

To book a treatment

All treatments and therapies are available

ALTERNATE MONDAYS

except Bank Holidays at the Noble Centre

GIFT VOUCHERS
now available

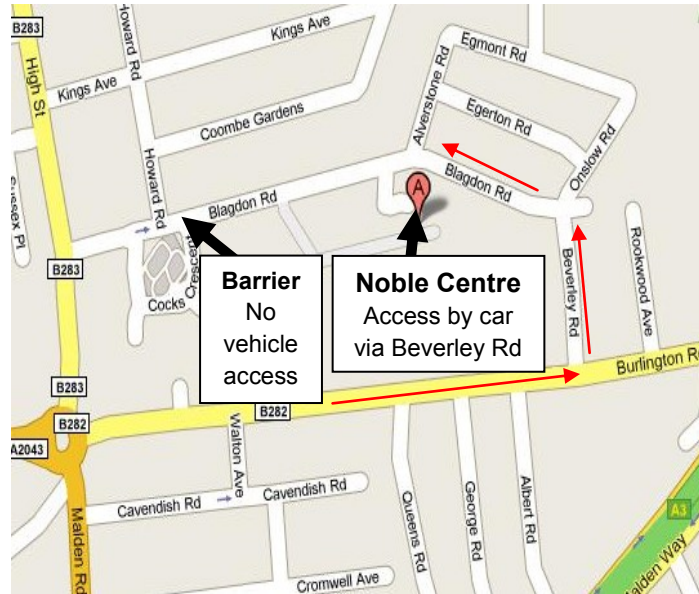
To book a treatment or to find out about the gift vouchers, contact Kingston Carers' Network on **020 3031 2751**



If you have any questions about any of the treatments, email Marina on marina.alkiviades@orange.net or ring 020 8546 4722

Produced by Quality Assurance & Development Team,
Kingston Community Care Services
January 2011

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.

Marina Alkiviades
MGHT, ITEC, Steiner CIBTAC Diploma

Holistic Therapies for the wellbeing of Carers



**Treatments
and
Price List**

2011

A bit about me...

Marina Alkiviades

After working in the city for some time I decided to pursue my real passion and trained privately to become a complementary therapist with the prestigious Steiner School of Health and Beauty. I am a registered member of the Guild of Holistic Health Therapists.

Since 2006, I have been a carer and so I understand the importance of carers having time out and doing something for themselves. Therefore, I believe the benefits of my treatments will suit the needs of carers and their wellbeing.

About the facial products I use

Korres natural products is a Greek company with roots in the first Homeopathic Pharmacy of Athens. Made from the finest plant extracts and oils, Korres contain no artificial colours or fragrances, are mineral oil free, propylene glycol free and silicon free.

For more information, visit www.korres.com

Korres Classic Facial Therapy

A treatment tailored to meet your skin's individual needs. Using a blend of Mediterranean plant extracts to tighten and reinforce the skin's elasticity. Includes pressure point and lymphatic drainage massage for congested skin tissue. For optimum radiance, a skin firming Rosehip Elixir completes this facial therapy.

1 hour £25 (KCN members £20)

Rejuvenating Facial Massage Therapy

A relaxing, gentle massage to enhance facial muscle tone and promote radiance in tired, stressed out skin.

1 hour £25 (KCN members £20)
30 minutes £15 (KCN members £12)

Holistic Eye Therapy

A combination of gentle pressure point and lymphatic drainage techniques for swollen, tired looking eyes, tension related headaches and sinusitis.

30 minutes £15 (KCN members £12)

Therapeutic Foot Massage

A de-stressing massage treatment for tired, swollen feet and ankles.

30 minutes £15 (KCN members £12)

Therapeutic Massage Therapy

An ideal way to achieve total relaxation of the mind, body and spirit, this is a holistic treatment with a combination of remedial and gentle, therapeutic massage. This treatment is deeply cleansing, clearing toxins from muscles and tendons. Ideal for muscular aches and pains. Helps improve flexibility. Alleviates tension and anxiety.

1 hour £25 (KCN members £20)

Anti Stress Massage

A combination of remedial and therapeutic massage techniques for the neck, shoulders and back. Ideal for unravelling stress related scar tissue through the manipulation of soft tissue, deep in the muscle area. Will help to remove body toxins, reduce muscle fatigue and increase circulation and flexibility.

30 minutes £15 (KCN members £12)

Indian Head Massage

A deeply relaxing, lying down experience that involves a combination of therapeutic and remedial massage to the shoulders, neck, scalp and forehead. Ideal for tension headaches, neck and shoulder injuries and poor hair condition.

30 minutes £15 (KCM members £12)