Find your Balance

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

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.

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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 1.5hr $40
  with Hydration Massage

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.