

Yvonne has worked in complementary therapies for 15 years following a career as a publishing editor. She has diplomas in anatomy and physiology, holistic massage, aromatherapy, Bach flower remedies and diet and nutrition as well as studying for a Nutrition Degree. She is also a second degree Reiki practitioner and has works as a tutor of Complementary therapies with Kingston Adult Education and Sutton College of Learning for Adults.

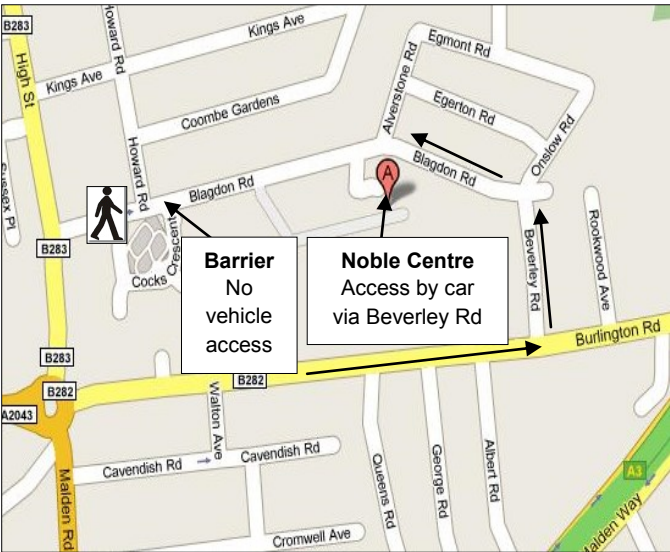
Alanna is a fully qualified therapeutic massage therapist with diplomas in Anatomy and Physiology, Holistic Massage and is a 2nd Degree Reiki practitioner. She has an understanding of the caring role, through personal experience, and is aware of the impact this can have on one's wellbeing. She is great believer in complementary therapies helping the mind to heal the body.

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| 30 minutes | £12 |
| 45 minutes | £16 |
| 1 hour | £20 |

Treatments and therapies are available
Alternate Mondays
10.00am to 3.00pm
Every Friday
10.00am to 3.00pm
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.

*Time for You
Therapies*



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

Nutritional Therapy

By understanding how food affects us physically and emotionally, we can really make a difference to our health and our lives. Also learn how to choose the best supplements for you and your family. Initial session, 1 hour. Follow-up sessions, 30-45 minutes. **Fridays only**

Reiki

This is a hands-on healing system originating in Japan. It has amazing abilities to help with healing from within to balance your energies, promote good health and encourage a sense of wellbeing. A stand alone treatment or can be included in other massage treatments at no extra cost. **Mondays and Fridays**

Aromatherapy Massage

Essential oils have been used for hundreds of years to help with relaxation, skin conditions like eczema, high blood pressure, arthritis IBS and many other conditions. Smells wonderful too! **Fridays only**

Holistic Massage

Massage is another tried and tested therapy which is great for relaxation, muscular aches and pain, high blood pressure, headaches and migraines and to encourage a sense of wellbeing. Incredibly enjoyable! Choose between back, neck and shoulder massage or whole body massage. **Mondays and Fridays**

Indian Head Massage

A gentle and therapeutic massage technique aimed at relieving stress and tension and promoting general well-being. Part of Ayurveda medicine which is the ancient Indian system of

mind-body medicine that aims to re-establish the body's natural balance by restoring and preserving physical, emotional and spiritual health. Indian head massage can help to relax the muscles, ease away stiffness, stimulate blood circulation and eliminate toxins from the body.

Mondays only

Relaxation Techniques

Everyone should learn these! In this busy, stressful world we live in we really do need moments of peace when our bodies and minds can take a break before continuing with the pace. Simple, easy to learn techniques which make a whole lot of difference to you by lowering stress levels, encouraging restful sleep and allowing your body time to relax. **Fridays only**

Bach Flower Remedies

The term 'Flower Remedy' refers to the products developed by Dr Edward Bach in the 1930's. He was a respected Harley Street doctor, a London bacteriologist and homoeopath who became disillusioned with the side effects of drug therapies and turned his research to the healing power of nature.

Dr Bach classified the various emotions into seven main categories. These were then divided further into 38 negative feelings. Each negative emotion is associated with a particular plant. He also developed a compound of five flowers which most people now know as the Rescue Remedy.

A good Bach practitioner should regard each session as a chance to encourage their patient to unfold the various layers of emotional traumas which have resulted in their mental and/or physical ill health. This is often referred

to as 'unpeeling the onion'! As a patient is encouraged to discuss issues in the past or the present plus their worries or hopes for the future, the practitioner does not offer advice or judgement in any way whatsoever for the art of Bach Remedy healing is first and foremost to listen.

Up to six remedies can be used in one treatment bottle and these can be double checked for accuracy by using kinesiology.

Bach Flower Remedies are gentle, do not react with other medication and are used for adults, children, animals and even plants! They can help someone to cope with stress, soothe the way through adolescence or the menopause, enable decision making during confusion or even help mums and toddlers get through the 'terrible two's'! **45 minutes. Fridays only**

Facial Massage

Just like any other type of massage, facial massage promotes relaxation, relieves tension and encourages good circulation of the blood. This means that old cells are removed and new cell growth can take place. It is also an anti-aging treatment because it can help to reduce wrinkles and tightens facial muscles by increasing skin tone. Above all, a healthy, glowing skin is a benefit which everybody loves! **30 minutes or 45 minutes. Mondays only**

Arm and Hand Massage

No time for a longer treatment? Then pop in for a relaxing treatment of arms and hands. Really surprising what a difference this can make to your mood and feeling of well being. We hold a lot of tension in our hands and by releasing this tension it can give the energy boost you need to carry on with your day. **30 minutes. Mondays and Fridays**