

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 - 7.30 to 9.30pm

2nd Tuesday of each month

per session (payable quarterly) £8

Personal development workshop for those wishing to learn about Spiritual Healing

Introduction to Dementia

Tutors: **Jenny Sykes & Mark Wilson**

1 day workshop - 10am to 2pm (Date to be arranged subject to demand) £15

For those involved in the care of someone with Alzheimers/Dementia—to gain a better understanding of the condition and learn how better to communicate and relate to people who suffer from this condition.

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 Course Fee £70

The current courses commenced on 19th and 22nd April

The next course will commence in September. 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 Group

Tutor: **Glenn Pennington**

8 week courses - Wednesdays 8.00 to 10.00 pm.

Course Fee £60

2010 courses:- 3rd Feb to 31st Mar, 5th May to 23rd June, 6th Oct to 24th Nov

Complementary Therapy Courses

Tutor: **Claire McCarthy**

One-day course leading to accreditation—Saturdays 10.00 to 17.00

Hopi Ear Candling

£95

Facial Lift Massage

£95

Indian Head Massage

£135

Essence: exploring 'Spirituality'

Tutor: **Phaedra Pamphilon-Green**

Six week course 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

Next course September 2010—dates to be announced

Baby Massage classes

Tutor: **Diane Tyrrell**

Coming soon—Details to follow

Bach Flower Remedies

Tutor: **Julia Massey**

3 day course Dates on application

£165

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
- ♦ Bowen Technique
- ♦ Chinese Herbal Medicine
- ♦ Chiropractic
- ♦ Ear Candling
- ♦ Hot & Cold Stone Massage
- ♦ 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
- ♦ Spiritual Healing
- ♦ Success Coaching & NLP
- ♦ Swedish Massage
- ♦ 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
<i>All consultations include a printed birth chart and recorded tape of the reading</i>		

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

BOWEN TECHNIQUE

Amanda McGregor SRN, Cert ECBS	Saturdays	
Treatment—Adults	45 minutes	£35
Treatment—Children (under 16)	45 minutes	£25

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, MGN1	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
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
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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SUCCESS COACHING

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