

the Upminster Sanctuary

COMPLEMENTARY HEALING & TEACHING

HOLISTIC TREATMENT LIST



*“Give to my eyes the power to see the hidden source of ill.
Give to my hands the healing touch, the throb of pain to still.
Grant that my ears be swift to hear the cry of those in pain.
Give to my tongue the words that bring comfort and strength again”.*

“A Centre of Excellence for Healing & Teaching”

The Upminster Sanctuary, Pea Lane, Upminster, Essex RM14 2XH
Tel 01708 251124 Email info@healingandteaching.co.uk
www.healingandteaching.co.uk

December 2017

ACUPUNCTURE (including pregnancy & fertility treatments)

Gursharan Kaur BA (Hons), BSc (Hons), MBAC

Initial consultation and treatment / follow up treatment £70 / £50

ANGEL ENERGY HEALING/CLEARING

Alison Keeley MAR 1 hour £40

ANGEL READINGS

Alison Keeley MAR 45 mins £30

AROMATHERAPY & AROMATHERAPY MASSAGE

Julia Massey TIDHA, MAR, MNFSH, MIFPA

Initial Consultation for all treatments up to 40 mins £20

Face and Whole Body Massage 2 hours £80

Face Massage, Whole Back, Neck and Shoulders 1 hr 25 mins £70

Face Massage, Neck, Shoulders and Reflexology 1 hr 25 mins £70

Whole Back Massage 1 hour £50

Or other combinations as required. Prescription blends for home use on application.

ASTROLOGY

Rain McManus

Birth charts £40

1 year predictions £40

ATLANTEAN HEALING

Hayley Felton BSc (Hons) 90 mins, min 3 sessions

(includes an intuitive reading and guidance once healing is complete)

AYURVEDIC ABDOMEN MASSAGE

Katrina Ray ITEC, CMC 1 hour £50

AYURVEDIC KV FOOT MASSAGE

Katrina Ray ITEC, CMC 1 hour £50

AYURVEDIC MEDICINE

Prathima Nagesh, BAMS

Ayurvedic Consultation 1 hour £55

Follow up 45 mins £40

Kativasti (warm oil treatment for back) 45 mins £55

Pinda Sveda (herbal ball treatment) 30 mins £80

Netra Tarpana (eye treatment) 30 mins £40

Ayurvedic Marma Massage 60 mins £60

BABY MASSAGE

Katrina Ray ITEC, CMC

One-to-one training. 2 hours over 2 sessions £90

BACH FLOWER ESSENCES

Julia Massey TIDHA, MAR, MNFSH, MIFPA

Katrina Ray ITEC, CMC

Michelle Bowman MAR

Spencer West ASK

Amanda McGregor SRN, Cert ECBS, Mbtpa

1 hour consultation inclusive of Bach Flower Essences £45

Prescription Bach Flower Essences £10

BOWEN FASCIA RELEASE TECHNIQUE

Amanda McGregor SRN, Cert ECBS, Mbtpa

Toni Creevy Bowtech

Initial Consultation and treatment-Adults up to 1 hour 30 min £70

Follow-up treatments-Adults up to 1 hour £50

Children's Bowen

consultation and treatment (3- 16) up to 1 hour 15 mins £50

Follow up children up to 30mins/up to 1 hour £20/£40

Baby Bowen consultation and treatment (0-3) up to 1 hour £40

Follow up babies up to 30 mins £20

BRAIN WORKING RECURSIVE THERAPY

BWRT COACHING

BWRT PSYCHOLOGICAL WEIGHT MANAGEMENT

Ikila Poole BBRs

Consultations & fees will be discussed at initial telephone call or appointment.

BROADBAND FOR THE BRAIN THERAPY

Ikila Poole BBRs

Consultations & fees will be discussed at initial telephone call or appointment.

CHIROMASSAGE

Bozhidar Drunin (Bosco) 1 hour £50

CHIROPRACTIC

Julie Webber BSc, DC, MCC

Initial Examination and Consultation 1 hour £58

Subsequent Treatments 30 mins £38

CLINICAL PSYCHOLOGY

Dr Jayne Griffiths, DCLinPsy, CPsychol, AFBPsS

Consultations & fees are based on packages to be discussed at initial telephone call or appointment.

