

# Manual Therapies

## Remedial Massage

Remedial Massage is all about restoring optimal function to your muscles, joints and other soft tissues. While techniques used in Remedial Massage can be relaxing, the primary goal is to help you to move more freely, and decrease pain and discomfort in your body. Range of movement assessment is fundamental to Remedial Massage, and your practitioner is trained to assist you to improve flexibility and ease of movement.



You can expect a Remedial Massage to involve a physical assessment and discussion of your wellness goals, followed by hands-on treatment. Techniques are usually targeted to one or two regions of main concern and may sometimes involve application of oil or balm to those body areas. Methods used include soft tissue therapy, trigger point therapy, myofascial release, active and passive stretching and joint mobilisation. You will typically receive advice on home care activities, such as strengthening and flexibility, for long term improvement. Your practitioner is training to be a degree-qualified Myotherapist, and will already possess a deep understanding of the body's structure and function.

## Relaxation Massage

Relaxation is all about flowing, rhythmic treatment that aims to promote relaxation, increase blood flow and reduce muscular tension. The healing power of touch is known to be effective not just in providing relief from physical discomfort, but also as a holistic therapy able to help with overall mental and emotional wellbeing.



You can expect a Relaxation Massage to allow you time for both your mind and body to unwind. This treatment uses a variety of techniques including soft tissue massage, myofascial release, lymphatic drainage and stretching. Oil is applied to the skin to allow sliding and kneading with the hands, forearms and elbows. The therapist applies pressure to the muscles and other soft tissues of the body with a gentle pressure that is comfortable for the client. A full body relaxation massage will generally include the back, abdomen, chest, legs and feet, arms and hands, neck, face and scalp. Clients are able to decide which areas of the body they wish to include or to focus on. The treatment itself lasts approximately 45 minutes, with towel draping to ensure comfort and privacy. All sessions will include a short physical assessment. Your practitioner is training to become a degree-qualified Myotherapist and will already possess a deep understanding of the body's structure and function.

## Tui Na Massage

Tui Na Massage is all about soft tissue treatment, skeletal alignment, and balancing of your "Qi" (life force). It's a branch of Chinese medicine that treats the patient using only the practitioner's hands to bring about a change in the patient's condition. Tui Na is a complete system of medicine, giving it the ability to address both internal diseases and external injuries. Its unique logic and methods of diagnosis and treatment set it apart from all other health sciences.



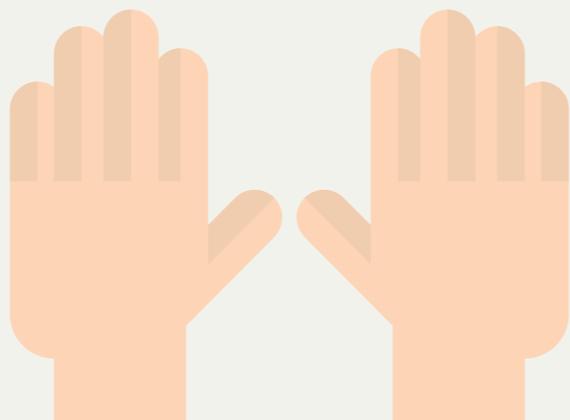
You can expect a visit with a Tui Na practitioner to be the least invasive form of Traditional Chinese Medicine. This style of massage is performed while you are fully clothed, no herbs are prescribed and no needles are used. Your practitioner is training to be a degree-qualified Acupuncturist.

## Myotherapy (Comprehensive)

Myotherapy is all about individualised care, to help you manage and relieve pain and movement restriction. Techniques used in Myotherapy aim to treat the current condition, identify the underlying causes and then work to prevent reoccurrence. Myotherapy practitioners treat with a long-term solution in mind, and have a special focus on pain management.



You can expect a visit to a Myotherapy practitioner to be much more interactive than a relaxation or remedial massage. After a thorough assessment to determine the underlying causes of your condition, your practitioner will work with you to develop a holistic plan of treatment. Your plan may involve rehabilitation tools such as exercise prescription, postural and movement awareness activities, or taping, as well as treatment techniques including lymphatic drainage, stretching, soft tissue therapy, joint mobilisation, cupping and dry needling. Your practitioner is training to be a degree-qualified Myotherapy practitioner.



