



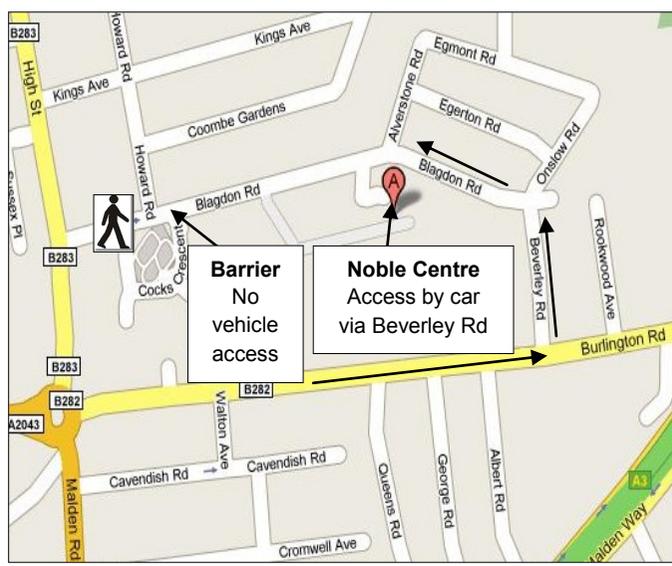
After the birth of my second child, I began suffering minor problems such as migraines, insomnia, hair loss and hay fever. Without realising, I relied on medicine to relieve the symptoms and took them regularly. I had always wanted to find out how to relieve these symptoms through natural ways, such as complementary therapy. After trying to relieve migraines by way of pressing therapeutic points, I was convinced that it had worked and so began my journey of complementary therapy.

I am a member of the Federation of Holistic Therapists and my qualifications include ITECs in anatomy and physiology, reflexology, massage, Indian head massage and aromatherapy. I also have an LCICI in Natural Face Lift Massage as well as certificates in Reiki third degree, ear candling and maternity reflexology.

All treatments and therapies are available
Alternate Mondays
 10.00am to 2.00pm
Alternate Wednesdays
 1.00pm to 3.30pm
Alternate Thursdays
 10.00am to 12.30pm
 at the Noble Centre

To book a treatment, contact Kingston Carers' Network on
020 3031 2751

The Noble Centre
 109a Blagdon Road,
 New Malden, KT3 4BD



Buses: Route 213 stops in New Malden High Street. 131, 152, 265, K1, K5, K9 and K10 also stop nearby.

Trains: New Malden BR Station is a short walk away up the High Street.

By car: The Noble Centre is not accessible from the High Street by car because a barrier divides Blagdon Road. To reach the Noble Centre by car, turn into Beverley Road from Burlington Road, then turn left into Blagdon Road.

Parking: There is limited parking at the Noble Centre and surrounding roads.

Complementary Therapies with Mitsuko



Provided for the benefit of carers in partnership with Kingston Carers' Network

Reflexology

Wednesdays and Thursdays only

Reflexology is a therapy that treats the feet in order to balance the whole body.

The feet and hands are like mini maps of the body's anatomy so any body system can be accessed and stimulated by massaging the corresponding area of the foot.

How can Reflexology help?

- Relieve stress and tension
- Improve blood circulation
- Boost energy levels
- Improve waste removal and elimination
- Boost the immune system
- Stabilise breathing
- Induce calm in both mind & body

Reflexology can help with:

- Stress, sluggishness
- PMS, hormonal imbalance
- Sinus problems, hayfever
- Menopause
- Sleeping disorder

Please note that treatments will not be carried out with a contagious or infectious disease on the feet and the therapist reserves the right to refuse treatment.

Aromatherapy Body Massage

One hour (inc. consultation) £20

Facial Massage

One hour £20

Reflexology

45 minutes £15

Indian Head Massage

30 minutes £12

Indian Head Massage

Wednesdays and Thursdays only

Indian Head Massage originates from ancient Indian ayurvedic medicine. Head Massage was originally developed by women in India as a way of caring for their lustrous hair.

The effects of this massage are very similar to Holistic Massage but Indian Head Massage is done whilst sitting without the client removing their clothes. Techniques are focused on the upper body where the most tension is gathered. The treatment starts the face, shoulder, neck, upper arms and head and releases stress from these areas.

The benefits of Indian Head Massage treatment include:

- Releasing stiffness around the shoulders and neck
- Improving mobility of the arms
- Improving circulation of the scalp and enhance the growth of healthy hair
- Easing sinus problems
- Stimulating the parasympathetic nervous and less stress and tension, dissolve anxiety
- Balancing hormones and revitalising the whole person
- Relieving eye strain, migraines and headaches

Facial Massage

Mondays only

This massage is a safe and natural way to lift up facial skin without any oil, powder or cream. After several treatments (and even after the first treatment) you can see wrinkles and expression lines are reduced to give you a brighter and youthful appearance. The skin becomes softer, complexion and skin tone improves and puffiness is reduced.

As well as the visible benefits, tension is released from the facial muscles and they become more mobile and the mental attitude becomes more positive.

Facial massage often helps to ease headaches and other tension-related symptoms. This is a great treatment for de-stressing.

Aromatherapy Massage

Mondays only

Aromatherapy is the systematic use of essential oils (plant oils) in holistic treatments to improve physical and emotional wellbeing. Essential oils are extracted from flowers, bark, stems, leaves, roots and peels. By being absorbed through the skin, they may help promote whole body healing from pain, anxiety, depression and insomnia.