COGNITIVE BEHAVIORAL THERAPY

Dr Jayne Griffiths, DCLinPsy, CPsychol, AFBPsS

Consultations & fees are based on packages to be discussed at initial telephone call or appointment.

CONSCIOUS ANALYTICAL THERAPY

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment.

COUPLE AND FAMILY THERAPY

Dr Jayne Griffiths, DCLinPsy, CPsychol, AFBPsS

Consultations & fees are based on packages to be discussed at initial telephone call or appointment

CRYSTAL HEALING

Alison Keeley MAR

30 mins

£30

Katrina Ray ITEC, CMC

Rain Mcmanus

CUPPING

Gursharan Kaur BA (Hons), BSc (Hons), MBAC

Initial consultation/Follow up

£50/£35

EAR CANDLING (Congestion Therapy)

Julia Massey TIDHA, MAR, MNFSH, MIFPA 1 hour *including candles*

£45

HERBAL MEDICINE

Jane Ward BSc(Hons) MNIMH

Initial/Follow up Consultation (medicine costs not included) 1 hour

£60/£40

Tinctures £10 per 100ml / Tea £10 per 100g / Cream £10 per 60g

HOT & COLD STONE MASSAGE

Toni Creevy, Bowtech

Consultation and Treatment

1 hour

£60

HYPNOBIRTHING

Christine Scott

Hypnobirthing Group Course - selected weekends

£195

HYPNOTHERAPY

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment.

INDIAN HEAD MASSAGE

Julia Massey TIDHA, MAR, MNFSH, MIFPA, 1 hour

£50

Alison Keeley MAR

Katrina Ray ITEC, CMC,

Initial Consultation and Treatment

up to 1 hour 40 mins

£70

Rain McManus

£50

Toni Creevy

£50

KINESIOLOGY

Spencer West, ASK Initial Consultation/Subsequent 1 hour £60/£50

KINESIOTAPING

Bozhidar Drunin (Bosco) 15 mins £20

MANUAL LYMPHATIC DRAINAGE

Bozhidar Drunin (Bosco)

1 hour £50

Toni Creevy Bowtech Maintenance Massage 1 hour £50

Michelle Bowman MAR Reflexology Lymphatic Drainage 1 hour £50

MASSAGE - HOLISTIC/TRADITIONAL/SWEDISH/DEEP TISSUE/SPORTS

Katrina Ray ITEC, CMC,

Initial Consultation and Treatment up to 1 hour 40 mins £70

Follow Up Treatment Follow Up - 1 hour £50

Deep Tissue Massage

Initial Consultation and Treatment up to 1 hour 40 mins £80

Follow Up - 1 hour £60

Toni Creevy, Bowtech 30 mins/1 hour £35/£50

Rain McManus 30 mins/1 hour £35/£50

MINDFULNESS COACHING

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment.

MOBILITY MASSAGE

Bozhidar Drunin (Bosco) 1 hour £50

NATURAL FACE LIFT MASSAGE, FACIAL REJUVENATION

Katrina Ray ITEC, CMC

Initial Consultation and Treatment up to 1 hour 40 mins £70

1 hour £50

NATURAL LIFT HEALING & DESTRESSING FACE & NECK MASSAGE

Julia Massey TIDHA, MAR, MNFSH, MIFPA 1 hour £50

NATUROPATHIC NUTRITIONIST

Anya Dutton Specialist in Oncology Support, Chronic Severe Illness including Autoimmune Disease and 3rd Age.

£120/£240 for a 2/4 hour consultation incl. detailed write-up of recommendations

NEUROLINGUISTIC PROGRAMMING

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment.

PANDORA STAR ENHANCED MEDITATION LIGHT

Spencer West , ASK	1 hour	£40
	30 mins	£30
	Remedies £20, Drainages	£25

PATHOGENIC THERAPY

Elska Clark Cert.Clinic.Hom, Dip.BFD

Initial Consultation	up to 3 hours	£85
Follow up		£60

PREGNANCY MASSAGE/PREGNANCY MASSAGE & REFLEXOLOGY

Katrina Ray ITEC, CMC	1 hour	£50
Michelle Bowman , MAR Pre-conception and Pregnancy Reflexology	1 hour	£50

PSYCHOTHERAPY

Dr Jayne Griffiths, DClinPsy, CPsychol, AFBPsS

Consultations & fees are based on packages to be discussed at initial telephone call or appointment.