## Treatment Menu Prices 2019

Treatment Type	Standard	Concession (HC card holders/ Seniors)	Endeavour Students and Allegro Funds Staff	Standard Treatment Pack	Concession Treatment Pack
Naturopathy – Initial	\$20	\$16	\$10	\$54	\$43
Naturopathy – Follow-up	\$15	\$12	\$10	–	–
Iridology Photo (optional)	\$5				
Nutrition– Initial	\$20	\$16	\$10	\$54	\$43
Nutrition – Follow-up	\$15	\$12	\$10	–	–
Acupuncture – Initial	\$30	\$25	\$15	–	–
Acupuncture – Follow-up	\$25	\$20	\$15	–	–
Chinese patent pills	[ additional, based on requirements ]				
Homeopathy (includes remedy)	\$25	\$20	\$15	\$90	\$72
Myotherapy (Comprehensive)	\$40	\$35	\$20	\$144	\$126
Remedial Massage	\$35	\$30	\$20	\$126	\$108
Relaxation Massage	\$35	\$30	\$20	\$126	\$108
Tui Na Massage	\$30	\$25	\$15	–	–
Seated Massage	\$15	\$12	\$10	–	–

Wellnation Clinics – 2019 Pricing (effective 30/12/2018). Prices may be subject to change without notice.

- Treatment availability subject to change, please check website for current options
- Treatment Pack – includes 4 treatments at a discount of 10% or more
- Children under 13 years of age – \$10 for all treatment types
- Concession price valid on presentation of appropriate proof of ID
- Dispensed items and optional services are provided at additional cost
- Please refer to our website for current cancellation and refund policies

When booking your Treatment Pack please select your initial appointment date and time and the remaining appointments can be confirmed upon arrival at the clinic.

### TERMS AND CONDITIONS

Endeavour College reserves the right to review the pricing schedule. Not all services are available at all campus clinics – refer to the website for availability. Cancellations that occur 24 hours before a booked appointment may be rebooked at no additional cost to the client. Cancellations made within 24 hours of the booking may result in a loss of consultation fees. For full terms and conditions visit [wellnationclinics.com.au](http://wellnationclinics.com.au).

### Adelaide

G/F, 88 Currie Street  
Adelaide SA 5000  
✉ [adelaide.clinic@endeavour.edu.au](mailto:adelaide.clinic@endeavour.edu.au)

### Brisbane

Level 4, 269 Wickham Street  
Brisbane Qld 4006  
✉ [brisbane.clinic@endeavour.edu.au](mailto:brisbane.clinic@endeavour.edu.au)

### Gold Coast

G/F, Nexus Towers  
105 Scarborough St, Southport Qld 4215  
✉ [goldcoast.clinic@endeavour.edu.au](mailto:goldcoast.clinic@endeavour.edu.au)

### Melbourne

Level 3, 368 Elizabeth Street  
Melbourne Vic 3000  
✉ [melbourne.clinic@endeavour.edu.au](mailto:melbourne.clinic@endeavour.edu.au)

### Perth

Level 1, 170 Wellington Street  
East Perth WA 6004  
✉ [perth.clinic@endeavour.edu.au](mailto:perth.clinic@endeavour.edu.au)

### Sydney

Level 3, 815 – 825 George Street  
Sydney NSW 2000  
✉ [sydney.clinic@endeavour.edu.au](mailto:sydney.clinic@endeavour.edu.au)

Book online at [wellnationclinics.com.au](http://wellnationclinics.com.au) or phone **1300 859 785**



## WELLNATION CLINICS TREATMENT MENU 2019

Wellnation Clinics<sup>+</sup>

The teaching clinics of Endeavour College of Natural Health



Adelaide • Brisbane • Gold Coast • Melbourne • Perth • Sydney

# WHOLE HEALTH FOR THE WHOLE OF YOU

Endeavour College of Natural Health, Wellnation Clinics and all our Student Practitioners embrace the natural health philosophy of holism. We believe mind, body and spirit need to be in balance and harmony if health and wellbeing are to be maintained. Many health conditions and complaints can be treated or supported in a holistic way, working with your body and your individual circumstances.

## Our Services

### Acupuncture

Acupuncture is all about stimulating and enhancing the body's self-healing power. At the core of the practice of Traditional Chinese Medicine is a unique and wider view of holism: the human body as one organic part of the surrounding universe, connected with nature. By balancing the human body's distinct yet interdependent functions, practitioners aim to eliminate disease and promote best possible health.

