

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.*”

“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 2019

ACUPUNCTURE (including pregnancy & fertility treatments)

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

Initial consultation and treatment / follow up treatment

£70 / £50

ANGEL CARD READINGS

Rain McManus MRA

1 hour

£40

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

£90

Face Massage, Whole Back, Neck and Shoulders

1 hr 25 mins

£75

Face Massage, Neck, Shoulders and Reflexology

1 hr 25 mins

£75

Whole Back Massage, Neck & Shoulders

1 hour

£50

Hands, Feet, Knees & Lower Leg Massage

30 mins

£35

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

ASTROLOGY

Rain McManus MRA

Birth charts

£40

1 year predictions

£40

AYURVEDIC ABDOMEN MASSAGE

Katrina Ray ITEC, CMC

1 hour

£55

AYURVEDIC KV FOOT MASSAGE

Katrina Ray ITEC, CMC

1 hour

£55

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

£110

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 VTCT, SMA, BOWTECH

Carol Irwin Cert ECBS

Initial Consultation and treatment-Adults	up to 1 hour 30 min	£75
Follow-up treatments-Adults	up to 1 hour	£55
<u>Children's Bowen</u> consultation and treatment (3- 16)	up to 1 hour 15 mins	£50
Follow up children	up to 30mins/up to 1 hour	£20/£40
<u>Baby Bowen</u> 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	£60
2 hour	£100

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

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* £50

FOOD INTOLERANCE TESTING

Elska Clark Cert.Clinic.Hom, Dip.BFD

Initial Appointment £85

Follow Up £45

HEALING

ANGELIC REIKI

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

ATLANTEAN HEALING

Hayley Felton BSc (Hons) 90 mins, min 3 sessions £70
(includes an intuitive reading and guidance once healing is complete)

CRYSTAL HEALING

Katrina Ray ITEC, CMC 30 mins £30

Rain McManus MRA

REIKI

Katrina Ray ITEC, CMC, 1 hour £50

Michelle Bowman MAR 1 hour £45

Rain McManus MRA 1 hour £45

VIOLET FLAME OF AMENTI

Katrina Ray ITEC, CMC, 1 hour £50

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

HOMEOPATHY

Coral Byford LCPH MARH

Initial Consultation including homeopathic remedies 1 hour £65

Follow Up 35-40 mins £45

HOT STONE MASSAGE

Toni Creevy VTCT, SMA, BOWTECH

Consultation and Treatment 1 hour £70

HYPNOBIRTHING

Christine Scott

Hypnobirthing Group Course - selected weekends - price per couple £225

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
(with aromatherapy oils)

INDIAN HEAD MASSAGE CONTINUED/.....

Katrina Ray ITEC, CMC, *Traditional Indian Head Massage*
Initial Consultation and Treatment up to 1 hour 40 mins £75

Rain McManus MRA £50

Toni Creevy VTCT, SMA, BOWTECH 1 hour £55

KINESIOLOGY

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

KINESIO TAPING

Bozhidar Drunin (Bosco) 15 mins £20

LYMPHATIC BOWEN

Toni Creevy VTCT, SMA, BOWTECH

Amanda McGreggor SRN, Cert ECBS, Mbtpa

Carol Irwin Cert ECBS

Initial consultation and treatment 1 hour 30 mins £75

Follow up treatment 1 hour £55

COMBINATION LYMPHATIC DRAINAGE TREATMENT

Toni Creevy VTCT, SMA, BOWTECH 1 hour £60

MANUAL LYMPHATIC DRAINAGE

Bozhidar Drunin (Bosco) 1 hour £60

2 hours £100

Katrina Ray ITEC, CMC, Reflexology Lymphatic Drainage

Initial Consultation and Treatment up to 1 hour 40 mins £75

1 hour £55

Toni Creevy VTCT, SMA, BOWTECH

Initial Consultation and Treatment up to 1 hour 40 mins £75

1 hour £55

Michelle Bowman MAR, Reflexology Lymphatic Drainage

Initial Consultation and Treatment £60

Follow Up Treatment 1 hour £50

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

Katrina Ray ITEC, CMC,

Initial Consultation and Treatment up to 1 hour 40 mins £75

Follow Up Treatment Follow Up - 1 hour £55

Deep Tissue Massage

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

Follow Up - 1 hour £60

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

Toni Creevy VTCT, SMA, BOWTECH,	30 mins/1 hour	£35/£50
Deep Tissue Body Massage	1 hour	£65
Sports Massage	1 hour	£70
Holistic Body Massage	1 hour	£55
Holistic Back Massage	30 mins	£35
Hands, Feet & Lower Leg Massage (bunions/arthritis etc)	30 mins	£35
Fascia Release Light Massage	1 hour	£55
Detox Body Massage	1 hour	£60
Face Natural Relaxing Revitalization Massage—Wellbeing	1 hour	£55
Face Natural Relaxing Lymphatic Massage, Face, Head And Neck—Eliminate Toxins	1 hour	£55

Julia Massey TIDHA, MAR, MNFSH, MIFPA *Please see Aromatherapy Section*

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.

