



# Nature Care Wellness Centre

*'Treating you naturally'*

## Treatment Schedule - Semester 2 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>Massage</b> 6.00-9.00 \$42	<b>Reflexology</b> 10.30-1.30 \$42	<b>Massage</b> 9.30-12.30 \$42

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

### Reception Opening Hours

Monday 9.30am-5.30pm

Tuesday – Thursday 9.30am-8.00pm

Friday & Saturday 9.00am-4.00pm

**To book an appointment call us on 02 8423 8444**

Level 2, 178 Pacific Highway, St Leonards 2065

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

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



# Nature Care Wellness Centre

*'Treating you naturally'*

## Treatment Schedule - Semester 1 2017

### GRADUATE & PROFESSIONAL PRACTITIONERS

Shiatsu	Massage	Energetic Healing	Counselling
Izumi Amauchi	Heidi Mearns Jo-Anne Weber Judith Hainke	Izumi Amauchi	Aarhon Silver
<b>Wed</b> 5.00pm-9.00pm <b>Fri</b> 10.00am-2.00pm	<b>Wed</b> 10.00am-9.00pm <b>Sat</b> 10.00am-4.00pm	<b>Wed</b> 5.00pm-9.00pm <b>Fri</b> 10.00am-2.00pm	<b>Wed</b> 9.30am-12.00pm <b>Fri</b> 10.00am-5.00pm
Shiatsu is a traditional healing art which combines massage stretching, gentle physical manipulation and pressure along meridians to restore balance to Chi.	Massage is a wonderful way to relax and relieve your body of tension, stress headaches, back pain or muscular problems. <i>Health fund rebates may be applicable.</i>	Energetic Healing connects with your body's innate wisdom to invoke self-healing, develop your spiritual connection, and enhance your self-understanding.	Counselling can help us to recognise and respond to common situations in everyday life, and is a therapeutic way of working through challenging times.
\$65	\$65-\$85	\$65	\$65

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