**You can expect** a visit to an acupuncturist to involve four methods to evaluate your condition: observing (the condition of your tongue, for example), hearing/smelling, interviewing and palpating (taking your pulse, for example). Acupuncture treatment involves the use of thin metal needles which are inserted through the skin at specific points which run along the body's meridians. This treatment aims to restore the flow of Qi (vital force) that has been disrupted with illness-causing blockages and imbalance. Your practitioner is training to be a degree-qualified Acupuncturist.

### Stop Smoking with the NADA Protocol\*

The NADA Protocol is a world-renowned series of acupuncture treatments for smoking addiction. Acupuncture offers a safe, effective and chemical free way to support people motivated to quit their smoking addiction for good. Ask us about booking a group or individual session.

\*check with your local clinic for availability.

### Homeopathy

Homeopathy is all about gentle and holistic healing. A consultation with a homeopathic student practitioner encompasses reviewing the details of your health condition, and also focuses on holistically understanding the person who is experiencing the illness – you. Homeopathic remedies use individualised preparations from plant, mineral or animal substances to stimulate the body's ability to heal itself and strengthen overall constitution.

**You can expect** a visit to a homeopath to be run between one hour and one hour and a half. During your initial visit a homeopath will look to paint your 'Patient picture', uncovering details of past and present symptoms, both physical and mental-emotional. The better the homeopath understands you as a whole individual patient, the better they can match the most similar 'Remedy picture' for your condition from the homeopathic pharmacy (Materia Medica). Your practitioner is training to be an Advanced Diploma-qualified Homeopathy practitioner.

### Naturopathy

Naturopathy is all about finding the innate point of balance within each individual. Naturopaths trust in your body's inherent wisdom to heal itself and acknowledge that all bodies are truly unique. They look beyond symptoms to identify and treat underlying causes of illness by considering you as a whole – mind, body and spirit. Your practitioner will search for the most natural, least invasive and least toxic therapies to address your health concerns.

**You can expect** a visit to a naturopath to take one hour or more. A naturopath will take a very thorough wellness history, asking about your diet, lifestyle, stress, and environmental exposures. They may also conduct a physical examination, take your blood pressure, check your pulse, take photos of your iris and possibly request further laboratory tests if necessary. Alongside prescribed therapies (which may include nutritional counselling, herbal medicine, flower essences and iridology) your practitioner will work to empower you to make the lifestyle changes necessary to achieve and proactively maintain the best possible health. Your practitioner is training to be a degree-qualified Naturopathy practitioner.

### Nutritional & Dietetic Medicine

A clinical approach to healthcare underpins the philosophy and framework of Nutritional & Dietetic Medicine practice at Endeavour College of Natural Health. This encompasses a whole-system approach to healthcare that considers the physical, emotional, social, economic, and spiritual needs of the individual.

Clinical Nutritionists can aid in the prevention and management of a wide range of complex health conditions, including digestive complaints, stress and fatigue, mood disorders and sleep problems, allergies and autoimmune diseases, cardiovascular disease, female and male reproductive concerns, and other endocrine disorders.

A consultation with one of our student Clinical Nutritionists will involve a comprehensive and holistic assessment of your health, including assessment of nutrient adequacy, food quality, dietary behaviours and lifestyle. Frequently anthropometrics and bio-impedance analysis are used. Our student Clinical Nutritionists will work with you to determine attainable health goals that will optimise your health and wellbeing. Treatment recommendations will be provided on a tailored Treatment Plan and will encompass dietary and lifestyle recommendations, as well as the provision of nutritional supplements, where appropriate.

Your practitioner is training to be a degree-qualified Nutritional & Dietetic Medicine practitioner and once qualified will be a fully-fledged Clinical Nutritionist – enabling him/her to establish a practice in which they can see their own clients, in much the same way as a fully-qualified Naturopath does. A number of private health fund providers also provide rebates for Clinical Nutrition consultations and treatments.

### Seated Massage

Seated massage is a short time-out to unwind and decrease muscular tension when you don't have time for a full relaxation massage. Clients remain fully clothed and are treated on a supportive massage chair. This session is fantastic for your lunch break, or before/after work to help to decrease muscular aches and stiffness.

**You can expect** a Seated Massage to be convenient, relaxing and rejuvenating. A 30 minute consultation includes a short collection of your health history and tissue health assessment via palpation. Therapeutic relaxation massage techniques are typically applied over clothes to the back, neck, head and arms (or as preferred), while the client rests in a supportive massage chair. Hands-on treatment lasts up to 20 minutes. All therapists are currently undertaking a Myotherapy higher education degree.

