

Acupuncture

Acupuncture has been effectively used for the treatment of back pain, headache, migraine, and sports injuries. However, acupuncture provides more than pain relief. It is helpful in treating anxiety, insomnia, digestive problems, menstrual problems, weight control, infertility and much more.

In recent years, acupuncture has been widely used for aesthetics and anti-aging. Claimed benefits include reduced wrinkles, firmer skin, and enhanced complexion

Every Monday 10am—1pm in the treatment room at the Lavinia House Club

Acupuncture	£25 for half an hour
Massage	£20 for half an hour
Massage	£35 for an hour



To Book Your Appointments



Marc Stenham-Acupuncture
Ring 07788 696145



Peter Hudson-Massage
Ring 01403 260560



Hillary Smith-Foot Care
Ring 01403 260560 or
01403 210453

Jacquie Foot Care Ring
01403 260560



Sue & Maggie-Hair Salon
Ring 07749 269061



The Wellbeing Room

Love later life



Lavinia House
Dukes Square Horsham
RH12 1GZ
Open Monday to Friday
8:30—16:00

☎ 01403 260560
✉ info@ageukhorshamdistrict.org.uk
🌐 www.ageukhorshamdistrict.org.uk
🐦 @AgeUKHorshamD
📘 www.facebook.com/AgeUKHorshamDistrict

Hair Salon



Our hairdressing service is available 3 days a week in our very own hair salon. No need to book just turn up on the day.

Cut	£11.00
Blow-dry	£11.00
Shampoo & Set	£11.00
Gents cut	£8.50
Perm (inc)	£40.00
Tinting (inc)	£45.00
Highlights	£45.00

For more information or to book an appointment, please contact Sue or Maggie

Mobile: 07749 269061

Tel: 01403 260560

Open Tuesday, Thursday & Friday
8:30am—1pm in the hair salon at the Lavinia House Club

Massage

Generally, people use massage for either general relaxation and wellbeing, or to address a specific complaint, such as pain or limited range of motion. Research suggests massage therapy may contribute to both goals. Some of the general benefits of massage therapy may include:

Physical relaxation

Improved circulation, which nourishes cells and improves waste elimination

Relief for tight muscles (knots) and other aches and pains

Release of nerve compression (carpel tunnel, sciatica)

Every Friday 10am—1pm

£16 for 30 minutes

£30 for an hour



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Foot Care

Our feet undoubtedly do a lot of work for us – they carry us to and from work, carry us around the shops and drive the car. That's before we consider the impact of sport, footwear, illness and disease, the environment and all that standing! If feet hurt or if they are getting an undue amount of hard skin, if there are colour changes, or if they are deforming or changing shape then a check up should be considered.

If you have never visited a foot care practitioner before and think your feet are probably fine, there is no harm having the occasional check up – prevention is better than cure with most problems.

Tuesdays 1:30pm-4:30pm

Wednesdays 1:00pm-3:30pm
£20 for Lavinia House
£24 for home visit

