

I am a fully qualified ITEC massage therapist and hold diplomas in anatomy, physiology and pathology, holistic/Swedish massage, natural lift facial massage and deep tissue massage.

After a number of years of office work, I decided to change my career direction. It seemed a natural choice to pursue a career in complementary health.

I am a full member of the Guild of Holistic Therapists and continuously develop my professional skills.

If you have any questions about any of the treatments I offer, please contact me on 07952 563 588.

All treatments and therapies are available

Thursdays
10.00am to 1.30pm
at the KCN Office

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

Kingston Carers' Network

418 Ewell Road
Surbiton KT6 7HF



Travelling here by car: There are a small number of parking bays outside the office (free for 30 minutes or 70p per hour, maximum stay is 2 hours). You must display a ticket for free parking. M&S Car Park in Tolworth Tower is a short walk away (free for 1 hour, £1 for 2 hours or £3 for 3 hours) and you must display a ticket for free parking. You may also be able to park in the surrounding residential streets.

Travelling here by bus: There is a bus stop just outside the office and another on the opposite side of the road. The bus stop is called **Princes Avenue** and is served by the 265, 281, 406, 418, 965, K1 and K2.

Travelling here by train: Tolworth Train Station is located half a mile away. Leave the station and turn left, walking towards the large roundabout. Take the underpass straight across the roundabout, coming out by Poundland. Continue straight and you will find the office on your left.

*Healing Touch
Massage
With Roman*



The major effect of massage - improving blood circulation and helping drainage by removing toxins - can be beneficial for many health conditions.

The healing touch of massage can enhance the immune system, boost levels of endorphins and serotonin (the body's natural painkillers and mood regulators) and reduce heart rate and blood pressure, all while easing sore and achy muscles.

If you have problems with tension, headaches, back, neck and shoulder issues, arthritis, sprains, strains and other injuries, why not try massage as a relaxing way to help reduce or eliminate associated pain. Enjoy the effects massage has on the mind if you have anxiety or depression.

Full body holistic massage

One hour £20

Deep tissue massage

One hour £20

Natural Lift Facial Massage

One hour £20

Back, neck and shoulder massage

One hour £20

Back, neck and shoulder massage

30 minutes £12

Holistic Massage is a full body treatment with smooth and flowing movements. Based on Swedish traditional massage it treats you as a whole person rather than just your symptoms.

It is extremely therapeutic and has many benefits such as calming the nervous system, relieving muscular tension and strengthening the immune system. It is the perfect treatment to help relax and revitalise.

Natural Lift Facial Massage is a unique blend of highly effective Japanese and Indian face massage techniques incorporating acupressure and facial reflexology which results in a natural facelift helping you look and feel younger.

This treatment removes toxins from the face and prevents and reduces facial wrinkles and age spots whilst balancing the life force energy holistically, helping to improve overall health.



Deep Tissue Massage works to break up knots and adhesions as well as working on scar tissue, separating the fibres that have stuck together and are creating poor flexibility.

Deep tissue massage will help get normal range of motion back in tight muscles that might be causing pain.

It works on trigger points to alleviate pain and improve lymphatic flow and the neurological system.

Before treatment

- A brief consultation is carried out to ensure that massage is appropriate.
- The content of each treatment is agreed through discussion of the client's individual needs.

****All consultations are treated in strict confidence. All treatments involve the use of natural oils.**

