

HOPI EAR CANDLING CHIROPODY/HYPNOTHERAPY

Hopi Ear Candling

Suitable for all ages. Ear candles are hollow tubes, made of natural linen and coated in beeswax & herbs. Ear candles are placed over the ear canal, acting like a chimney drawing impurities from the ear, giving relief from many ear complaints.

45minutes treatment £26.00

Chiropody

Whether your feet are causing you a problem or just need a bit of gentle attention, Chiropody treatment can make you feel good about your feet again. Treatment includes nail maintenance, removal of corns and callus, moisturising dry skin and foot care advice

£30.00

Verrucas – A type of treatment arranged to suit your individual preference (options including freezing, cream or liquid) £30.00

Hypnotherapy

STOP SMOKING WITHOUT STRESS – using hypnotherapy you can stop smoking without the stresses and fretful activities of other methods. You can change your behaviour naturally and without anguish. Wouldn't it be nice to think "I don't really care about smoking a cigarette" and be at peace with yourself. This form of treatment is seen as one of the most successful available today. **WEIGHT CONTROL** – as you move through the sessions it becomes easier and easier to just allow yourself to eat the right things and the right amounts, without any inner pressure to do so. As with all hypnotherapy techniques changes in behaviour feel natural and without stress. Remove anxieties increase personal performance, panic attacks, phobias, general anxiety, OCD, reduce stress, feel more confident, improve business performance.

FOR BEAUTY TREATMENTS, PLEASE SEE OUR BEAUTY/
DRY SPA & NON-SURGICAL ENHANCEMENTS BROCHURE

COUNSELLING/ART THERAPY/ CRYSTAL HEALING

Counselling

- Provides professional support to help you look at problems and difficulties in your life, explore feelings and conflicts, gain understanding of yourself both in the past and in the present in order to live in a fulfilling way. If you have hit a particularly difficult period in your life for any reason then talking to an impartial, non-judgemental professional counsellor could help you. Our counsellor, Helen, is an experienced therapist who works with a humanistic and integrative approach providing a confidential and safe place to talk. Both short term and long term counselling available

1hours initial consultation £20.00

Counselling Session £40.00

Art Therapy

A very effective way for people to take stock of where they are in their lives. through the use of image making and story making. Art therapy enables and facilitates the expression of feelings, thoughts ideas and dreams and helps us to gain clarity and greater insight into those issues and difficulties that some times get in the way of our progress or happiness. You do not have to be an artist, as the emphasis is always on what you are expressing and the process rather than on an end product.

1 hours initial consultation £ 20.00

11/2 hr treatment £40.00

Crystal Healing

- Crystals have been used for millennia to heal and bring balance; naturally formed through the ages, in mineral deposits, glaciers, streams and woods, crystals found the world over have different qualities imbued in them by the elements. The different energy vibrations of the crystals, laid on or over the body can help revitalise and renew or relax and relieve stress; areas of stagnant energy can be cleared that may be upsetting the *balance of your health*. *They can also help relieve aches and pains, boost a low immune system, and poor circulation* as well as resolving areas of anxiety or low mood.

A 1 hour and a ¼ hr treatment £40.00

Pure Serenity Clinic

The Holistic Treatments

Open

Monday 10-2pm Cranial Osteo clinic only

Tuesday, Wednesday & Thurs 10am-9pm

Friday 10am-6pm Saturday 10am-5pm

Sunday 11-3pm (By appointment only)

**The Malden Centre,
41 Blagdon Rd,
New Malden, Surrey
www.PureSerenityClinic.Co.Uk
Tel: 020 8336 1123**

All major credit cards accepted
5% charge on all cards and cheques under £10

Cancellation - Please give 24hrs notice of
Cancellations, or 50% of treatment will be charged

*FOR ALL YOUR BEAUTY NEEDS PLEASE
SEE OUR BEAUTY BROCHURE*

MASSAGE TREATMENTS

Massage Treatments

Sothys Aroma-Detox Full body – 1 hour	£42.00
Sothys Aroma-Relax Full body – 1 hour	£42.00
Full body massage - 1 hour	£38.00
Back, Neck & Shoulder plus -45 mins	£32.00
Back De-stress Massage - 30mins back, neck and shoulders	£27.50

Indian Head Massage - 25mins release tension, sinus problems, headaches. Promotes high levels of concentration and alertness.

