

### **Acupuncture-Japanese (Dry Needling):**

The basis of this beautiful medicine is to regulate Ki (energy) flow along the Meridians which makes Japanese Needle Therapy an extremely gentle form of complementary medicine. \$95 / hr

**Bowen Therapy:** a light manoeuvring of the muscle, tendons or ligaments. It is a cross fibre muscle release technique that balances and stimulates energy flows, resulting in a deep sense of overall relaxation. It is a very effective for muscular-skeletal problems, including ankle, knee, lower back and neck pain. \$95 / hr

**Counselling:** We assist you to explore the deeper layers of what is occurring for you. Through this you gain clarity and self-knowledge to know what you truly think, feel and want. You become empowered not only to solve your immediate problems but to create deep and long lasting change in your life and yourself. Individual \$85 / hr Relationship \$95 / hr. (Concessions available.)

**Cranio Sacral Therapy:** helps correct structural imbalances in the human body allowing the innate intelligence to go where it needs to go and to restore impeded circulation, alleviate any nerve impingement and thus allowing dysfunctional cells to heal themselves. The power that made your body can heal your body. Cranio-sacral Therapy helps to turn on your healing power! \$85 / hr

**Ear Candling:** A simple, pain free method removes ear wax and residuals of past infections. It may assist in eliminating the discomfort of sinusitis, ringing in the ears, poor hearing, vertigo, hayfever, rhinitis, jetlag & snoring. Includes face & head massage for drainage. \$85/hr

**Virtual Gastric Banding Hypnosis:** Do you want to lose kilos? Do you want to feel slim, fit and healthy? No surgery, no pain, non-invasive and a natural procedure with no side effects or medical risks. This technique utilises the power of the mind convincing it that your stomach has shrunk to the size of a golf ball. No dieting involved. Permanent change thru significant weight loss.

**Naturopathy:** Seeks to use the natural healing powers of the body to cure itself, focussing on treating the cause of a disease rather than the symptoms. It works on strengthening the body's natural defences, noting skin, nails, hair, tongue and eyes, & incorporating diet, nourishment, cleansing of toxins, & identification of allergies, using herbal remedies. \$95/ hr or \$48/30mins

**Emotional Freedom Technique (EFT):** We work with people to reduce their stress so they can lead a more effective life. This therapy releases the burden of past hurt, anger and guilt which holds you back from leading a successful life. We can transform your life and get you back in control and not your emotions. One of the fastest and most effective healing modalities, addressing overwhelming feelings of anger, resentment, sadness, guilt, past traumatic events, relationships and more. \$125 / hr

**Energetic Healing / Chakra Balancing:** Planet Earth is moving through energetic changes and it's vibrational energy frequencies have begun to rapidly intensify. This is creating enormous changes within Matter and Light, the fundamental structures of our Planet, human bodies, psyches, consciousness and DNA. The effects vary and many people are currently experiencing new types of illnesses, diseases, viruses, confusion, depression, migraines, dizziness, stresses, anxiety issues, digestive problems, emotional issues, and many other un-explainable energetic reactions. We rebalance your life. \$125 / hr

**Homeopathy:** Is the fascinating science of curing illness and disease with very small amounts of herbs, minerals and elements that naturally stimulates the body's own healing powers. Thus homeopathic treatment is believed to stimulate the body's ability to fight infection and susceptibility to disease. \$95/hr or \$48/30m

**Hypnotherapy:** Unconscious programs determine your degree of happiness and success in your life. By reprogramming, in a trance or dream-like state you can identify deeply held blocks to health, wealth, relationships, creativity, happiness, and spiritual development, helping you to resolve issues and re-create your life. We have specific programs for stopping smoking, insomnia, fears, addictions, phobias and weight loss. \$135 / hr

**Kinesiology :** Primarily this is used to identify imbalances in the body's structural, chemical, emotional, spiritual or other energy and to establish the body's priority healing needs. There are flows of energy within the body that relate not only to the muscles but to every tissue and organ that go to make the body a living, feeling being. Energy balancing brings a person closer to achieving any goal of their choice in sport, relationships, learning or coping with life in general, and is definitely life-changing. \$125 / hr

**Spiritual Healing:** works simultaneously on all of a client's physical, mental, emotional and spiritual levels. Charlie is totally channelled by his guides for the whole consultation. Many issues can be addressed including pain, injury, lack of energy, fatigue, fear, anxiety, phobias, emotional blocks, relationship problems, self esteem and confidence issues, painful memories, emotional imprints and removing past life attachments. \$125 / hr

