



# Nature Care Wellness Centre

*'Treating you naturally'*

## Treatment Schedule - Term 2 2018

### STUDENT PRACTITIONERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Naturopathy</b> 9.30-1.30	<b>Nutrition</b> 9.30-4.30	<b>Naturopathy &amp; Herbal Medicine</b> 12.00-4.00	<b>Nutrition</b> 10.30-2.00	<b>Naturopathy</b> 9.00-5.00	<b>Naturopathy</b> 9.00-5.00
<b>Nutrition</b> 1.30-5.00	<b>Naturopathy</b> 5.00-9.00	<b>Nutrition</b> 5.30-9.00	<b>Massage</b> 6.00-9.00		<b>Massage</b> 9.30-12.30
<b>Naturopathy</b> 5.00-9.00					

#### STUDENT CLINIC PRICES

**Naturopathy, Nutrition, Herbal Medicine:**

\$25 90min Initial Consultation

\$20 60min Follow Up Consultation

Free – under 16yrs

**Special:**

4 consults for \$50 + receive 10% off any nutritional or herbal supplements prescribed.

**Massage:**

\$45 60min

#### RECEPTION OPENING HOURS

**Monday -Thursday** 9.30am-8.00pm

**Friday & Saturday** 9.00am-4.00pm

☎ 02 8423 8444

✉ [clinicstaff@naturecare.com.au](mailto:clinicstaff@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*



# Nature Care Wellness Centre

*'Treating you naturally'*

## PROFESSIONAL PRACTITIONERS

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### **Heidi Mearns**

#### ***Massage Therapist***

Tue & Thu 5.00pm-9.00pm

\$85 – 60min

\$125 – 90min

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 the client's needs. Most major health funds applicable.

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### **Izumi Amauchi**

#### ***Shiatsu & Energetic Healer***

Tue 10.00am -2.30pm

Wed 5.00pm-9.00pm

Fri 10.00am-2.30pm

\$85 - \$100

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.

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### **Jo-Anne Weber**

#### ***Massage Therapist***

Wed 11.00am-9.00pm

\$85 – 60min

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.

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### **Julia Pomazkina**

#### ***Ayurvedic practitioner***

Fri 11.00am-5.00pm

\$150-2 x 1hr consultations

\$110 – 60min abhyanga

\$130 – 90min abhyanga

Julia believes in everybody's birthright to a happy, healthy and purposeful life. Julia is passionate about helping bring about balance through the ancient wisdom of Ayurvedic medicine, nutrition, herbal remedies and body work. Julia also offers shamanic crystal dreaming journeys for expansion of awareness and consciousness.

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### **Lisa Creak**


#### ***Reflexologist***

Mon 4.00pm-9.00pm


\$85 – 60min


Lisa is passionate about helping her clients restore their natural health, energy and balance. Through reflexology Lisa can help to stimulate the body's natural healing properties, reduce stress and pain and improve circulation.

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