



 SMART




West London
Clinical Commissioning Group

SMART Unwind Sessions for people with mental health needs

Every 2nd Tuesday of the month at ADKC (1:15pm to 5:15pm)

Every 4th Thursday of the month at SMART (1 pm to 5pm)

In partnership with Community Massage London SMART is offering two therapies to help you relax and unwind at ADKC (Silchester Road W10 6SB) and SMART (The Basement , 15 Gertrude Street, SW10 0JN):

Reflexology: a safe non-invasive foot or hand massage, based on specific techniques to stimulate “reflex points” on the feet and/or hands. Through this, reflexology induces deep mental and physical relaxation.

On-site massage is based on a traditional Chinese Acupressure sequence, which incorporates gentle movements and pressure, applied to areas of the head, neck, shoulders, back, arms and hands. The client sits in a special portable massage chair and remains fully clothed - no oils are used.

Call or email us to book your place : 020 376 4668 info@smartlondon.org.uk