



# Nature Care Wellness Centre

*'Treating you naturally'*

## Treatment Schedule - Semester 3 2017

### STUDENT PRACTITIONERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Naturopathy</b> 9.30-1.30  \$22	<b>Nutrition</b> 10.00-5.00  \$22	<b>Herbal Medicine</b> 12.00-3.30 \$22	<b>Nutrition</b> 10.30-2.00  \$22	<b>Naturopathy</b> 9.00-5.00  \$22	<b>Naturopathy</b> 9.00-5.00  \$22
<b>Nutrition</b> 2.00-5.30  \$22	<b>Naturopathy</b> 5.00-9.00  \$22	<b>Nutrition</b> 5.30-9.30  \$22	<b>Homeopathy</b> 4.00-9.00 \$22		
	<b>Energetic Healing</b> 6.00-9.00 \$22	<b>Reflexology</b> 3.00-6.00 \$30	<b>Massage</b> 6.00-9.00 \$42		

*Children under 16 years of age receive free ingestive treatments*

### Opening Hours

Monday 9.30am-5.30pm

Tuesday – Thursday 10.00am-8.00pm

Friday & Saturday 9.00am-4.00pm

 02 8423 8444

 [clinistaff@naturecare.com.au](mailto:clinistaff@naturecare.com.au)

 Level 2, 178 Pacific Highway, St Leonards 2065

 [naturecare.com.au/wellness-centre](http://naturecare.com.au/wellness-centre)

 @naturecarewellnesscentre

*Nature Care College was established in 1973. Students in their final year of study work as natural therapy practitioners at the Nature Care Wellness Centre under the supervision of qualified, experienced practitioners*



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*'Treating you naturally'*

## PROFESSIONAL PRACTITIONERS

### **Alan Toohey**

*Massage Therapist*

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.

### **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 10.00am-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.

### **Judith Hainke**

*Massage Therapist*

Wed 5.00pm-9.00pm

\$65/hr \*

Jude is passionate about the amazing benefits of remedial and relaxation massage. Jude works with her clients on treatment plans tailored to their goals and believes there is nothing more rewarding than seeing a client literally float off the table after a treatment.

\*health fund rebates may be applicable

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