



Nature Care Wellness Centre

'Treating you naturally'

Treatment Schedule - Term 1 2018

STUDENT PRACTITIONERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Naturopathy 9.30-1.30	Nutrition 9.30-4.30	Naturopathy & Herbal Medicine 12.00-4.00	Nutrition 10.30-2.00	Naturopathy 9.00-5.00	Naturopathy 9.00-5.00
Nutrition 1.30-5.00	Naturopathy 5.00-9.00	Nutrition 5.30-9.00	Homeopathy 4.00-9.00		Massage 9.30-12.30
Naturopathy 5.00-9.00	Energetic Healing 6.00-9.00				

STUDENT CLINIC PRICES

Naturopathy, Nutrition, Herbal Medicine & Homeopathy:

\$25 90min Initial Consultation

\$20 60min Follow Up Consultation

Free – under 16yrs

Energetic Healing:

\$25 60min

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

📍 Level 2, 178 Pacific Highway, St Leonards 2065

🌐 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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PROFESSIONAL PRACTITIONERS

Alan Toohey

Massage Therapist
Sat 12.00pm-5.00pm
\$85 - 60min

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
\$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 each client's needs. Most major health funds applicable.

Izumi Amauchi

Shiatsu & Energetic Healer
Mon 10.00am -3.00pm
Wed 5.00pm-9.00pm
Fri 10.00am-2.00pm
\$85 - 60min

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 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.


Julia Pomazkina


Ayurvedic practitioner
Fri 11.00am-5.00pm
\$150-2 x 1hr consultations
\$130 - 90min abhyanga
\$150 - 90min crystal dreaming

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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