



Nature Care Wellness Centre

'Treating you naturally'

SEMESTER BREAK 2017-2018

The Wellness Centre will be closed for business from

Mon 18th Dec 2017 and will return Mon 15th January 2018.

Graduate and professional practitioner treatments will be available outside of this closure period during the below times. Student clinic will return on 12th February 2018.

Alan Toohey
Massage Therapist
Tue 9.00am-2.00pm
Sat 9.00am-2.00pm
\$65/hr

Alan's technique is a balance between relaxation and deep-tissue massage, whilst also tuning into the energetics of the body. Alan is a trained yoga teacher with skills in reflexology and myofascial release and integrates his training into a personalized treatment.

Heidi Mearns
Massage Therapist
Tue & Thu 5.00pm-9.00pm
Sat 12.00pm-4.00pm
\$85/hr

Heidi loves helping people who suffer with niggling pain. Her technique is deliberately slow and deep, helping the muscles to open up. Heidi allows her hands to guide while massaging, ensuring each massage is individualised to each client's needs. Health fund rebates may be applicable.

Izumi Amauchi
Shiatsu & Energetic Healer
Mon 10.00am -2.00pm
Wed 5.00pm-9.00pm
Fri 10.00am-2.00pm
\$65/hr

Balance, harmonise and reconnect. Izumi's subtle yet powerful treatment works with the body's innate wisdom to bring about balance and encourage healing and vitality on all levels. Izumi integrates her 20 years of training into a tailored session to help your soul to shine.

Jo-Anne Weber
Massage Therapist
Wed 2.00pm-9.00pm
\$65/hr

Jo-Anne has a very intuitive massage technique where her hands are guided by her heart. Jo strongly believes that massage is one of the best things you can do for yourself and is passionate about providing a treatment tailored to your specific needs.

Our opening hours outside the above closure dates will be as follows:

Monday – 9am-4pm

Tuesday & Wednesday -2pm-8pm

Thursday -5.00pm-8.00pm

Friday –10.00am-2.00pm

Saturday -9.00am-4.00pm

 **02 8423 8444**

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 **naturecare.com.au/wellness-centre**

 **@naturecarewellnesscentre**