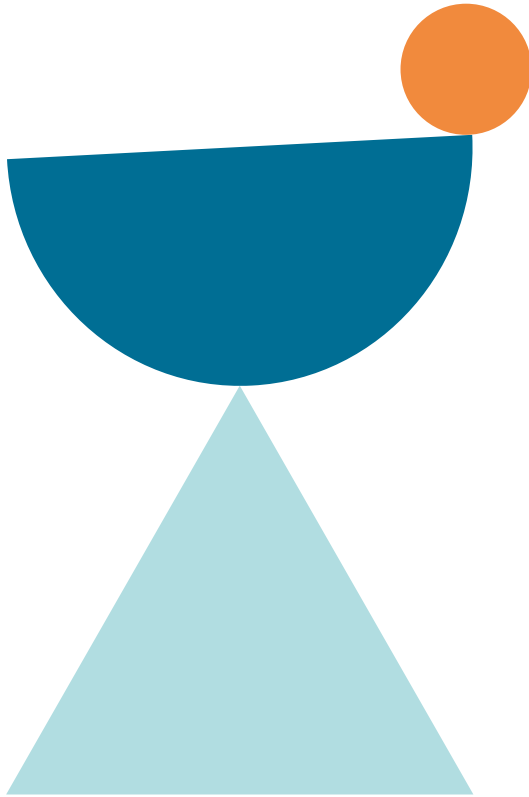


Find your Balance



THE
PRACTICE
WELLBEING CENTRE

About us

The Practice is a student-led clinic offering quality, holistic health and wellbeing services at affordable prices.

Open to the general public, all consultations are supervised by qualified and experienced practitioners to ensure you receive the highest standard of quality and service.

Our philosophy is one of combining evidence-based health sciences with best practice established over time. We focus on preventative health to help you achieve and maintain optimal wellbeing.



@thepRACTICEwellbeing

Telehealth Consultations

The Practice Wellbeing Centre delivers secured Telehealth virtual consultations via our digital platform, allowing you to connect with our student practitioners at a time and place that suits you.

Our student practitioners provide a full health assessment, comprehensive advice, and a personalised treatment plan to assist with your well-being and lifestyle recommendations - this may also include access to practitioner-only supplements or herbal tonics.

Clinical Myotherapy

Clinical Myotherapists have a sound understanding of human structure and function to apply evidenced based assessment, treatment and rehabilitation of musculoskeletal pain and associated conditions. Management may include manual therapy treatment such as dry needling and joint mobilisation, physical activity through movement-based therapies such as exercise, evaluation of the contributing factors involved in your condition and education to help you understand your condition or pain, all in a holistic framework.

Body Composition Analysis (BIA)

Body Composition Analysis The Bioelectric Impedance Analysis (BIA) machine, is a method for estimating body composition which accurately measures body mass index, muscle mass, body fat and hydration levels. This testing is most commonly used for clients with a focus on weight loss or gain, obtaining peak physical performance, managing chronic disease risk and managing health proactively. Body Composition Analysis takes 15 minutes and is best used in conjunction with a full complementary medicine consultation where the practitioner can explain results and help you to achieve your health goals.

Iridology

May be used in conjunction with a naturopathic consultation to assess holistic health. If you would like a colour print or digital image of your iris then a small fee is charged for this service.

Please note as our clinic is in high demand a 50% late cancellation/non-attendance fee applies.

Pricing

Naturopathy, Western Herbal Medicine, Clinical Nutrition, Chinese Medicine and Acupuncture

Full fee

First visit _____ 90 mins \$20

Follow-up _____ 60 mins \$10

Concession, Torrens/Think Students & Staff

First visit _____ 90 mins \$10

Follow-up _____ 90 mins \$5

Clinical Myotherapy

Full fee _____ 60 mins \$20

Concession, Torrens/Think Students & Staff _____ 60 mins \$20

Dispensed Remedies

Recommended retail prices are charged on dispensed items.

Discounts apply for the following categories:

Concession, Torrens/Think Students & Staff _____ 10% off

Please note: Pricing is correct at the time of publishing and is subject to change. Due to the academic calendar, not all treatments are available at all times. Please contact the The Practice for availability.

Body Composition Analysis _____ 30 mins \$10

Naturopathy

Naturopathy is a system of health care that is based on traditional philosophies and principles, and utilises a wide variety of tools and techniques to achieve health for a patient. Naturopathic practitioners blend traditional knowledge and evidence based practice to help patients achieve optimal health and wellbeing. A range of management approaches may be used including western herbal and nutritional medicine, lifestyle advice, energetic medicines including homeopathy or bush and bach flower remedies.

Clinical Nutrition

Clinical Nutrition practitioners use a range of dietary and lifestyle modifications and nutritional supplementation therapy and body composition analysis for the prevention and management of a wide range of health conditions.

Western Herbal Medicine

A contemporary Western Herbal Medicine (WHM) practitioner understands the history and philosophy of herbal practice and is trained to formulate individualised herbal prescriptions using medicinal plants from around the world. An evidence-based practice approach is taken to incorporate traditional knowledge, research and scientific evidence in prescribing decisions.

Clients may be prescribed a variety of herbal treatments including liquid extracts, teas, tablets and external preparations such as creams.

Chinese Medicine

Philosophy believes that vital energy called 'Qi' circulates throughout channels or pathways in the body called meridians. Many illnesses are brought about when the Qi circulating within the meridians become blocked.

Aims to promote the flow of Qi, restoring balance and good health. These include individually tailored traditional Chinese herbal medicines, cupping and acupuncture.

Acupuncture

One of the most prominent therapies in Chinese Medicine, and involves selecting and needling specific points along the meridians in order to remove blockages allowing Qi to flow smoothly again.

Make an appointment today

Opening times

Monday - Saturday

Evening appointment times available during the week.

Where:

45 Victoria St,
Fitzroy, VIC, 3065

Call us:

03 9415 3327

Email:

thepracticemelbourne@torrens.edu.au

torrens.edu.au/the-practice

STUDENT LED CLINIC