Without Oils	£24.00
With Oils	£28.50

Aromatherapy Massage - including essentials oils to suit your personal requirements.

£44.00

Your personal blend of essentials oils tailor-made, following an aromatherapy treatment, to take home.

£ 6.00

Hot Stone Massage – Using warm basalt stones over the body, whilst using these heat retaining volcanic stones the body is massaged, allowing deep tissue penetration. This treatment is a luxurious, and nurturing treatment and one not to be missed.

Full body 1hr and 20mins	£62.00
Back treatment 45mins	£40.00

Lymphatic Drainage Treatment - 1 hr 30mins. A technique developed to stimulate the functions of the body's lymphatic system, encouraging detoxification as well as boosting the body's natural immunity. Other benefits are: anti-ageing effects, relieves constipation, reduces swellings (oedema), helps reduce cellulite, gives deep relaxation to help insomnia, stress, loss of vitality & memory.

£48.00

MASSAGE TREATMENTS

Pregnancy Massage - Pregnancy is a time of profound change for most women: mind, body and spirit are all involved. Massage can play an important role in maintaining balance and harmony during pregnancy and can help give your baby the best possible start in life

£45.00

Qigong Tuina (Chinese Massage) - Qigong Tuina aims to rebalance & promote flow of energy through gentle stimulating pressure techniques. This technique is used on the whole body, including acupuncture points, energy meridians & deep tissues. Effective for relieving stress, tension, headaches, and chronic shoulder, back and neck pain

30mins Head & Neck	£27.00
1 hr Full Body	£42.00
5 full body treatments	£210.00

Reflexology - A therapeutic massage of the feet promoting deep relaxation to encourage the body's own natural healing ability. Gentle massage is applied to reflex points, which correspond with all the various parts of your body. Through massage, areas of the body, which are out of balance, can be identified and using the techniques of the treatment they can be brought into a more harmonious state. The feet and hands divide into sections that mirror the different body organs.

Maternity Reflexology – Covers pregnancies from preconception through to postnatal

Reflexology 1 hour	£38.00
Special price for Block booking of 6 treatments	£190.00
Maternity Reflexology	£42.00
Special price for Block booking of 6 treatments	£210.00

OSTEOPATHY/CRANIAL OSTEO

Osteopathy - A way of healing that considers the correct working of all the joints, muscles and ligaments of the body to be very important. By making sure that body structure is working as well as possible increased mobility and relief of pain usually result. Circulation will be improved, promoting healing often together with a general sense of well-being. Many people just use osteopathy to prevent the build up of stress and to keep in good health.

First Consultation, 45mins	£40.00
Further treatment, 30mins	£35.00

Cranial Osteopathy - The craniosacral approach proposes that the brain and spinal cord have an inherent motion that moves the cerebrospinal fluid that surrounds them. This in turn moves the membranes that attach to the cranium, spinal cord and sacrum. . Any disturbance or restriction can result in ill health.

A treatment involves a very gentle, hands on physical examination, which can often be carried out without the need to remove clothing. Treatment follows in the same gentle way using delicate touch to the head, sacrum or other parts of the body.

For Children it can help: Poor sleeping, Irritability, Colic, Ear infections, Learning difficulties, Poor concentration, and Behavioural problems

Adult First Consultation, 45mins	£40.00
Adult Further treatment, 30mins	£35.00
Child First Consultation, 45mins	£35.00
Child Further treatment, 30mins	£30.00

**FOR BEAUTY & NON-SURGICAL
ENHANCEMENTS PLEASE SEE
OUR BEAUTY BROCHURE**

The Massage Brochure Mar2010