



Introducing SCENAR Therapy: The unique pain relief treatment for all types of pain and injury

SCENAR Therapy works in 2 ways to promote rapid healing and provide pain relief, even with stubborn chronic pain.

- SCENAR Therapy uses advanced medical technology to send signals from the site of pain or injury directly to the brain, resulting in the production of neuropeptides which rapidly advances healing.
- When applied to the body, the SCENAR device emits an electrical signal which is almost identical to the human nerve signal. This signal travels along special types of nerve fibres, which triggers the release of powerful pain relieving substances called endorphins into the bloodstream.

Unlike other treatments for pain, SCENAR takes the body through the healing cycle to completion; this means that once treatment is finished, it is unlikely that further treatment would be needed for the same problem.

Most people only require only 3-5 treatments to become pain free.

See below for more information and testimonials on SCENAR therapy

Other treatments available at HF Pain Relief Centre

Sports Massage • Therapeutic Massage • Pre & Post Golf Massage • Indian Head Massage • Reflexology •
Aromatherapy

See below for our current brochure and price list

Tel: 020 8501 6265
email: painrelief@hainaultforestgolf.co.uk

What is SCENAR?

SCENAR Therapy uses advanced medical technology to stimulate the body to repair itself. The SCENAR device emits an electrical impulse which is almost identical to the human nerve signal. This sends strong messages to the brain and then directly to the injury which results in extreme rapid healing and pain relief. This is in most cases permanent.

The SCENAR device was originally developed as a part of the secret Soviet space program. The goal was to create a small, portable, highly effective device, to maintain the peak health of the astronauts, without the use of standard medicine.

SCENAR Therapy is a comfortable, non-invasive treatment using a handheld device, which is applied directly to the area of pain or injury. (It is not TENS or ultrasound)

SCENAR Therapy is a safe and painless treatment. It is suitable for adults and children.

SCENAR Therapy is highly effective in the reduction and elimination of all types of pain and is the preferred treatment of many world-class sports professionals.

The SCENAR device is licensed by the British Standards Institute and carries a CE mark for pain relief.

SCENAR Therapy may be used on its own or in conjunction with other therapies or conventional medicine.

Why is SCENAR different?

The difference between SCENAR and some other therapies, which may require you to have indefinite ongoing treatment, is that SCENAR takes the body through the healing cycle to completion. This means that once your treatment is finished, it is unlikely that you will need further treatment for the same problem.

What can it treat?

SCENAR is effective in the treatment of ALL types of pain including.

Sports injuries • Back Pain • Sciatica
Arthritis • Neck and Shoulder Pain
Headaches & Migraines • RSI
Tennis/Golfers Elbow • Dental Pain

How long is each session?

An average treatment lasts about 40-60 minutes.

What is the cost?

The first session includes a consultation and costs £60 (1 hour). Subsequent sessions cost £50 (40-60 mins).

How many sessions will I need?

The number of treatments varies depending on the complaint. In general, acute problems need fewer treatments. For example, acute back pain may only require 3-4 sessions.

Benefits of SCENAR

Accelerated healing

Reduction and/or elimination of pain leading to increased range of movement

Improved sleep

Reduction of stress

People with cardiac pacemakers or epilepsy are not recommended to have this treatment.

“My husband came with me for my first treatment and was very sceptical. He saw me before and straight after and could not believe the improvement. It is great to know that as soon as pain occurs, rather than taking lots of painkillers, we will go straight away for SCENAR Therapy and we have been recommending it to our friends and family”

A.B. Finsbury Park

“After years of other treatments which failed to help my shoulder injury, SCENAR is the only therapy that has made any difference and cured the pain. Better still, my golf swing has also improved significantly as a direct result of the treatment”

D.H. Loughton

“I had been suffering with tennis elbow for 18 months and after just 2 weeks of treatment I was completely pain free. I am amazed at the effectiveness of SCENAR Therapy”

T.S. Plaistow

Sports Massage

Sports massage is a specialized form of massage therapy with the primary aim to prevent injury. Each session is tailored to focus on the individual's specific problem and will include a postural assessment, a deep sports massage, specific stretches and strengthening exercises.

Sports massage aims to:

- Promote recovery from muscular strain
- Treat specific sports injuries (new and old)
- Prevent reoccurrence of injury or pain
- Improve sporting performance

1st treatment lasts up to 1½ hours and costs £45
Ongoing treatments last up to 1 hour and cost £40

Massage Treatments

Full body massage 1 hour £40

Back & neck massage ½ hour £30

Face & scalp massage ½ hour £30

Pre or post golf massage 10 mins £10

Indian Head Massage

Indian Head Massage is the perfect way to relieve stress and tension.

This is a deep massage of the shoulders, neck, scalp and face, using various massage techniques.

The patient is fully clothed and seated in a comfortable chair.

20 mins £20

30 mins £30

40 mins £40

Reflexology

Reflexology is a stress relieving treatment involving massage of the feet to promote the body's own healing process. Each part of the body has a corresponding reflex point in the feet and by massaging these specific points, the therapist can detect which parts of the body are not functioning correctly. Treatment can then be given to correct these imbalances and return the body to optimum health.

Reflexology is effective in the treatment of:

- Stress and Anxiety
- Headaches and Migraines
- Back and Neck Problems
- Insomnia
- Digestive and Bowel Problems
- Hormonal Problems
- Skin Problems
- High Blood Pressure

Reflexology improves the circulation, cleanses the body of toxins and unblocks energy channels. It also boosts energy levels and increases vitality.

1st session lasts approx 1 hour and costs £40

Ongoing treatments last approx 40 mins and cost £35



Aromatherapy

The use of essential oils which are extracted from plants, fruit and flowers is a fantastic way to maximise the healing power of massage. When combined with essential oils, a massage can have a powerfully calming or energizing effect, depending on the oil chosen. Aromatherapy can be used to help specific disorders or simply to induce a feeling of relaxation or wellbeing

Session lasts approx 1 hour and cost £45

Consultations

If you are a first time client or if you need advice on treatments, we will carry out a free consultation to determine which treatment is best suited to your needs.

Cancellations

Should a cancellation or date change be necessary, we request a minimum of 24 hours notice, otherwise a 50% charge will be made.

Gift Vouchers

Gift vouchers are available on request for all treatment

HF Pain Relief Centre
Romford Road
Chigwell
Essex IG7 4QW

Tel: 020 8501 6265

e: painrelief@hainaultforestgolf.co.uk