

Relaxation massage

Massage relieves body aches and pains and you will enjoy a greater sense of body wellbeing. Feel deeply relaxed and more balanced. Give yourself an hour of 'Me time'.

One hour appointment with Linda: \$35 or \$25 concession. **Tel. 4255 6800.**

Please note that due to limited resources, there is a maximum of 6 massages per year for each woman. You may be eligible for more, if advised by practitioner, in order to complete the healing process

Aromatherapy massage

Aromatherapy uses full or body part massage with gentle rhythmic strokes, using pressure points and blending Essential Oils together, which have different therapeutic effects on your skin, circulation, lymphatic, respiratory and nervous systems, as well as your sense of smell.

Book an appointment with Denise on Monday at 9.30am, 10.45am or 12md. \$35 or \$25 concession. **Ph 4255 6800**

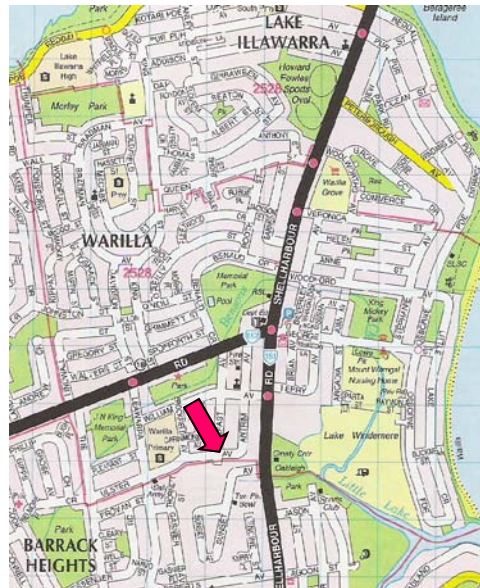
Illawarra

Women's Health Centre
is a feminist health centre
run by women, for women.
2-14 Belfast Ave Warilla
Telephone 4255 6800

The Centre also provides women's health clinics, group activities and community programs.

The Illawarra Women's Health Centre is funded by the South Eastern Sydney & Illawarra Area Health Service.

Where we are



For bus information Ph 4271 1322.

Healing therapies for women

Naturopathy

Reflexology

Ear Candling

Homeopathy

Relaxation Massage &

Aromatherapy Massage

at the

**Illawarra Women's
Health Centre**
February 2009



Illawarra Women's Health Centre

Homeopathy

Homeopathy is a system of medicine which stimulates the body's own immune defences to heal, effective in acute and chronic illness as well as in first aid. The homeopath can treat most of the illness for which patients consult their family doctor.

This service is part of the Providence Homeopathic Medical Service, a network of homeopaths in Australia who provide free treatment in community based settings.

Helen McGuire

mobile 0407 840 387

One hour consultation free to women on low incomes plus a small charge for the medicine.

Naturopathy

Naturopathy is a holistic form of health care that aims to enhance your health and wellbeing through the use of effective natural medicines and lifestyle guidelines.

Specific conditions treated for women include:

Premenstrual syndrome (PMS), period pain, heavy bleeding, hormone imbalances, recurrent thrush, urinary tract infections, endometriosis, ovarian cysts, polycystic ovary syndrome, fertility problems, recurring miscarriage.

Preconception care, pregnancy and post natal care.

Menopause and female age-related conditions.

Our naturopath can work in conjunction with your GP or other health practitioners.

One hour consultation with Nadine: \$25 plus cost of medicines if required. Tel: 4255 6800

Reflexology

Reflexology is a therapy based on the principle that there are reflex points in the feet, hands and ears corresponding to the body's organs, glands and systems.

Reflexology stimulates the body's own healing response.

Reflexology can help sinus and headaches, hormonal imbalances, sleep, general aches and pains as well as foot complaints.

45 minute appointment with Denise: \$25. Tel: 4255 6800

Hopi Ear Candling

This treatment relieves pressure in the ear, nose and sinus. It helps with headache, vertigo and relaxation.

One hour appointment with Denise: \$25 plus \$10 for candles. Tel 4255 6800.