

# Holistic Therapies

with Marina Alkiviades

Alternate Mondays, 10.00am to 4.00pm

Fridays, 10.00am to 1.00pm

£12 for 30 minutes, £20 for 1 hour



Marina is a fully qualified and experienced Holistic Therapist and also a carer who understands the importance of having 'time out' to heal and recuperate.

## Therapies include:

- Anti-ageing facial therapy
- Holistic eye therapy
- Foot and ankle therapy
- Holistic bowel massage
- Massage therapy

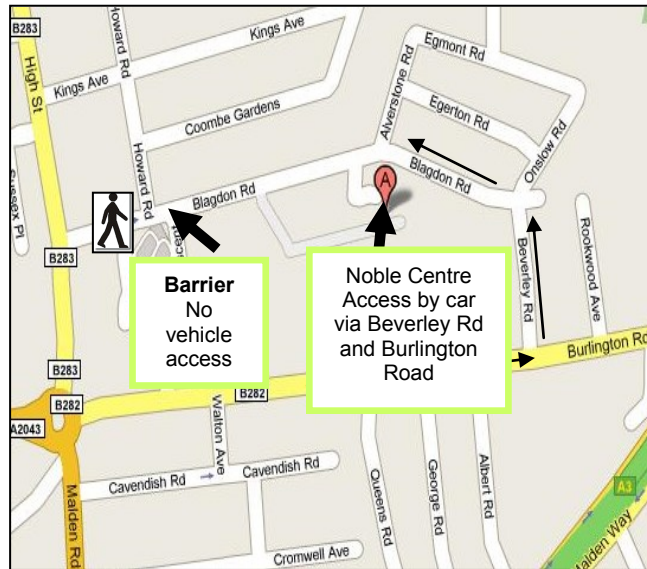
Please see separate leaflet for full details.

## Booking Appointments

For more information, or to book any of the treatments listed in this leaflet, please contact Jo on 020 3031 2751 or [admin@kingstoncarers.org.uk](mailto:admin@kingstoncarers.org.uk)

# 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.

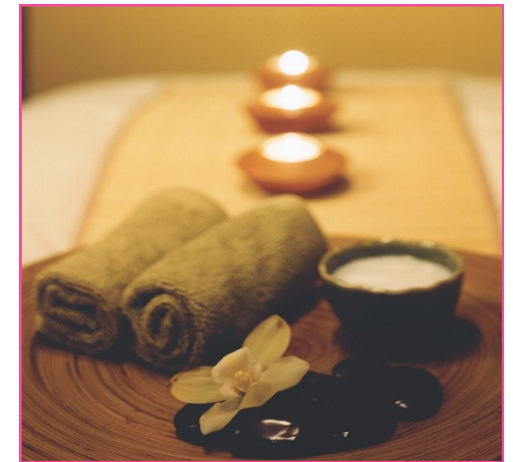
**Trains:** New Malden BR Station is a short walk away up the High Street.

**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  
and  
Beauty Treatments  
with  
Kingston Carers' Network



Registered Charity No. 1151456 Company No. 8376060

# Reflexology and Indian Head Massage



Alternate Wednesdays,  
1.00pm to 3.30pm  
and alternate  
Thursdays, 10.00am to  
12.30pm

Reflexology: £15 for 50 minutes  
Indian Head  
Massage: £12 for 30 minutes

## What is Reflexology?

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

# Massage

Alternate Mondays, 10.00am to 4.00pm  
Fridays, 10.00am to 1.00pm  
£12 for 30 minutes, £20 for 1 hour

Do you know Massage is not only for relaxation?

When the muscle system is massaged, the blood and lymph circulation is improved.

The nervous system calms down and a happy hormone is released.



## Massage is good for:

- Muscle strain
- Strengthening the immune system
- Improve lymph and blood circulation
- Constipation
- IBS
- Lower high blood pressure
- Insomnia
- Improving concentration
- Promoting the digestive system
- Headaches, Migraines

The treatment can be concentrated on a problem area if requested.

# Beauty by Gina

## Hairdressing

One Wednesday every 6 weeks  
between 10.00am and 2.00pm  
£5

Are you a carer who finds it hard to get to the hairdresser or barber or do you care for someone who also finds it difficult to get a haircut?

Gina is a qualified and experienced hairdresser who is offering haircut for ladies or gents.

# Healing Touch Massage with Roman

Alternate Thursdays, 10.00am to 12.30pm  
£12 for 30 minutes, £20 for 1 hour

Roman is a fully qualified ITEC Massage therapist and offers full body holistic massage, natural face lift massage and back, neck and shoulder massage.

Please see separate leaflet for full details.