

# *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,  
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[www.healingandteaching.co.uk](http://www.healingandteaching.co.uk)

January 2018

## ACUPUNCTURE (including pregnancy & fertility treatments)

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

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** MRA

Birth charts £40

1 year predictions £40

## ATLANTEAN HEALING

**Hayley Felton** BSc (Hons) 90 mins, min 3 sessions £70

(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 90/120 mins £60/£90

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

Pinda Sveda (herbal ball treatment) 40 mins £60

Netra Tarpana (eye treatment) 30 mins £40

## 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** MRA

## CUPPING

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

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 - price per couple £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** MRA £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** MRA 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

**Chiara Facco** BSc (Hons), DipCNM, mBANT, CNHC. All enquiries welcome, including a 15-minute free telephone consultation to discuss your needs.

Consultation 50 minutes £70

**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

## 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

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

**Michelle Bowman, MAR** Specialises in Cancer Care, Lymphatic Drainage & Pre-conception, Pregnancy, Post-Natal  
1 hour £50

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

Initial Consultation and Treatment	up to 1 hour 40 mins	£70
Follow Up Treatment	Follow Up - 1 hour	£50

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

**Rain McManus** MRA Specialises in Pain Management

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

## REIKI

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

## SHIATSU

<b>Glauco Donati</b>	1 hour	£60
<b>Niki Hayden</b>	30 min/1hour	£30/£50

## 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** MRA

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** MRA

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.

**Pregnancy yoga** - suitable from 12 weeks pregnant - every Wednesday - starting in March 2018.

**Mindfulness and Hypnotherapy group** - every Tuesday - four week courses - starting February.

**Gong Bath** - once per month - Saturday evenings - dates are posted and places can be booked on our website. £20 per person.

**Spiritual Fridays** -

- ♦ 1st Friday of every month - Esoteric Yoga
- ♦ 2nd Friday of every month - Psychic Circle
- ♦ 3rd Friday of every month - Magickal Alchemy

Please see our website for full details.

[www.healingandteaching.co.uk](http://www.healingandteaching.co.uk)

