

AREA COVERED

Locations within a one hour drive of Bath Spa City Centre.

HOW DOES IT WORK

You request by email/phone information about the service. A detailed email with booking forms and treatment choices information will be forwarded to you. A choice of 3 hour or 5 hour sessions (day or evening) are available for you to book for yourself and your guests

DAY

Three Hour Session £150
10am to 1pm OR 2pm to 5pm

Five Hour Session £225
10am to 5pm

EVENING

Three Hour Session £180
6pm to 9pm

Five Hour Session £260
2pm to 9pm

For each session appointments are either 30 minutes or 60 minutes

WHO CAN BOOK APPOINTMENTS

Women and mixed couples over the age of 18 years only.

SERVICE AVAILABILITY

Sessions are available every day including Saturday and Sunday. Evening sessions are by arrangement.

HOW TO BOOK

Email karen@karenfreed.com with your chosen date, session length and timing choice. I will then hold a provisional reservation date for you. This will be held until 2 weeks before your chosen date. The booking MUST be paid for no later than 2 weeks before your chosen date to avoid cancellation.

CONFIRMATION

When you confirm and pay for your booking you MUST return the fully completed session form including all the guests' treatment choices, timings and contact details. Unfortunately, it is not possible to make changes to the treatments and timings later than 2

weeks before your booking date.

PAYMENT/REFUNDS

All payments are by BACS only and must be received no later than 2 weeks before your chosen date. Refunds will only be given for cancellations upto 2 weeks before the booking date (less £25 administration fee).

HOST BENEFITS

Collect Neal's Yard Organic orders from guests/family/friends and receive free and half price shopping (min £150 order)

Free pack of mini Neal's Yard products
FREE 30 minute appointment (5 hour sessions only)

NEAL'S YARD REMEDIES

Ethical, Organic Neal's Yard products are used in the treatments. A small display is set up so your guests can sample and test these products and place orders.

www.nyrplanet.com
facebook.com/NYRplanet

TREATMENTS AVAILABLE

Reflexology

30/60 mins
Foot treatment

Holistic Massage

30/60 mins
Relaxing and unwinding massage

Hot Stones Massage

60 mins only
Soothing, deeply relaxing, stress reducing heated
massage + hot stone placements

Detox Massage

30 mins only
Oil massage of abdomen to gently aid improved gut
transit times and lymphatic drainage

Neal's Yard Organic Facial

30/60 mins
Frankincense or Rose Cleanse, tone and moisturise

Tsuboki Japanese Facial Massage

30/60 mins
Acupressure and line-reduction facial massage with
lymphatic drainage

Seated Acupressure Clothed Massage

30/60 mins
Effective deep massage for computer users, drivers

Indian Head Clothed Massage

30/60 mins
Vigorous massage of scalp, neck and shoulders

Reiki

30/60 mins
Hands on healing received clothed on couch

Nutritional Advice

30 mins only
Lifestyle and diet analysis and recommendations

FREE 10 minute phone consultation to discuss your
concerns, suitability and treatment options

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35 years experience working with the body
15 years as holistic therapist

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Professional and Confidential Service
Personalised, detailed, in-depth, after-care advice, with
follow-up e-mail, on exercise, nutrition, hydration,
improving sleep, relaxation techniques, stress reduction,
environmental factors, lifestyle enhancement and
effective products

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Extensive Range of Holistic Therapies
Resources Loaned
Fully Insured and Qualified

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Work Place Massage Service
Corporate Events
House Parties - Therapies or Neal's Yard Products
Well Being Group Retreats
Hen Parties
Pamper Parties

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Retail Products Available
Neals Yard Organic Remedies Skincare & Beauty
Magnesium Oils and Flakes
Supplements and Pro-Biotics
Crystalline Sea Water

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Gift Vouchers Online and by Post
Corporate and Gift Vouchers for Treatments or Products

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Bath Spa Clinic Based Service - see Clinic Brochure
Mobile Therapy Service - see Mobile Service Brochure
Corporate Massage Service - see Workplace Brochure



Professional Holistic Therapy

Be Treated like a
Unique Individual

**2019
Party Brochure**

Holistic Wellbeing Party
Pamper Party
Hen Party

**incorporating
Neal's Yard Remedies Organic
Products**

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facebook.com/ANewDayHolisticServices

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