



The Carers' Support Service
has been supporting Carers for
over 30 years

Income from treatments supports
the charity's aim of supporting
all Carers in
Northern Lincolnshire

**To book your therapy
call 01472 242277**

**Monday 9 till 4:30
Tuesday 9 till 4:30
Wednesday 9 till 4:30
Thursday 10 till 6:30
Friday 9 till 4:30
Saturday 10 till 2
Sunday CLOSED**

Registered Charity Number 1070028

Butterfly
room

RELAX
AND HAVE SOME
YOU TIME

∞ TREAT YOURSELF ∞

Holistic and Beauty
Therapies for
registered Carers in
North East Lincolnshire

∞ Open to the public ∞

REJUVENATE UNWIND
SOOTHE RELAX
REFRESH
ME TIME RESTORE
PAMPER

www.carerssupportcentre.com

Twitter @CarersNEL

Facebook.com/CarersNEL



Danielle



Emily

Who we are?

We are qualified holistic beauty therapists.

We provide a variety of treatments to Carers in need of relaxation.

A free holistic massage is available to all registered Carers in North East Lincolnshire. Treat yourself to a full body massage, or focus on the areas of your body you feel would benefit you most.

One of the first questions we get asked is "What does holistic mean?" Holistic means 'whole' (it has Greek roots) so we deal with you as a 'whole', whether you need a therapy because of stress, bad posture, fatigue, general aches and pains or just to have some 'Me time'. We hope you leave us feeling relaxed and refreshed.

Massage benefits both the mind and body. It is rare that we take time to lie down, close our eyes and just 'be'; time for peace and quiet away from the stresses and strains of everyday life has a definite restorative effect.

FREE treatments available to registered Carers

Massage

Full Body

Back, Neck and Shoulders

Leg and Foot

Hand and Arm

Indian Head

Your appointment is for 1 hour.

Your therapy lasts approximately 45 minutes



"Massage will stimulate blood flow and help the release of those feel-good hormones that make us feel smiley inside"



NEW!!

Paraffin Wax Treatment

For only £5, why not add a paraffin wax treatment to your manicure? A heat therapy that helps increase blood flow, relax muscles and reduce stiffness in joints. Paraffin wax has been shown to help those with arthritis and other conditions.

Mini Facial for Men & Women

Revitalising, stimulating and relaxing



This treatment exfoliates, cleanses and moisturises the skin. Facials are a great way to maintain skin health.

Prices for registered Carers & Former Carers

Manicure £14 (add Paraffin Wax for only £5 more)

Pedicure £15

Mini Facial £13

Hot Stone Massage £15

Prices for the public (non-Carers)

Manicure £18

Pedicure £25

Mini Facial £20

Full Body Massage £25

Cash payment only