“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

August 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 BY THE ESSEX BOWEN CLINIC

Amanda McGregor SRN, Cert ECBS, Mbtpa
Toni Creevy VTCT, SMA, BOWTECH
Carol Irwin Cert ECBS
Georgina Hope-Crossley BA MA BTAA BTUK

Initial Consultation and treatment-Adults up to 1 hour 30 min £75
Follow-up treatments-Adults up to 1 hour £55

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

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.

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
Spencer West, ASK
Initial Consultation 90 minutes/Subsequent 1 hour £75/£60

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 £50
Rain McManus MRA 1 hour £50

VIOLET FLAME OF AMENTI
Katrina Ray ITEC, CMC, 1 hour £50

HAIR ANALYSIS AND ENVIRONMENTAL ANALYSIS £70
Niki Hayden (E.S.S) & Energy Therapist

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
Hyponobirthing Group Course - selected weekends - price per couple £265
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)

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 90 minutes/Subsequent 1 hour £75/£60

LYMPHATIC BOWEN
Toni Creevy VTCT, SMA, BOWTECH
Amanda McGregor 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
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 £85
Follow Up - 1 hour £65
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/arthritits 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*

**MINDFULNESS COACHING**

**Ikila Poole** BBRS
*Consultations & fees will be discussed at initial telephone call or appointment.*

**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

**PANDORA STAR ENHANCED LIGHT**

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

**PAST LIFE REGRESSION**

**Kirsty McArdle**
up to 3 hours £111
PREGNANCY MASSAGE/PREGNANCY MASSAGE & REFLEXOLOGY

**Amanda McGregor** SRN, Cert ECBS, Mbtpa  
Pregnancy Bowen Consultation and Treatment  **£65**  
(Bowen 2nd Treatment 15 mins £ FOC)

**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  **£65**  
(Bowen 2nd Treatment 15 mins £ FOC)

**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  **£65**  
Follow Up Treatment  1 hour  **£55**  
**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**

**RECONNECTIVE HEALING**

**Ross Judd**, RHFP Reconnection-Certified  
1 hour Session  **£80**  
The Personal Reconnection 2 sessions/over 2 days  **333 Euros**

**SHIATSU**

**Niki Hayden**  
30 min/1hour  **£30/£50**
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), MBAcC
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 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, 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 Aromatherapy 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. New Saturday Morning Classes

**Pilates** - for all abilities Monday evening.

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

**Sound Bath**—once per month £15 per person.

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

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

**Childrens Yoga**—Register your interest.

Visit our website for full details and booking.

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

---

**Buy a Gift Voucher**