



The Hop50+ Health & Wellbeing Service



A range of relaxation therapies and other activities support you in your fitness and wellbeing

To book your Therapy Treatments, please call
The Hop50+ on 01273 729603

Therapy Treatments

Mondays 10 ~ 2

REFLEXOLOGY with Paula

Reflexology is a relaxing treatment for the feet involving massage and pressure to points called 'reflexes'. A treatment can be carried out with the client either lying on a massage couch, seated in a reclining chair or with feet resting on a footstool. The client always remains fully clothed and simply needs to remove shoes and socks to give the therapist access to their feet and lower calves. It is a totally relaxing experience, offering the client the opportunity to completely unwind and take time out from the everyday stresses and strains of modern life encouraging the body's own innate healing ability. The main benefits of reflexology clients report are:

- improved sleep
- reduced stress and tension
- improved mood and feeling of calmness
- feeling of wellbeing
- aids circulation

Reflexology can be particularly beneficial for those suffering from stress or tension, sleeping problems and for the elderly.

1 hour - £26.00 / ½ hour £15.00

First session will include a 15 minute consultation and 45 minute treatment.

Tuesdays 10 – 2.30, a range of treatment options available with Jackie

SEATED MASSAGE

A seated massage is performed while the client sits fully clothed in a special chair.

This unique massage chair is ergonomically designed and offers full support of the head (face forward), arms, torso and legs. Chair massage is performed using a combination of deep tissue and swedish massage techniques, usually on the muscle groups in the neck, shoulders, back, arms and hands.

Some of the Benefits of Chair Massage

- Increases circulation and the flow of nutrients throughout the system

- Reduces muscular tension that can lead to chronic pain
- Stimulates lymphatic tissues thereby flushing out toxins
- Helps to relieve muscle stiffness and stress-induced tension
- Releases endorphins (feel-good hormone) into the blood stream
- Reduces fatigue, anxiety and depression
- Helps provide better quality of sleep

15 minutes £7.50 / 30 minutes £12.50

AROMATHERAPY MASSAGE

Aromatherapy massage is beneficial in many ways especially for relaxation, and relief of anxiety, tension, and aches and pains in the body. It can also help with minor infections such as coughs and colds, insomnia, inflammation such as arthritis and some skin disorders as well as many other types of ailments and disorders.

30 minutes £15.00 / 60 minutes £27.00

MASSAGE

Choose Swedish massage for relaxation to increase circulation of blood and lymph, for relief of pain, improved mood, improved sleep and sharper thinking. Choose deep tissue massage for chronic pain that is muscular in origin, to improve posture and range of motion.

30 minutes £15.00 / 60 minutes £25.00

REIKI

Reiki is a Japanese word meaning ‘universal life force energy’. It is said to be derived from ancient Tibetan Buddhist healing practices which were rediscovered by a Japanese theologian, Dr Usui in the late 19th century. Practitioners hold their hands on or over the body in a number of specific positions stimulating healing energy in the system. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

30 minutes £12.50 / 60 minutes £23.00



Wednesday (Fortnightly) 12~4

CHIROPODY with Anita

Fingernail trimming and filing £6.00

Toenail cutting £10.00

30 minute foot care appointment £17.00

Thursday (Fortnightly) 10~2 & every Saturday 10~2, a range of treatment options available with Nikki

Swedish Massage – 60 minutes £25.00

Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Some of the Benefits of Massage

- Increases circulation and the flow of nutrients throughout the system
- Reduces muscular tension that can lead to chronic pain
- Stimulates lymphatic tissues thereby flushing out toxins
- Helps to relieve muscle stiffness and stress-induced tension
- Releases endorphins (feel-good hormone) into the blood stream
- Reduces fatigue, anxiety and depression
- Helps provide better quality of sleep

Back Neck and Shoulder Massage – 30 minutes £15.00

Using the same techniques as the Swedish Massage, focusing on the back, neck and shoulders.

Indian Head Massage – 30 minutes £15.00

Indian head massage uses and adapts classic Swedish massage techniques for treating scalp, face, neck, shoulders and upper arms. It works on the areas of the body that are most affected by stress, however while the treatment is just on the upper part of the body its effects are felt throughout the mind and body

Hand Massage – 15 minutes £7.00

A form of reflexology in which parts of the hands are rubbed with the fingers, knuckles and blunt or sharp objects, with the intent of stimulating nerve endings for various organs believed to be present in the hands.

Hand and Arm Massage – 30 minutes £15.00

Similar to the Hand Massage but including the arms which will stimulate more nerve endings.

Mini Manicure – 15 minutes £8.00

Fingernail cut and file, finished off with a clear polish.

Manicure – 30 minutes £15.00

Have your nails shaped and remove any unwanted cuticles. You will never want the lovely relaxing hand massage to end finish with choosing your favourite colour from a wide range of polishes. You definitely leave feeling pampered and pretty.

Pedicure – 30 minutes £18.00

A soothing foot soak and foot scrub which includes hard skin removal, following by cuticle removal and massage finishing with your toenails cut, filed and painted.

Express Facial – 30 minutes £15.00 / Luxury Facial 60 minutes £25.00

An express facial is a condensed version of the luxury with no mask:

A facial includes:

Removing any makeup residue with a gentle cleanser and/or warm water. The whole face is then cleansed from neck to forehead. The area is cleansed again to guarantee all dirt and impurities are removed. Toner is then applied to the same areas to restore your skins natural PH levels. Hot towels are placed on the face and neck, relaxing the muscles, opening pores and softening skin in preparation for exfoliation. Exfoliator is gently worked in to remove any dead skin. A nice massage now..... Chest, shoulders neck and face receive a lovely relaxing massage with a natural oil. If you are indulging in a Luxury facial, you will now benefit from a face mask to penetrate the pores - deep cleansing, brightening and helping to gradually even skin tone. Finishing your treatment with applying moisturiser to the neck and face to hold in moisture and promote lovely smooth skin.

