

SUCCESS COACHING

Gina Gardiner Life Coach and Neuro-linguistic Master Programmer
By appointment: 1 hour £75

SWEDISH MASSAGE

Claire McCarthy: IEB, ITEC, Reg. IFR CMA **Wed, Thurs, Fri** 1 hour £35

TRADITIONAL TAI FOOT MASSAGE

Claire McCarthy: IEB, ITEC, Reg. IFR CMA **Wed, Thurs, Fri** 1 hour £35

Classes and Workshops

For full details please visit our website
or pick up a leaflet or booking form at The Sanctuary

Spiritual Healing Group

Tutor: **Jeff Steadman**

Monthly workshop commencing 11th May 2010 - 7.30 to 9.30pm
Thereafter 2nd Tuesday of each month per session £8
Personal development workshop for those wishing to learn about Spiritual Healing

Introduction to Dementia

Tutors: **Jenny Sykes & Mark Wilson**

Sunday 23rd May 2010 - 10am to 2pm £15
Gain a better understanding of dementia and improve communication and the ways you relate with people who have this condition.

Essence: exploring 'Spirituality'

Tutor: **Phaedra Pamphilon-Green**

Six week course commencing 14th May 2010
Fridays - 7.30 to 9.30pm Course Fee £60
For all who recognise that they are on a spiritual journey and have a desire to travel further on that journey

Mapping the Inner Landscape: a journey of self discovery

Two day workshop - 10am to 5pm Tutor: **Felicity Karena**
Saturday June 12th and Saturday July 10th Course Fee £100
To help you overcome the fears and challenges that are keeping you from being the person you always wanted to be

YOGA (Hatha)

Tutor: **Madeleine Williamson**

10 week course - Monday and Thursday 8pm to 9.30pm £70
The current courses commenced on 19th and 22nd April
The courses run continuously. If you are interested and would like us to put you on the waiting list, please let us have your name and a contact number so that Madeleine can get back to you.

MEDITATION GROUPS

Tutor: **Glenn Pennington**

8 week courses - Wednesdays 8.00 to 10.00 pm. £60
2010 courses:- 3rd Feb to 31st Mar, 5th May to 23rd June, 6th Oct to 24th Nov

The Upminster Complementary Healing & Teaching Sanctuary

WHOLISTIC TREATMENT LIST

Our holistic approach is second to none.
We build caring relationships with our clients,
spending time in a calm, relaxed atmosphere.

We believe in treating others as we would wish to be treated ourselves
and we want the best at all times.

- ♦ Acupuncture
- ♦ Aromatherapy
- ♦ Aromatherapy Massage
- ♦ Astrology
- ♦ Bach Flower Remedies
- ♦ Chinese Herbal Medicine
- ♦ Chiropractic
- ♦ Ear Candling
- ♦ Hot & Cold Stone Massage
- ♦ Healing
- ♦ Homeopathy
- ♦ Hypnotherapy & NLP
- ♦ Indian Head Massage
- ♦ Iridology
- ♦ Kinesiology
- ♦ Life Path Regression Therapy
- ♦ Meditation Classes
- ♦ Natural Lift Facial Massage
- ♦ Nutritional Therapy
- ♦ Osteopathy
- ♦ Reflexology
- ♦ Reiki and Energy Rebalancing
- ♦ Success Coaching & NLP
- ♦ Swedish Massage
- ♦ Traditional Tai Foot Massage
- ♦ Yoga Classes

Our Therapy Rooms are available to Rent
The Teaching Hall is available for Hire
Please enquire for more details

The Upminster Complementary Healing & Teaching Sanctuary
The Sanctuary, Pea Lane,
Upminster, Essex, RM14 2XH
01708 251124 or Freephone 0800 380 0703

Email: info@healingandteaching.co.uk
Website: www.healingandteaching.co.uk

Principal:
Julia Elizabeth Massey



ACUPUNCTURE

Daniela Matal DipAc, Dip.TCM,M.B.AcC, MRCHM	Wed and Sat	
Adult initial consultation and treatment / Adult follow up treatment		£45 / £35
Child initial consultation and treatment / Child follow up treatment		£35 / £25

AROMATHERAPY & AROMATHERAPY MASSAGE

Julia Massey TIDHA, MAR, MNFSH, MIFPA	Mon, Tues, Thurs, Fri, Sun	
Initial in-depth Consultation	up to 30 mins	£10
Face and Whole Body Massage	2 hours	£65
Face Massage, Whole Back, Neck and Shoulders	1 hr 25 mins	£50
Face Massage, Neck, Shoulders and Reflexology	1 hr 25 mins	£50
Whole Back Massage	1 hour	£35
Prescription blends for home use on application.		

