

[n8] health[®]

G R O U P

innate |i'nat| adjective

inborn: natural; intuitive; inherent

n8 health is committed to providing allied health care in a professional, caring and vibrant environment. Our team of dedicated practitioners are ready to discuss your plans for returning to good health or reaching your health potential.



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63 Nish Street, Echuca VIC 3564

www.n8health.com.au



chiropractic

Modern and safe Chiropractic care for you and your family provides a natural way to stay healthy, flexible and energised for your daily tasks.

Thorough and careful examination from our Chiropractors along with on site X-ray provides a complete approach to your spinal health care.

massage

Benefit from our highly trained massage therapists, providing relaxation, remedial, hot stone, pregnancy, chair and therapeutic massage.

naturopathy

Naturopathy encourages your body's innate ability to heal whilst educating and motivating you to enjoy better health and wellness through diet, lifestyle and some supplementation. Ideal to help with; Gaining energy, Digestive issues, Weight loss, Healthy Ageing, Skin conditions, Hormonal Issues, Detox programs, Immune boosting/Allergies.

yoga

Yoga invites us to harmonise our body, breath and mind as a way to experience wakefulness and compassion in our daily lives.

speech pathology

A client focused service providing help with communication and/or swallowing. Assessment and therapy is available for speech, comprehension, stuttering, voice and swallowing difficulties for infants to adults.

prescription mattresses

Helping you to choose a mattress to support YOUR spine. Invest in the right foundation for a great night's sleep, feel refreshed each morning and ready to go.

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