MUSCLE MOBILITY MASSAGE

Bozhidar Drunin (Bosco)	1 hour	£60
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NATURAL FACE LIFT MASSAGE, FACIAL REJUVENATION

Katrina Ray ITEC, CMC

Initial Consultation and Treatment	up to 1 hour 40 mins	£75
	1 hour	£55

NATURAL LIFT HEALING & DESTRESSING AROMATHERAPY FACE & NECK MASSAGE

Julia Massey TIDHA, MAR, MNFSH, MIFPA	1 hour	£55
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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
Basic Health Reboot	3 x 50 minute consultations	£210
Advanced Health Reboot	See details on website	£450
Ultimate Health Reboot	See details on website	£750

PANDORA STAR ENHANCED LIGHT

Spencer West, ASK	1 hour	£40
	30 mins	£30

PATHOGENIC THERAPY

Elska Clark Cert.Clinic.Hom, Dip.BFD

Appointments	£60
Remedies	£20
Drainages	£25

PREGNANCY MASSAGE/PREGNANCY MASSAGE & REFLEXOLOGY

Amanda McGregor SRN, Cert ECBS, Mbtpa

Pregnancy Bowen Consultation and Treatment (Bowen 2nd Treatment 15 mins £ FOC)	£65
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Katrina Ray ITEC, CMC

Initial Consultation and Treatment	up to 1 hour 40 mins	£75
Follow Up Treatment	Follow Up - 1 hour	£55

Michelle Bowman, MAR Pre-conception and Pregnancy Reflexology

Initial Consultation and Treatment		£60
Follow Up Treatment	1 hour	£50

Toni Creevy VTCT, SMA, Bowtech,

Pregnancy Bowen Consultation and Treatment (Bowen 2nd Treatment 15 mins £ FOC)		£65
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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 & Wellbeing.

Initial in-depth consultation, full treatment and treatment plan	Min 1 hour and 40 mins	£70
Follow-on Treatment	Min 1 hour	£50

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

Initial Consultation and Treatment		£60
Follow Up Treatment	1 hour	£50

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

Initial Consultation and Treatment	up to 1 hour 40 mins	£75
Follow Up Treatment	Follow Up - 1 hour	£55

Rain McManus MRA Specialises in Pain Management Reflexology

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

SHIATSU

Niki Hayden	30 min/1hour	£30/£50
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SOUL PLAN READINGS (Accurate Life Purpose Analysis)

Hayley Felton BSc (Hons)

(Includes a bespoke Life Time Reference Report and an audio recording of the session) Consultations & fees will be discussed at initial telephone call.

SOUL TRANSFORMATION THERAPY (Soul Archetype Tarot and Healing)

Hayley Felton BSc (Hons)

(includes a tailored post session Clarity and Guidance report)

60 mins £137

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

TUNING FORK SOUND THERAPY

Karen Fox

Between £40 and £90 dependant upon treatment plan.

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), MBAC

Initial consultation and treatment / follow up treatment

£70 / £50

Children/Young Persons (no needle acupuncture)

Initial consultation and treatment / follow up treatment 30 minutes

£50/£30

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, Bowen or Indian Head Massage - £95

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

Toni Creevy—2 hour session £100. Choose from x2 treatments. Holistic Body Massage/

Fascia Light Body Massage/Detox Body Massage/Indian Head Massage/Face Natural

Relaxing Revitalizing Massage/Face Relaxing Lymphatic Face and Neck Massage.

Julia Massey - 2 Hour Session £100

Aromatherapy Body Massage, Angelic Healing, Indian Head Massage with Aromatherapy

Oils, Reflexology, Natural Lift, Face, Head, Neck and Shoulder Massage with Aromather-

apy Oils Bach Flower, Remedies & Consultation, Ear Candling

REGULAR GROUPS/CLASSES

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

Morning class specifically for beginners.

Pilates - for all abilities Monday evening.

Body Sculpt - Pilates based, using resistance bands. Mondays and Wednesdays

Mindfulness and Hypnotherapy - new workshops starting soon - please register your interest with The Sanctuary.

Gong Bath - once per month - Saturday evenings—£20 per person.

Esoteric Yoga—every other month—Friday evenings—£15 per person.

Visit our website for full details and booking.

www.healingandteaching.co.uk

Or call us on 01708 251124.

**PLEASE SEE OUR CLASSES AND COURSES BROCHURE
FOR A FULL LIST OF WHAT'S ON AT THE SANCTUARY**



The Upminster Sanctuary is dedicated to the love and care of all its visitors.

Set in rural surroundings within two ley lines, The Upminster Sanctuary promotes a feeling of contentment and relaxation – a peaceful haven where clients can feel rejuvenated and restored.

Our holistic approach is second to none. The Sanctuary offers a calm and relaxing atmosphere for your treatment. We build caring relationships with our patients.

We have taken time to create a soothing and unhurried experience when you most need it.

Call us on 01708 251124 to discuss how we may help you.

Julia Massey & Amanda McGregor

Partners and Therapists, The Upminster Sanctuary

