE
CONSULTATION
SINGLE PERSON OR GROUP**

You will receive some sachet samples of products in the post to use during the session. Do you have skin problems? Not sure which products might suit you? Would you like some one to one time to help resolve them? Well, this workshop is for you and a friend, or two, to experience a wide range of ethical, organic skincare products by Neal's Yard Remedies Organic. After a thorough in-depth discussion about your skin issues, face and body, – such as visible pores, eruptions, redness, eczema and much, much more – we will complete a skincare consultation and you be offered a diagnosis with a choice of product suggestions. You will get to try a number of these luscious products by Neal's Yard on the day as some sample sachets will be posted to you so you can make the right choices for your skin and your aroma preferences. By ordering £50 or more of products on the day you will receive free delivery to your home address and a free gift. Recommended for those who want to try a new skincare range and want to use organic products that are not tested on animals and that have respect for the environment.

**Zoom
60 mins - £20 for one person (plus
£10 for each additional person)**

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**ONLINE
HOST A NEAL'S YARD REMEDIES
ORGANIC EXPERIENCE ONLINE
FOR YOUR FRIENDS AND FAMILY**

Once I have received your booking we will discuss and plan your online session for your friends.

A set of at least 4 facial sachets of the luscious Neal's Yard Remedies Organic products will be sent in the post to all your guests along with a catalogue. At the Experience guests will be guided to perform a facial on themselves and will get the chance to ask questions and discuss the products as well as have the opportunity to place an order. This is a fun-filled session and a chance for you to get together with friends online and have a shared activity. As a host you will be rewarded with free and half price shopping (depending on size of experience orders) and will get a free gift too.

Recommended for those who love to get together with friends for a fun-time and love to pamper themselves with products from a skincare range that is organic, not tested on animals and that has respect for the environment.

Zoom 60 mins - FREE

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