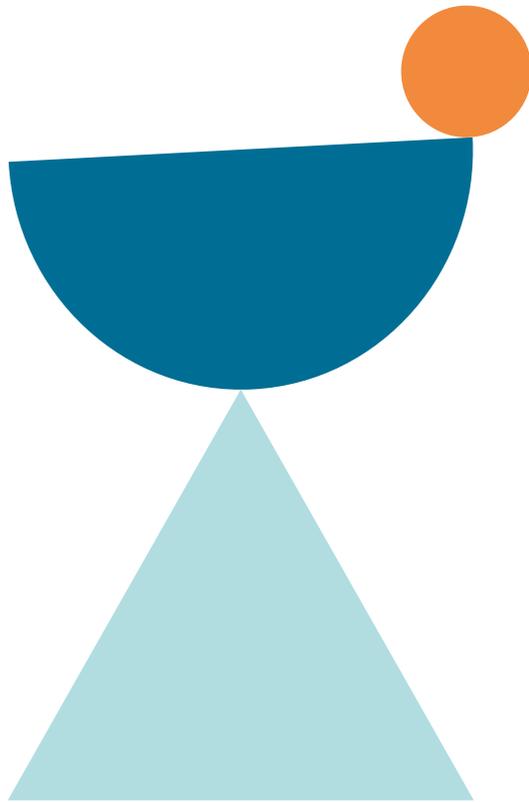


# Find your Balance



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.

## 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.*



It's time  
to focus  
on what  
matters



## Pricing

### Naturopathy, Western Herbal Medicine, Nutritional Medicine, Chinese Medicine and Acupuncture

Full fee, first visit	\$30
Full fee, follow-up	\$20
Concession, first visit	\$20
Concession, follow-up	\$10
SSNT Students & Staff, first visit	\$10
SSNT Students & Staff, follow-up	\$5

### Clinical Myotherapy

Full fee	\$30
Concession	\$20
THINK Education Students & Staff	\$10

### Dispensed Remedies

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

Concession	10%
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### 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%
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*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	15m	\$15
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## 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.

## Chinese Herbal Medicine

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.

## Clinical Myotherapy

Manual physical therapy that focuses on the assessment, treatment and management of pain and dysfunction of muscles, nerves and joints. The practitioner will complete a comprehensive assessment including a physical assessment of posture, movement patterns and palpation findings to isolate effected musculoskeletal structures.

Treatments consist of soft tissue and joint mobilization augmented by the use of modalities such as dry needling and corrective exercise to strengthen, stretch or stabilize an area.

Pain management techniques, ergonomic advice, thermal therapies, therapeutic aids and relaxation techniques will be provided to assist recovery.

## 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 - Thursday: 8am-8pm

Friday: 8am-6pm

Saturday: 8am-2.30pm

Sunday: Closed

### Where:

45 Victoria St,  
Fitzroy, VIC, 3065

### Call us:

03 9415 3327

### Email:

[thepracticemelbourne@laureate.edu.au](mailto:thepracticemelbourne@laureate.edu.au)

[torrens.edu.au/the-practice](https://torrens.edu.au/the-practice)

STUDENT LED CLINIC

