

MASSAGES

Holistic Massage - Relaxation

Calming, soothing, relaxing massage

Full Body Face and Scalp	90 mins	£60
Full Body exc Abdomen	60 mins	£45
Back Neck and Shoulders	30 mins	£35

Holistic Massage - Remedial/Deep Tissue

Effective massage for tight, tense muscles and everyday aches and pains - slow deep pressure

Bespoke	60 mins	£50
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Hot Stones OR Hot Lava Shells - Relaxation

Deeply relaxing, stress reducing heated massage + hot stone placements to deeply penetrate tissues

OR Deeply relaxing, seamless heated shell massage

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

Hot Shells AND Hot Stones - Relaxation

Hot stone placements with seamless heated shell massage

Full Body Face and Scalp	90 mins	£90
Full Body exc Abdomen	60 mins	£65

Hot and Cold Stones/Shells - Remedial

Effectively works on knotty areas and acts as a cleansing pump to the system - rejuvenating

Bespoke	90 mins	£85
Bespoke	60 mins	£60

Warm Bamboo Massage - Remedial

Strong, smooth massage using warm bamboo sticks that deeply penetrate tense muscles

Full Body	90 mins	£65
Back Neck and Shoulders	30 mins	£40

Clothed Massages on Couch

Table Thai Massage

Dynamic stretches and energy work on the couch

Full Body	60 mins	£45
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Thru the Clothes Massage - Remedial

No oil massage using a variety of techniques

Full Body/Bespoke	60 mins	£45
Back, Neck and Shoulders	30 mins	£25

Seated Clothed Massages

Seated Acupressure Massage - Remedial

Effective deep massage for computer users, drivers

Back Neck and Shoulders	30 mins	£25
Back Neck Shoulders Scalp	45 mins	£35
Bespoke Remedial	60 mins	£45
any plus hot lava shell add		£5

Champissage/Indian Head Massage

Vigorous massage of scalp, neck shoulders

Head Neck and Shoulders	30 mins	£25
Head Neck Shoulders Face	45 mins	£35
With Hair Oil	60 mins	£45
any plus hot lava shell add		£5

Detox Massages

Holistic Detox Massage

Dry skin brushing and oil massage to gently aid improved transit times and lymphatic drainage

Lower Back Legs Abdomen	60 mins	£55
Lower Back and Abdomen	45 mins	£45

Hot Stone OR Hot Lava Shell Detox Massage

Dry skin brushing + hot stones or shell to reduce congestion and improve lymphatic drainage

Lower Back Legs Abdomen	60 mins	£60
Lower Back and Abdomen	45 mins	£50

Glacial Shell Detox Massage

Dry skin brushing + hot and cold shells to effectively improve gut motility and lymphatic drainage

Lower Back Legs Abdomen	60 mins	£60
Lower Back and Abdomen	45 mins	£50

HEALING

Reiki

Hands on healing received clothed on couch

Just Reiki	60 min	£45
+ Meditation & Visualisation	90 mins	£60

Thermal Auricular/Ear Candling

Uses hollow lit beeswax candles to help relieve pressure in ears, sinuses, and eustachian tubes

Just Candling	45 mins	£35
+foot reflex work	60 mins	£50
+neck shoulders face massage	75 mins	£60

FOOT TREATMENTS

Reflexology

To aid balanced well being or pampering with foot soak and exfoliation

Balancing	75 mins	£50
Pampering	75 mins	£50

Tsuboki Japanese Foot Massage

Energy work for whole body thru the feet

Advanced Acupressure	75 mins	£50
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Thai Style Foot Massage

Deep treatment feet/lower legs	60 mins	£45
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Holistic Foot Massage

Relaxing or pampering with foot soak + exfoliation

Relaxing Foot Massage	30 mins	£35
Pampering Foot Massage	60 mins	£45

FACE TREATMENTS

Tsuboki Japanese Face Massage

Acupressure, line-reduction massage, lymphatic drainage - advanced with tsuboki rollers

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

Acupressure Face Massage

Energy work face massage

Acupressure Massage	30 mins	£30
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Neal's Yard Remedies Organic Holistic Facial (NYRO)

Cleanse, tone, exfoliate, moisturise facial using award-winning, organic Neal's Yard products

selected for your skin type

Organic Facial	60 mins	£55
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

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
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Mini Neal's Yard Remedies Organic Facial

As an add on only	15 mins	£15
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Exercises for Better Posture

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

For regular ongoing sessions please ask

Backstretcher/Cranio-Cradle

Help combat round shoulders	as an add on	Free
Comfy Client Cushion System		Free

Visits to Groups/Pamper + Hen Parties etc

3 hour session/3 people minimum	£180
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Can include treatments, talk, skin care workshop

Corporate/Workplace - At Work Massage Service

Please contact for further details

At Home Service - See Separate Brochure

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

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35 years experience working with the body
12 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
Resources Loaned
Fully Insured and Qualified

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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
Crystalline Sea Water
Magnesium Oils and Flakes
Supplements and Pro-Biotics

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

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



Professional Holistic Therapy

Be Treated like the Unique
Individual you Really Are

2017
Bath Clinic Brochure

Karen Freed
BA (Hons) MOSMA

BATH CITY CENTRE LOCATION

07479 577989
www.karenfreed.com
karen@karenfreed.com

*** NEW ***

Skin Care Workshops

Walcot Street, Bath, BA1 5BL