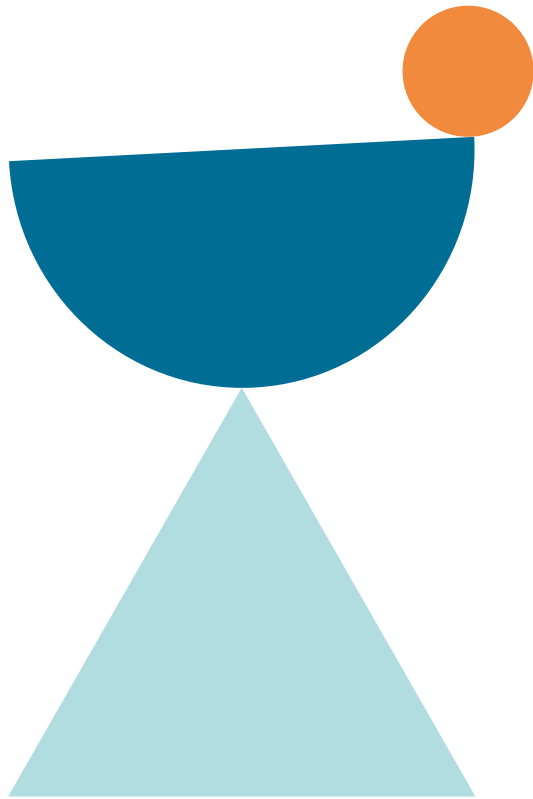


Find your Balance



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

Counselling

The Counselling and Psychotherapy services at The Practice will guide you through your life transitions and provide you with powerful coping mechanisms to help you manage challenges you may be facing. Our goal is to work with you in a non-judgemental environment where we listen fully and allow you space to explore presenting issues or challenges. We will help you find solutions and positive change where needed. All student interns are carefully selected by the faculty to ensure that you get the highest quality counselling experience possible.

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

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

(seated back, head, neck and pressure points on face)

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	1.5h	\$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

Spa Room & Body Treatments

Body Exfoliation with Mud Therapy	1.5hr	\$40
Hydro Mineral Salt Bath & Swedish Massage	1.5hr	\$40

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 Practice for availability.

Body Composition Analysis	15m	\$15
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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.

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.

Make an appointment today

Sunday - Monday: Closed
Tuesday - Friday: 8.30am-6pm
Saturday: 8.30am-4pm

Where:

Level 1, 235 Pyrmont Street,
Pyrmont, NSW 2009

Call us:

1300 738 256

Email:

thepracticesydney@laureate.edu.au

torrens.edu.au/the-practice

STUDENT LED CLINIC

