



Acupuncture **£45/60 mins**

First appointment £60/90 mins
Following appointment £45/60 mins
Tuesday 15.00-19.00 Heidi Zollinger-Read
Wednesday 9.30-17.30 Heidi Zollinger-Read

Baby & Child Reflexology **£25/30 mins**

Age 0-10 - first appoint can last up to 45 mins & includes consultation

Tuesday 9.30-19.00 Sarah Woodhouse
Wednesday 9.30-17.00 Victoria Barthropp

Lessons are also available so that you can treat your own child at home, please ask to speak to Sarah Woodhouse for more information.

Body Wrap **£80/90 mins**

Includes facial & head massage or reflexology

Friday 9.30-19.00 Shelagh Lock
Saturday 9.00-17.00 Shelagh Lock

Bowen Therapy **£50/60 mins**

A gentle, hands-on treatment that enables the body to re-set and heal itself. Many report profound results within as little as 3 sessions.

Tuesday 9.30-19.00 Sarah Woodhouse
Other appointments available on request

Counselling **£40/60 mins**

Nancy Merfield, Tom Huber and Lisa
Please ask for details and availability

Ear Candling **£30/30 mins**

Friday 9.30-19.00 Shelagh Lock
Saturday 9.00-17.00 Shelagh Lock

Facials with: £50/45 mins & £60/60 mins

Facial Reflexology £50 with Victoria, Thursday
Rose Quartz £60 with Linda, Sunday
Other appointments available on request

Facial Reflexology **£45/60 mins**

Wednesday 9.30-17.00 Jude Smith
Thursday 9.30-17.00 Victoria Barthropp

Hot Stone Massage **from £55/60 mins**

Friday 9.30-19.00 Shelagh Lock
Saturday 9.30-17.00 Shelagh Lock

with Lava Shells: £65/60 mins
Sunday 11.00-15.00 Linda Smith

Indian Head Massage **£50/60 mins**

Tuesday 16.00-19.00 Lindy Diaper
Wednesday/Friday 9.30-17.00 Lindy Diaper
Saturday 9.00-17.00 Lindy Diaper

Kansa Vatki Foot Massage **£55/60 mins**

Working on the foot & lower limbs stimulating key marma points - great for alleviating stress and encouraging sleep

Tuesday 9.30-19.00 Sarah Woodhouse
Other appointments available on request

Nutrition

First appointment £60/90 mins
Following appointment £35/60 mins

Appointments on request for one to one and group sessions

Pamper Me Holistic Facial **from £30**

Cleanse and tone followed by £30/30 mins
Rose face balm or oil, then a

lymphatic neck/shoulder massage

As above with exfoliation or £55/60 mins
face mask followed by

pressure point massage

Saturday 9.00-17.00 Shelagh Lock

Featured Therapist: Sarah Woodhouse



- Bowen
- Reflexology
- Kansa Vatki Foot Massage
- Support with your fertility journey

"My passion is supporting my clients with their health and well-being in a natural, holistic way - treating the person and not just the symptoms or condition"

Your Treatment

Your treatment time will include a consultation and aftercare advice. Prices are correct at time of printing, but are subject to change so please confirm with the shop when booking your appointment.

Please note, we have a 24 hour cancellation policy.

**To book your appointment contact us at:
01284 706004**

burystedmunds@nealsyardremedies.com



Treatments

Neal's Yard Remedies Bury St Edmunds

At Neal's Yard Remedies we are pleased to offer a wide variety of therapies and treatments.

Our talented and experienced therapists deliver a first-class experience, whether you are visiting us for a pampering session, or in support of your health and well-being.

As an additional benefit we offer a 15% discount on products bought in the shop on the day of your treatment.



Neal's Yard Remedies
34 Abbeygate Street
Bury St Edmunds IP33 1LW

Zone Face Lift £45/60 mins

Using the award-winning Bergman method, the Zone Face Lift is a kinder, holistic approach to help you naturally look your best.
Wednesday 10.00-14.00 Jude Smith
Other appointments available on request

Babies & Children

Bowen Therapy and Reflexology have been found by some to be useful in supporting common childhood conditions and situations including teething, constipation, colic, tummy problems to name but a few.

Should you wish to learn some key Reflexology techniques to use on family at home, then please ask to speak to Sarah Woodhouse about private lessons.

Conception & Pregnancy

Many people find that therapies can be helpful on their journey to parenthood and beyond. If you would like any information about therapies that may be able to support you, please contact us and we will put you in touch with the best therapist for you.

Yoga

We have a variety of yoga classes on offer throughout the week. Please speak to a member of our staff about our current timetable, or about one to one lessons.

Reflexology (feet or hands) £45/60 mins

Tuesday 9.30-17.00 Sarah Woodhouse
Wednesday 9.30-17.00 Lindy Diaper
Thursday 9.30-17.00 Victoria Barthropp
Saturday 9.00-17.00 Shelagh Lock
Other appointments available on request

Reiki as part of treatment £25/30 mins

Reiki can be added on to any treatment with Jude Smith or Shelagh Lock.

Wednesday 10.00-14.00 Jude Smith
Friday 9.30-19.00 Shelagh Lock
Saturday 9.00-17.00 Shelagh Lock

Sports Massage £60/60

Sunday 11.00-15.00 Linda Smith

Swedish Massage £30/30, £55/60, £80/90

On request Becky Tennens
Friday 9.30-19.00 Shelagh Lock
Saturday 9.00-17.00 Shelagh Lock

Tuina Chinese Massage £30/30, £45/60 min

Tuina massage is revitalising and energising. It shifts problems that have been stuck in your body and aids healing at all levels

Tuesday 15.00-19.00 Heidi Zollinger-Read
Wednesday 9.30-17.30 Heidi Zollinger-Read

Vertical Reflexology £25/25 mins

The hands or feet are worked in a weight-bearing position for an intensive treatment to aid general well-being, relieve tension and bring about a state of relaxation.

Wednesday 9.30-17.00 Victoria Barthropp