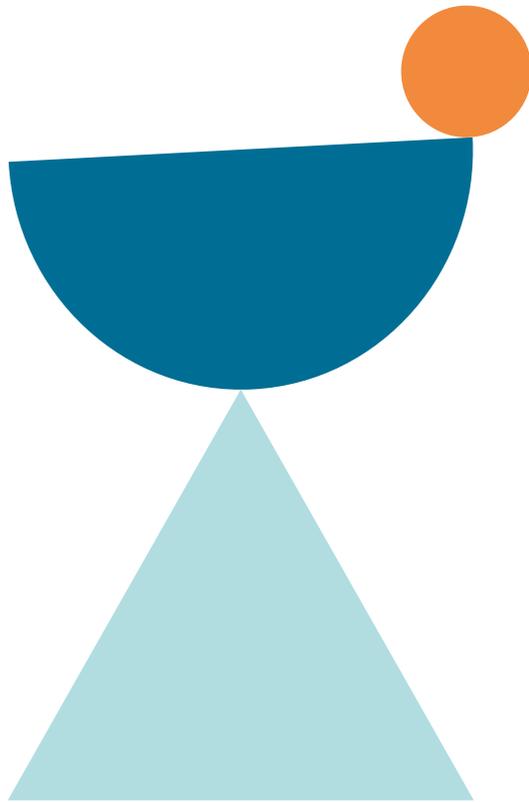


Find your Balance



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-backed health sciences with best practice established over time. We focus on preventative health to help you achieve and maintain optimal wellbeing.



@thepRACTICEwellbeing

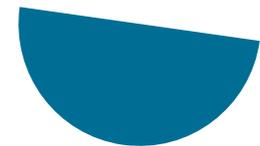
Western Herbal Medicine

Holistic discipline focused on traditional and evidence based practice using a wide range of herbal treatments. This includes liquid extracts, teas, tablets or external preparations such as creams.

Body Composition Analysis

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.

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



It's time
to focus
**on what
matters**

Pricing

Beauty Therapy Treatments

Facial Treatments

Classic Facial	1hr	\$30
Advanced Facials	1.5hr	\$35

Massage Therapies

Swedish Body Massage	1hr	\$30
Lymphatic Drainage Massage	1hr	\$30
Aromatherapy Massage	1.5hr	\$40
Hot Stone Massage	1.5hr	\$40
Indian Head Massage	45m	\$25

Beauty Essentials

Eyebrow Wax	20m	\$10
Lip &/or Chin Wax	20m	\$10
Underarm Wax	20m	\$10
Bikini Wax	20m	\$10
G String Wax	30m	\$15
Half Leg Wax	30m	\$20
Full Leg Wax	45m	\$30
Half Arm	30m	\$15
Full Arm	45m	\$20

Wax Package

Full Leg, Bikini, Underarm, Brow, Lip	1.5hr	\$40
Eyebrow Tint	15m	\$10
Eyelash Tint	20m	\$15
Eyelash & Eyebrow Tint	30m	\$20
Lash & Brow Tint with Brow Shape	45m	\$25

Make up application using Jane Iredale

Mineral make up with false lashes	1hr	\$30
Manicure	45m	\$20
Deluxe Manicure	1hr	\$30
Pedicure	1hr	\$30
Deluxe Pedicure	1.5hr	\$35
Manicure & Pedicure Package	2hr	\$40
Spray Tan	15m	\$20

Spa Treatments

Body Exfoliation, Body Wrap finishing with Hydration Massage	1.5hr	\$40
--------------------------------------------------------------	-------	------

Aesthetic Treatments

Facial Treatments	from \$50
Hair reduction treatments using IPL	from \$20
Advanced body treatments	from \$50

Naturopathy, Western Herbal Medicine, Clinical Nutrition

Full fee, first visit	\$20
Full fee, follow-up	\$10
Concession, Students & Staff	
First visit	\$10
Follow-up	\$5

Dispensed Remedies

Recommended retail prices are charged on dispensed items. Discounts apply for the following categories:

Concession	10%
------------	-----

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 Practice for availability.

Body Composition Analysis	15m	\$15
---------------------------	-----	------

Facial Treatments

Tailored specifically for your concerns using the most suitable advanced facial equipment for your skin. LED light therapy, skin needling, Radio Frequency, Microdermabrasion, Sonophoresis, Peels, IPL skin rejuvenation and more.

Hair reduction Treatments Using IPL (Intense Pulsed Light)

Suitable for most people and are an effective, safe and more permanent treatment for reducing body hair. Most areas on the body can be treated.

Advanced Body Treatments

Such as fat cavitation, radio frequency and fat freezing can help to reduce fat in target areas, stimulate collagen and elastin to improve cellulite and tighten and contour the body.

Naturopathy

Holistic approach to health and well-being that is based on the principle that the body has an innate ability to heal itself. Naturopathic practitioners incorporate a blend of traditional knowledge and evidence based practice to help their patients achieve optimal health and wellbeing. A range of management approaches including Western herbal & nutritional medicine, dietary and lifestyle advice are used.

Nutritional Medicine

Focused toward the prevention and management of a wide range of health conditions. Nutritional Medicine practitioners use a range of dietary and lifestyle modifications and nutritional supplementation therapy and body composition analysis.

Make an appointment today

Monday, Wednesday,
Thursday & Friday: 1-6pm
Saturday: 11am-4pm

Where:

123 Gotha Street,
Fortitude Valley, QLD 4006

Call us:

07 3270 1040

Email:

thepracticebrisbane@laureate.edu.au

torrens.edu.au/the-practice

STUDENT LED CLINIC

