

MASSAGES

Relaxation/Swedish/Aroma Massage

Calming, soothing, relaxing massage		
Full Body exc Abdomen	60 mins	£60
Back Neck Shoulders Face	60 mins	£60
Full Body Face and Scalp	90 mins	£75
Full Body deluxe	120 mins	£90
Aroma Pre-Blend Massage	60 mins	£70
Aroma Pre-Blend Massage	90 mins	£85
Aroma Pre-Blend Massage	120 mins	£100
*(Aroma choose one of Neal's Yard Pre-Blended Oils - Women's Balance, Soothing, Aromatic, Geranium + Orange, Ginger + Juniper)		

Remedial/Deep Tissue Massage

Effective massage for tight, tense muscles and everyday aches and pains - slow deep pressure		
Bespoke followup only	60 mins	£70
Bespoke 1st appts	90 mins	£95
Bespoke	120 mins	£110

Hot Stones Massage - Relaxation

Deeply relaxing, stress reducing heated massage + hot stone placements to deeply penetrate tissues		
Full Body exc Abdomen	60 mins	£70
Full Body Face and Scalp	90 mins	£95
Full Body deluxe	120 mins	£110

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 followup only	60 mins	£70
Bespoke 1st appts	90 mins	£95
Bespoke	120 mins	£110

MESSAGE FOR COMPUTER USERS WORKING FROM HOME/OFFICE

Seated Acupressure Massage - Remedial

Effective deep specialist massage for computer users		
Bespoke Remedial followup	60 mins	£60
Bespoke Remedial 1st appts	90 mins	£75
+Mini Facial/Head & Scalp	90 mins	£75
any+hot stones OR warm bamboo sticks		+£5

Champiassage/Indian Head Massage

Chakra balancing - vigorous scalp massage		
Head Neck Shoulders Face	60 mins	£60
With Hair Oil	75 mins	£65
any+hot stones OR warm bamboo stick		+£5

Clothed Massages on Couch

Thru the Clothes Massage - Remedial

No oil table massage techniques include:		
Thai style dynamic stretches and energy work		
Bespoke Full body	60 mins	£60
Bespoke 1st appts	90 mins	£75
any+hot stones OR warm bamboo sticks		+£5

HEALING

Thermal Auricular/Ear Candling

Uses hollow lit beeswax candles to help relieve pressure in ears, sinuses, and eustachian tubes		
Just Candling (one pair candles)	45 mins	£60
Just Candling (two pairs candles)	60mins	£75
+foot reflex work	60 mins	£65
+massage neck, face, shoulders	75 mins	£75
+ steam inhalation and massage	90 mins	£85

Reiki

Hands on healing received clothed on couch		
Just Reiki	60 mins	£60
+ Meditation & Visualisation	90mins	£75
+ Acupressure Stress Relief	90 mins	£75

FOOT TREATMENTS

Reflexology

To aid balanced well being		
Just Reflexology	60 mins	£60
Reflexology+Healing	90 mins	£75

Acupressure Foot Massage

Energy work for whole body thru the feet		
Advanced Acupressure	60 mins	£60

Thai Style Deep Foot/Lower Leg Massage

Deep massage feet/lower legs		
	60 mins	£60/90 mins £60/£75

Relaxing/Pampering Foot Massage

Relaxing/pampering + foot soak + exfoliation		
Foot Massage	60 mins	£60

FACE TREATMENTS

Acupressure Face Massage

Acupressure, line-reduction massage, lymphatic drainage - Energy work face massage		
Acupressure Massage	60 mins	£60

Neal's Yard Organic Holistic Facials

Cleanse, tone, exfoliate, moisturise facial using award-winning, organic Neal's Yard products		
Rose/Palmarosa/Wild Rose/Neroli/		
Sensitive/Men's Facials	75 mins	£80
Frankincense Facial	75 mins	£90
Mini Facial (add-on only)	15 min	£25

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 online/in person 90mins from £95
Complete online/in person 180 mins from
£150

Online One Issue Advice* 60 mins £60

* Choose one of - (Balance Your Diet, Improve Your Digestion, Better Skin, Reduce Stress, Anxiety/Tension, Boost Your Immune System, Improve Your Sleep)

ADD ONS/OTHER TREATMENTS

Mini Neal's Yard Remedies Organic Facial

As an add on only 15 mins £25

Reiki/Healing

Session (add on) 15 mins £20

Sound Healing with Forks 15 mins £20

One 2 One Exercises for Better Posture

Session (add on) 15 mins £20

Surge of Chi/FlexxiCore Passive Exerciser

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

Session (add on) 15 mins £20

BOOK ONLINE



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

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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

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

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

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Gift Vouchers Online

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Saturday Appointments
Payment by cash/credit/debit card on the day
Pay in advance when booking online



Professional Holistic Therapy

Be Treated like a Unique Individual

Bath Spa Clinic Brochure

Karen Freed

BA (Hons) MOSMA

Over 18 Years Experience

BATH SPA CITY CENTRE LOCATION

07479 577989

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facebook.com/ANewDayHolisticServices

* **BOOK APPOINTMENTS ONLINE** *

* **BUY GIFT VOUCHERS ONLINE** *

Walcot Street, Bath Spa, BA1 5BL