All of our therapists are fully qualified and insured.

For further information and to make an appointment please call **01273 729603** or pop into the office.

Please note this is a **LOW COST SERVICE**, if appointments are cancelled with less than 24 hours notice or if you do not show up for our appointment there will be a £5 charge for appointments 30 minutes or less and a £10 charge for 60 minute appointments incurred.

We require a £5 deposit for a 30 minute and under treatment fee and £10 deposit for anything over a 30 minute treatment. This is to cover the costs incurred to the therapist. You can either pay by cash in the office or leave your card details safely and securely with us. **YOU WILL NOT HAVE ANY MONEY TAKEN FROM YOUR CARD UNLESS YOU CANCEL WITHIN 24 HOURS OR DO NOT SHOW UP FOR YOUR APPOINTMENT AND YOUR CARD DETAILS WILL BE DELETED IMMEDIATELY AFTER APPOINTMENT.** Your deposit will be taken off the cost of your treatment. You will not be charged a cancellation fee if your treatment is cancelled with more than 24 hours' notice.



Health and Wellbeing Classes

No booking necessary

Mondays 10 – 10.30

Men's Strength Exercises with Paula ~ £2.00

Feel the positive benefits of exercises that improve balance and mobility, including health, strength, confidence and enjoyment.

Mondays 2.45-3.30

Chair Yoga with Lisa @ Cornerstones ~ £5.00

Stretch, Breath, Enjoy This type of yoga is suitable for all abilities including wheelchair users. It's revitalising, relaxing and balancing.

- Yoga has been shown to improve overall health, prevent and (even in some cases) reverse disease when practiced regularly as a lifestyle.
- Improved stress and pain management
- Improved proprioception
- Reduced stress and improved mental clarity
- Yoga can be incredibly beneficial for people with mobility issues, including elderly people and those with disabilities.

Mondays 3.40 – 4.40

Yoga with Lisa @ Cornerstones ~ £6.00

Yoga with Lisa and all of the same benefits as above. Slightly more advanced but gentle and adaptable to all abilities.



Tuesdays 10.15 – 11.15

Strength & Balance with Anne ~ £4.00

Feel the positive benefits of exercises that improve balance and mobility, including health, strength, confidence and enjoyment.

Tuesdays 3.00 – 3.45

Thursdays 10.30 – 11.30

Strength & Flexibility Exercises with Paula ~ £2.00

A fun class with a range of exercises to help build strength and flexibility in your upper body and more stability on your feet. Helps increase confidence and balance.

Thursdays 3.15 – 4.15

Mindful Yoga with Elle ~ £6.00

Enjoy relaxing yoga movements, described as above to gentle music.

Saturday 10.30 – 11.00

Strength & Flexibility Exercise with Paula ~ £2.00

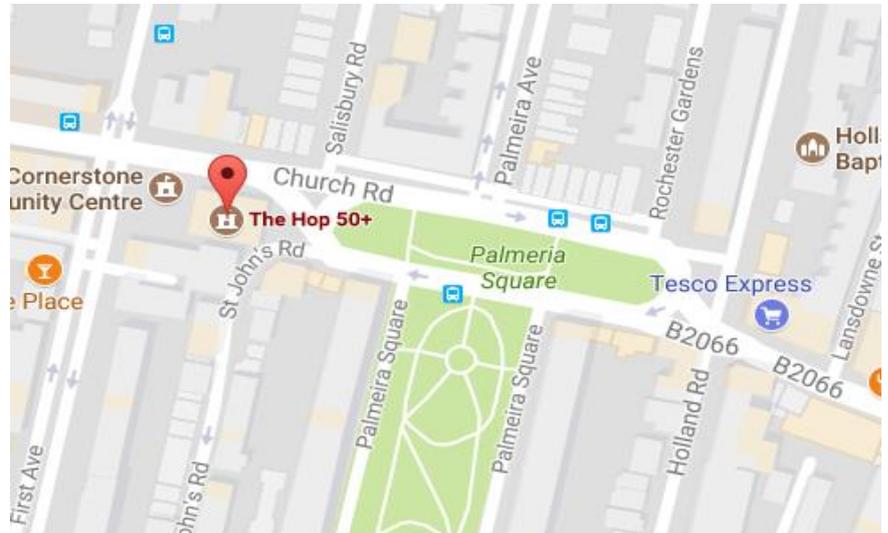
A fun class with a range of exercises to help build strength and flexibility in your upper body and more stability on your feet. Helps increase confidence and balance.

For further information regarding these Health and Wellbeing services, please telephone (01273) 729603 and speak to a member of staff.

How to find us at The Hop50+

Catch any of these buses to Palmeira Square

1, 1A, 2, 5,
5A, 5B, 6,
21, 25, 25X,
46, 49, 60,
71, 700



The Hop50+ is a community space and café open seven days a week.

The Hop 50+ offers a range of activities and social opportunities for people aged 50+, aimed at supporting customers to improve their health and wellbeing, to learn new skills and where people can enjoy good food and company.

The Hop50+ and Café is part of Impact Initiatives, a registered charity 276669 and company limited by guarantee 1402692. Registered office 19 Queens Road, Brighton, BN1 3XA

www.impact-initiatives.org.uk