

## AREA COVERED

Bath Spa City area - Bath Inner Bus Zone Bathford to Odd Down, Weston/Newton St Loe to Combe Down.

## HOW DOES IT WORK

You request by email/phone an appointment time slot with me choosing:

**60 Minute Appointment** £85  
(45 mins treatment approx)

**90 Minute Appointment** £120  
(75 minute treatment approx)

**Groups of 2, 3 or more people**  
Please enquire for details

The appointment time includes all setting up and breaking down of equipment plus consultation time. So, for example a 60 minute appointment will result in around a 45 minutes of actual hands on treatment.

## WHO CAN BOOK

Women, men, mixed couples and groups over the age of 18 years only.

## SERVICE AVAILABILITY

Appointments are available on most days between 10am and 6pm finish. Please book at least 24 hours in advance.

## HOW TO BOOK

Text me on 07479 577989 with your chosen date and time together with the appointment length, post code, and your email. Alternatively, please email [karen@karenfreed.com](mailto:karen@karenfreed.com)

## CONFIRMATION

After you make your booking request you will receive a Booking Confirmation Email setting out all the details - the booking time and length, your address, the treatment, how much space is needed for the treatment and how to set it up, protocols for home treatments. You will also receive a text payment request to pay in advance. Once payment is received your booking is confirmed. You will also receive a consultation form for you to complete before the appointment to maximise your hands on treatment time.

## PAYMENT

Payments are in advance only using a SumUp text link. You can pay by bank/credit card using this text link.

## TREATMENTS AVAILABLE

### 60 MINUTE APPOINTMENTS

**Seated Acupressure Massage**  
**Reflexology**  
**Champissage/Indian Head Massage**

### 90 MINUTE APPOINTMENTS

**Seated Acupressure Massage**  
**Reflexology**  
**Champissage/Indian Head Massage**

## GROUPS

**Seated Acupressure Massage**  
**Reflexology**  
**Champissage/Indian Head Massage**

**The above treatments are also available in my treatment room in the centre of Bath.**

## TREATMENT DESCRIPTIONS

### Seated Acupressure Clothed Massage - Remedial

Effective, deep massage specifically designed for computer users.

If you are WORKING FROM HOME on a computer, or even in the office on a computer - this is THE essential, regular massage you must consider first.

Designed to help alleviate back, neck and shoulder issues related to seated working, the massage targets areas such as:

"swipers thumb/claw hand" due to excessive mouse scrolling and mobile phone use

"text/computer neck/shoulders" due to excessive laptop/computer and mobile phone use

"selfie elbow" due to excessive mobile phone use

"mouse hand and wrist" due excessive computer use

"tight scalp" - headaches, and much more

Works with the meridians - energy lines - to enhance health and rebalance energy of the whole body.

Includes stretches and exercises to prolong treatment effects.

Karen Freed is an expert specialist in Chair Massage (Seated Acupressure Massage) and probably the most experienced Chair Massage therapist in South West England with many thousands of satisfied clients and treatments to her name. Chair massage is always in high demand due to Karen's depth of chair massage knowledge, techniques and experience. This, coupled with her lifetime background in human movement, means that your specific issues are addressed and you get the treatment outcome that you desire.

### Reflexology

A treatment of the feet to aid balanced wellbeing and enhance relaxation - work with the nervous system and meridians and incorporates deep relaxation.

### Champissage/Indian Head Clothed Massage

A vigorous treatment of the neck, shoulders and scalp to balance the chakra energy centres.

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

\* \* \*

40 years experience working with the body  
18 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  
Fully Insured and Qualified

\* \* \*

Work Place Massage Service  
Corporate Events  
House Parties - Therapies or Neal's Yard Products  
Well Being Group Retreats  
Pamper/Hen Parties  
Online Treatments

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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  
Holistic Wellbeing Party Service - see Party Brochure  
Corporate Massage Service - see Workplace Brochure  
Online Treatments - see Online Services Brochure



Professional Holistic Therapy

Be Treated like a  
Unique Individual

**2022**  
**Mobile Massage Service  
for Computer Users  
Working From Home  
Brochure**

Karen Freed  
BA (Hons) MOSMA  
**Over 18 Years Experience**

FOR BATH SPA CITY LOCATIONS

07479 577989

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