ASTROLOGY

Felicity Karena MA, DAstrol	By appointment	
Astrological Consultation	60 mins	£68
Birth Chart Reading for baby/child	45 mins	£60
Relationship Synastry Reading	90 mins	£130

All consultations include a printed birth chart and recorded tape of the reading

BACH FLOWER REMEDIES

Julia Massey TIDHA, MAR, MNFSH, MIFPA	Mon, Tues, Thurs, Fri, Sun	
Ruth Dixon MAR, MBTER	Mon, Tues, Wed, Thurs, Sun	
1 hour inclusive of Remedy		£32
Subsequent Remedies		£10

CHINESE HERBAL MEDICINE

Daniela Matal DipAc, Dip.TCM,M.B.AcC, MRCHM	Wed, 12 noon onwards	£32
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CHIROPRACTIC

Julie Webber BSc, DC, MCC	Tuesday and Friday am	
Initial Examination and Consultation	60 mins	£50
Subsequent Treatments	30 mins	£30

EAR CANDLING (Thermo-Auricular Therapy)

Julia Massey: TIDHA, MAR, MNFSH, MIFPA	Mon, Tues, Thurs, Fri, Sun	
Claire McCarthy: IEB, ITEC, Reg.IFR CMA	Wed, Thurs, Fri	
Initial Assessment and Treatment	approx 1½ hours	£35

HAWAIIAN HOT & COLD STONE MASSAGE (Pohaku Wela Lomi)

Julia Massey: TIDHA, MAR, MNFSH, MIFPA	Mon, Tues, Thurs, Fri, Sun	
Claire McCarthy: IEB, ITEC, Reg.IFR CMA	Wed, Thurs, Fri	
Treatment and Consultation	3 hours	£75

HEALING—National Federation of Spiritual Healers

Julia Massey Mon, Tues, Thurs, Fri, Sun		£35
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HOMEOPATHY

Kathryn Meader: RsHom, MCH, MGNI	Wednesday	
Adult first visit including Eye Diagnosis	1 hour	£57
Adult follow ups		£37
Children's first visit and follow ups (under 10 years)	30 mins	£27
<i>(fees exclude cost of medication)</i>		

HYPNOTHERAPY and Neurolinguistic Programming (NLP)

Pat Hollisey BA (Hons) Cert Hyp	Wednesday evening	£60
Barry Neale PhD, DCH	Monday pm	Price on application

INDIAN HEAD MASSAGE

Claire McCarthy: IEB, ITEC, Reg.IFR CMA	Wed, Thurs, Fri	
Luxury Indian Head Massage	1 hour	£35
Indian Head Massage	1/2 hour	£25

IRIDOLOGY

Kathryn Meader RsHom, MCH, MGN	Wednesday	30 mins	£27
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KINESIOLOGY

Richard Andrade HK Practitioner	By appointment		£40
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LIFE PATH REGRESSION THERAPY

Kathryn Meader RsHom, MCH, MGN	By appointment	per hour	£25
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NATURAL LIFT FACIAL MASSAGE

Julia Massey: Mon, Tues, Thurs, Fri, Sun	1 hour	£35
Ruth Dixon: Mon,Tues,Wed, Thurs, Sun	1 hour	£35
Claire McCarthy Wed, Thurs, Fri	1 hour	£35

NUTRITIONAL THERAPY

Catherine Honeywell BSc, Dip Raw, Dip BSYA	By appointment		
Initial Consultation	60—90 mins		£42
Follow up	45mins		£32

OSTEOPATHY

Karen Dean: B(Ost)	Mon 1.30 –10pm & Thurs morning		
Initial Consultation	1 hour		£50
Subsequent Consultations	30 mins		£35

REFLEXOLOGY

Julia Massey TIDHA, MAR, MNFSH, MIFPA	Mon, Tues, Thurs, Fri, Sun	£35	
Ruth Dixon MAR, MBTER	Mon, Tues, Wed, Thurs, Sun	£32	
Claire McCarthy: IEB, ITEC, Reg.IFR CMA	Wed, Thurs, Fri	1 hour	£35

REIKI and/or ENERGY REBALANCING using crystal, sound & light healing

Claire McCarthy: Reiki Master	Wed, Thurs, Fri	1 hour	£35
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