

Special Interest Articles:

- Fresh look for the New Year?
- What is Traditional Chinese Medicine?
- Hypnotherapy – The Easy way to stop smoking
- Hypnotherapy – How to gain control of your eating

Individual Highlights:

Do you know about Sun Damage?

Healing through touch Hot Stone Massage

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Fresh look for the New Year?

Most of us would like to change something about the way we look. If it's brow-freezing injections or dermal fillers for your lines and wrinkles, we can now provide them here in New Malden and most importantly at a time to suit your busy lifestyle.

Wendy, who joined us in November, has two decades of clinical experience behind her, she is an experienced aesthetic nurse dedicated to providing a quality personal service and improving the way you look and feel about yourself.

Wendy now provides:

- Restylane injections
- Brow freezing injections
- Veinwave™ treatments for spider or thread veins and other skin complaints

Wendy, who also acts as a mentor for new practitioners, is passionate about her work at Pure Serenity: "Aesthetic medicine is an excellent option for people not suitable for surgery and is a huge growth area of clinical practice as it provides effective cosmetic treatments for a fraction of the cost of cosmetic surgery".

"The vast majority of treatments can be undertaken in the evening;

a lunch hour or during a short break from your office or home. Treatments are non-invasive, side effects are minimal and you can get on with your normal day the moment you step out of the door".

She is pleased to offer a free, thirty minute consultation on all aspects of skin rejuvenation and the treatment of lines and wrinkles. You will be provided with all the information you need to help you decide if, when and how you want to proceed.

Do you know about sun damage?

The truth is that 80% of photo-damage is done by the age of 18. Darker Mediterranean types can tan easily and relatively safely but definitely get sun damage. Even black skins are damaged by the sun and become blotchy with irregular pigmentation.

Look carefully at the skin of the average person in their early twenties and you will see evidence of sun damage, the beginnings of fine wrinkles around the

eyes, freckles and clumping of the skin pigment. Eventually damaged cells become abnormal or even pre-cancerous.

Skin Cancer Specialist, Dr Des Fernandes, founder of professional skincare brand Environ, was extremely concerned at the increase in people with damaged and pre-cancerous skins. This led him to create the Environ range of products. Environ introduces essential Vitamins back into the skin. Environ

products are especially good at improving skin health because of the carefully balanced combination of vitamin A and antioxidants. For more information on how Pure Serenity and Environ can help your skin stay healthy, please speak to one of our Environ Therapists.

Healing through touch – Hot Stone Massage

Hot stone massage is one of the most popular treatments at Pure Serenity, for those of you that haven't spoiled yourself yet, read on

The therapist uses hot volcanic stones to warm the skin and this allows the absorption of the therapeutic oils.

"We suggest to our clients to have this treatment at the end of the day" explains Corinne, one of our Hot Stone Therapists, "We are open until 9pm on Tuesday, Wednesday and Thursday

evenings. It is such a deep and relaxing treatment, we also suggest to our clients they do nothing else that evening"

The treatment is very powerful and deeply relaxing as the heat of the stones soothes the client, helping relax the body, the therapist is able to use the stones and warm oils to penetrate deeper into the tense muscular system.

Try a full body treatment for £58.00 or a back treatment for £34.00

"The therapist is able to use the stones and warm oils to penetrate deeper into the tense muscular system."

The Easy Way to Stop Smoking

How do you feel when you wake up in the morning and reach for that first cigarette? How would you like to relax your way to becoming a non-smoker, no nicotine, no patches, no heavy withdrawal effects?

Hypnotherapy is the most

successful method for giving up cigarettes and the great thing is all you need to do is relax. It's the easy way to stop smoking.

If you would like to stop smoking in 90 minutes think of using Hypnotherapy.' phone Pure Serenity

What is Traditional Chinese Medicine?

Mr Kim joined us in October and has several years of experience, his treatments can help with problems associated with:

Musculoskeletal
Respiratory
Mental & Emotional
System disorders
Digestive system
Skin Complaints
Allergies
Problems associated with women's systems

What is Traditional Chinese

Medicine (TCM)?

TCM is a medical system which originated in China 5000 years ago and continues today to be of great benefit to health through the methods of acupuncture, cupping, tuina massage and dietary advice.

How does it work? According to the theory of TCM good health relies on topics but try to keep your articles short.

Much of the content you put in

How to gain control of your eating

You're continually putting on weight even after those diets. Your subconscious mind is driving those habits making you feel the urge to eat even when your conscious mind knows that you don't want to keep eating.

Why not gain control of your mind and will power?

Hypnotherapy can help you to control those urges and eat more appropriately by changing the way your subconscious mind thinks about food.

Give our Hypnotherapist, Barrie a call at Pure Serenity to see how he can help you.

