



# Nature Care Wellness Centre

*'Treating you naturally'*

## SEMESTER BREAK 2017-2018

*The Wellness Centre will be closed for business from*

*Mon 18<sup>th</sup> Dec 2017 and will return Mon 15<sup>th</sup> January 2018.*

*Graduate and professional practitioner treatments will be available outside of this closure period during the below times. Student clinic will return on 12<sup>th</sup> 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**