



Newsletter

Your Health and Wellness Needs in One Location

Issue 9
Jan / Feb 2006

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Happy New Year ! Kick Start Your New Health Regime With A Visit To Your Natural Health Therapist. 6 ways to get you going

1. Visit Julie our Naturopath for a full Medical. Julie can start you on a detox program to really kick start your liver if you wish to loose weight, give up smoking or just clear out those x-mas naughties.
2. Have a Facial and Body Wrap to rejuvenate your skin with minerals from deep sea. Did you know that your skin is the largest living organ in your body. Having a Body Wrap will enable your body to absorb the extra minerals through your skin, which is very beneficial as your liver will not have to break them down if you were taking minerals in a tablet form.
3. Make an appointment with Liz and set your goals for the New Year. Get rid of any baggage from last year.
4. Book a Massage. Loosen up those muscles from the stress of X-Mas and getting the kids back to school.
5. Have a check up with your Chiropractor.
6. Attend our Monthly Health Talks— Your Liver Tues 28th Feb 7.00pm



Inside this issue:

Kick Start your New Year

We Are Franchising

Health Talks Begin in Feb - **BOOK NOW**

Valentine's Day Special

Now SMS Messaging Conformation Calls

New Faces

What's coming to the building

Curves is coming
Curves is a woman's only Gym.

Hairdresser Coming to our level too.

How Does Massage Help People get well? And stay healthy!

The massage approach to better health is to help normalize muscle structure and function.

It has been proven regular Massage Therapy stimulates circulation to the muscles, breaks down deposits & thickening of tissue around joints. Assists in the drainage of fluid & lymph.

*Relieves muscle tension and aches and pains. Of course don't forget massage therapy is also great for relieving stress, but the key is to have regular treatments. Add a 1/2hr **massage to your pre-adjustment massage and get 45min for only \$42.00***

If it's been awhile since you saw one of our highly qualified Massage Therapist, then make your appointment today

We Are Franchising

Due to popular demand, we have decided to Franchise our fabulous clinic. If you have a interest in Natural Healthcare and want to be part or a very exciting company then call Nick at Franchise Central 0418 777 888



SPECIAL OFFER

Book A Hot Stone Massage and receive you second massage for only \$55.00 a **HUGE SAVING OF \$15.00**

Valid Until 1/3/06

ACUPUNCTURE

Acupuncture is a traditional form of Chinese medicine that has been practiced in China and other countries for more than three thousand years. Acupuncture treatment consists of inserting a very fine needle at strategic points on the skin. According to acupuncture theory these points are connected to you by meridians, and through these channels there is an uninterrupted flow of energy which keeps the individual alive and healthy. To the Chinese, how acupuncture worked made perfectly good sense. Acupuncture is a traditional form of Chinese medicine that has been practiced in China and other countries for more than three thousand years. Acupuncture treatment consists of inserting a very fine needle at strategic points on the skin.

The Treatment

Acupuncture is not a one session treatment for chronic disorders. After the 5 to 10 treatments usually required to achieve the greatest amount of relief, some chronic diseases may require maintenance acupuncture every 6 to 12 months. Acute conditions may respond very well to acupuncture requiring only a few treatments.

Common Conditions Suitable For Treatment

Headaches, migraine, fibrositis, frozen shoulder, tennis elbow, stomach ulcers, heartburn, nausea, colic, constipation, diarrhea, asthma, bronchitis, colds and flu's, cystitis, pelvic pain, painful periods, irregular periods, menopausal problems.

These are only a few things acupuncture can assist with, make an appointment with Michelle B or Gail today.



Time is ticking away. See your Natural Health Therapist today.

Welcome New Therapists

Please welcome Three New Therapist to our clinic.

Gail - Acupuncturist / Massage Therapist

Hello my name is Gail Kirner and I have 8yrs experience as a Remedial Massage And Acupuncturist specializing in Hopi Ear treatments , Pre-Natal and Post Natal Care and Aromatherapy. I am a very gentle Acupuncturist using very fine needles

Michelle B— Acupuncturist / Massage Therapist

Hi my name is Michelle and my passion is women's health . I also offer a very gentle treatment using fine needles.

Andrea—Beauty Therapist / Receptionist

Hi my name is Adrea and I am going to replace Dallas who is returning to full time study. I have worked in the Beauty Therapy industry for 17yrs. I am looking forward to working in Natural Healthcare.



Win a FREE Massage. Refer someone to our clinic And go into the draw for a FREE Massage.

News Flash!!!

Hair Hair Everywhere

Book a Full Leg Wax and Brazilian Wax and receive a FREE Brow Wax \$110.00 value for only \$90.00

Kouxan Says NO

Kouxan Says NO to:

- Adding Preservatives
- Animal Testing
- Animal Cruelty

affordable complete Skincare Range for less than \$70.00. WOW what value!

Other items in the Kouxan Range are: Essential Oils, Body Scrubs, Bath Salts, Wheat Bags to name a few. With new products arriving all the time.

Kouxan Says Yes to:

- Recycling
- Protecting Our Planet
- Community Support

Kouxan's Range of products have No Preservatives or Fillers added. Kouxan's offers you an



Valentine's Day Special Ultimate Dress Package Only \$75.00 SAVE \$10



Holidays Holidays
Dr Manny will be flying off to the Philippines to catch up with family and friends, for a well deserved holiday.

Dr Alana will be here to look after Dr Manny's patients from the 23rd of Feb to 15th of March



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