

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

February 2018

ACUPUNCTURE (including pregnancy & fertility treatments)

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

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

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

FOOD INTOLERANCE TESTING

Elska Clark Cert.Clinic.Hom, Dip.BFD

Initial Appointment

£85

Follow Up

£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.

Toni Creevy

£50

KINESIOLOGY

Spencer West, ASK

Initial Consultation/Subsequent 1 hour

£60/£50

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

KINESIOTAPING

Bozhidar Drunin (Bosco)	15 mins	£20
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MANUAL LYMPHATIC DRAINAGE

Bozhidar Drunin (Bosco)		
Katrina Ray ITEC, CMC	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
Deep Tissue Massage (inc Hands Free)		

MINDFULNESS COACHING

Ikila Poole BBRS

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

MOBILITY MASSAGE

Bozhidar Drunin (Bosco)	1 hour	£50
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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
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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
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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

Appointments	£60
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Remedies	£20
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Drainages	£25
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PREGNANCY MASSAGE/PREGNANCY MASSAGE & REFLEXOLOGY

Katrina Ray ITEC, CMC

Initial Consultation and Treatment	up to 1 hour 40 mins	£70
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Follow Up Treatment	Follow Up - 1 hour	£50
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Michelle Bowman, MAR Pre-conception and Pregnancy Reflexology

1 hour	£50
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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
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Full Treatment	Min 1 hour	£60
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Michelle Bowman, MAR Specialises in Cancer Care, Lymphatic Drainage & Pre-conception, Pregnancy, Post-Natal

1 hour	£50
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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
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Follow Up Treatment	Follow Up - 1 hour	£50
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Rain McManus MRA Specialises in Pain Management Reflexology

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

Katrina Ray ITEC, CMC,	1 hour	£45
Michelle Bowman MAR	1 hour	£45
Rain McManus MRA	1 hour	£45

SHIATSU

Glauco Donati (inc. Chinese Medicine)	1 hour	£60
Niki Hayden	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
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TAROT READINGS

Rain McManus MRA	1 hour	£40
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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
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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 Vatki 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.

Esoteric Yoga - First Friday of each month - 19.30 - 21.30.

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.

Mindfulness and Hypnotherapy group - every Tuesday - four week courses.

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

Please see our website for full details.

www.healingandteaching.co.uk