REFLEXOLOGY

Julia Massey TIDHA, MAR, MNFSH, MIFPA, Specialises in Soul connection, balancing, health & harmony.

Initial in-depth consultation and treatment plan	Min 40 mins	£20
Full Treatment	Min 1 hour	£60

Alison Keeley MAR Specialises in treating adults and children with neuro behavioural disorders, autism, fibromyalgia

Katrina Ray ITEC, CMC, Specialises in Pre-conception, Pregnancy, Post-Natal, Spinal and Hand Reflexology,

Michelle Bowman, MAR Specialises in Cancer Care, Lymphatic Drainage & Pre-conception, Pregnancy, Post-Natal

Rain McManus

Initial in-depth consultation & treatment	Min 1 hour 30 mins	£60
Subsequent Treatments	1 hour	£35/£50

REIKI

Alison Keeley MAR	30 min/1 hour	£35 / £45
Katrina Ray ITEC, CMC,	1 hour	£45
Michelle Bowman MAR	1 hour	£45
Rain McManus	1 hour	£45

SOUL PLAN READINGS

Hayley Felton BSc(Hons)

(includes at least 4 hours of prep time, your comprehensive Soul Plan report and an audio recording of the session)

Consultations & fees will be discussed at initial telephone call.

SPIRITUAL GUIDANCE/HEALING - National Federation of Spiritual Healers

Julia Massey TIDHA, MAR, MNFSH, MIFPA 1 hour £50

TAROT READINGS

Rain McManus 1 hour £40

TIMELINE THERAPY—PERSONAL BREAKTHROUGH

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment

TRANSFORMATIONAL HEALING PROGRAMMES

Hayley Felton BSc(Hons)

Align to Joy 3 month programme

Align to Love 3 month programme

Align to Soul 1 month programme

Consultations & fees will be discussed at initial telephone call.

VISCERAL MANIPULATION

Gursharan Kaur BA (Hons), BSc (Hons), MBAcC

Initial consultation and treatment / follow up treatment

£70 / £50

WSN (WARRIOR SETTLER NOMAD PROFILING) COUNSELLING AND COACHING

Ikila Poole BBRS

Consultations & fees will be discussed at initial telephone call or appointment

WOMB BLESSINGS/HEALINGS

Rain McManus 1 hour £40

SPECIAL OFFERS

We have various packages available. If you would like to book a package that isn't listed, please ask .

Ikila Poole - BWRT - 3 x 90 minute sessions for anxiety and stress for £225

Personal Breakthrough - emotional Detox using timeline therapy -

3 x 2 hour sessions for £375

Katrina Ray - Choose from 3 of the following treatments in one 2 hour session for only

£100 - Back Massage, Facial Rejuvenation, Kansa Vatik Foot Massage, Reflexology

Michelle Bowman and Toni Creevy - 1 hour treatment for 2 people - choose from 1/2 hour Reiki or Reflexology, plus 1/2 hour Massage or Bowen - £85

Michelle Bowman - Fertility Reflexology Package - course of 5 treatments for £200

Pregnancy Reflexology Package - course of 5 treatments for £200

Spencer West - Block booking of 5 Kinesiology treatments for £200

REGULAR GROUPS/CLASSES

Yoga - we have yoga classes to suit all abilities, every day of the week

Rehabilitative yoga/pilates - in a chair, using resistance bands, for people with reduced mobility or recovering from injury - Every Tuesday

Pilates - for all abilities several times a week

Body Sculpt - Pilates using resistance bands - Mondays and Wednesdays

Child and adult yoga - a shared class where you can bring your child/grandchild and practice yoga together. Minimum age 5. Every Wednesday

Pregnancy yoga - suitable from 12 weeks pregnant - every Wednesday

Post birth yoga - for Mum and baby - every Tuesday

Mindfulness and Hypnotherapy group - every Tuesday

Spiritual Fridays -

- ◆ 1st Friday of every month - Esoteric Yoga
- ◆ 2nd Friday of every month - Psychic Circle
- ◆ 3rd Friday of every month - Magickal Alchemy
- ◆ 4th Friday of every month - The Goddess and The Divine Feminine

Please see our website for full details.

www.healingandteaching.co.uk

Please see our “Workshops and Courses” brochure for information on the workshops and courses we run throughout the year, or alternatively look at the “Classes and Courses” section on our website

