



Nature Care Wellness Centre

'Treating you naturally'

Treatment Schedule - Semester 2 2017

STUDENT PRACTITIONERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Naturopathy 9.30-1.30 \$22	Nutrition 10.00-5.00 \$22	Herbal Medicine 12.00-3.30 \$22	Nutrition 10.30-2.00 \$22	Naturopathy 9.00-5.00 \$22	Naturopathy 9.00-5.00 \$22
Nutrition 2.00-5.30 \$22	Naturopathy 5.00-9.00 \$22	Nutrition 5.30-9.00 \$22	Homeopathy 4.00-9.00 \$22 Massage 6.00-9.00 \$42	Reflexology 10.30-1.30 \$30	Massage 9.30-12.30 \$42

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

RECEPTION OPENING HOURS

Monday 9.30am-5.00pm
Tuesday – Thursday 10.00am-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

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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



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GRADUATE & PROFESSIONAL PRACTITONERS

Aarhon Silver

Counsellor

Fri 1.30pm-4.30pm
\$65/hr

Counselling can help us to recognise and respond to common situations in everyday life, and is a therapeutic way of working through challenging times.

Heidi Mearns

Massage Therapist

Tue 5.00pm-9.00pm
Wed 12.30pm-5.30pm
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 -3.00pm
Wed 5.00pm-9.00pm
Fri 10.00pm-3.00pm
\$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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