**Massage - Facelift Massage:** You will find this treatment profoundly calming, nurturing and balancing. Release stress and toxins, improve skin and muscle tone by stimulating and increasing blood circulation. \$85 / hr

**Massage - Hawaiian Lomi Lomi Healing:** An exquisite form of healing that nurtures your entire being. It imparts profound relaxation and opens you up to feelings of love, joy and peace. \$90 / hr

**Massage - Deep Tissue Body Work:** This brilliant sports massage is a combo of remedial, acupressure, Thai and Indian Head techniques, relieving tension, strains, and injuries in nerves, muscles, tendons & ligaments \$95 / hr

**Massage - Indian Head:** Powerful and traditional Indian Head massage for shoulders, neck, scalp and face is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. \$85 / hr

**Massage - Japanese Shiatsu:** Shiatsu literally means finger pressure and as such describes part of the therapy whereby natural body weight (finger, thumbs, elbows, forearms, feet and knees) is used in applying pressure to special points on the body. \$95 / hr

**Massage - Pregnancy:** Pregnancy massage has been found to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints. Popular for back pain, when choices for pain relief, such as medication, are often limited. \$95 / hr

**Massage - Therapeutic / Remedial:** can assist the body in its own healing processes, where disease or injury has occurred in muscles, connective tissues, bones, joints and internal organs. Massage can also assist healing through its effect on the psychological condition of the patient, increasing a sense of confidence, well-being and relaxation. \$95 / hr

**Massage - Hot Stone Massage:** A lovely hot stone massage uses heated oiled stones held in the palm to massage the body with firm strokes to address specific problem areas with more detailed work or deeper pressure. The client can request light, medium or deep pressure. \$150 / 90 mins

**Massage - Swedish Relaxation:** increases oxygen flow in the blood & releases toxins from the muscles, shortens recovery time from muscular strain, increases circulation without increased heart load, stretches ligaments and tendons, stimulates skin and soothes the nervous system. Relaxing & invigorating, reducing stress, both emotional and physical. \$90 / hr

## Quit Cigarettes in 60 minutes! Guaranteed!!!

Using a combination of hypnotherapy, NLP, reframing and support materials this program makes it easy to give up the unconscious habit of smoking. We back up our sessions with a guarantee, if you start smoking again we will do a follow up session at no charge to help you become a non-smoker again!

**Reconnective Healing ®:** A natural healing session first practised by Dr Eric Pearl which goes beyond many other energy healing and techniques. \$100 / hr

**The Reconnection ®:** The Reconnection connects your body's meridian lines, sometimes called axiatonal or acupuncture lines, with that of the Earth and the grid lines of the Universe. It requires two consecutive sessions of approx 60 minutes. \$333 / 2hrs

**Reflexology:** A technique for stimulating the body's own natural healing response by applying pressure with the thumbs and fingers to reflex points in the feet, face & hands. \$90 / hr

**Reiki:** Reiki is a natural healing method using the Universal Life Energy (chi) for balance, health and harmony. \$85 / hr

**Tarot / Psychic / Clairvoyant Readings:** We have extremely talented and gifted spiritual psychic/clairvoyants/mediums & Tarot readers who are able to offer spiritual guidance in times of uncertainty or stress. \$100 / hr

**Theta Healing:** Teaches people to connect to the divine by accessing the theta state, deep emotional blocks are met and resolved, resulting in immediate, life changing transformations. \$90 / hr

**Vibrational Healing:** Planet Earth is moving through vibrational energy frequency changes dramatically changing our bodies, psyche, consciousness and DNA, causing new types of diseases, viruses, confusion, depression, migraines, dizziness, anxiety, digestive problems, emotional issues and other energetic reactions. This form of healing will eliminate most of these issues in one consultation. Distant healing also available. \$125 / hr

**Women's Health:** A natural & drug-free way for challenges arising in women's experiences with symptoms such as PMS, menopause, hot flushes, depression, foggy thinking, anxiety, acne, migraines, infertility, insomnia, endometriosis, breast tenderness and much more. \$95 / hr or \$48 / 30 mins

**Yoga Therapy:** Empowers and supports you to manage your health using the principles of yoga & a range of yoga practices including movement, breath work, visualisations, relaxation, meditations, mantras & self development guidance within a one-on-one relationship. \$90 / hr

## OPENING HOURS

Monday to Friday 9am to 9pm

Saturday 9am to 6pm

Sunday & Public Hols Closed  
BY APPOINTMENT ONLY

## MEDITATION CLASSES

Wed 7.45—8.45pm

\$ 85 for 5 Weeks (\$17 session)  
or \$22 casual rate

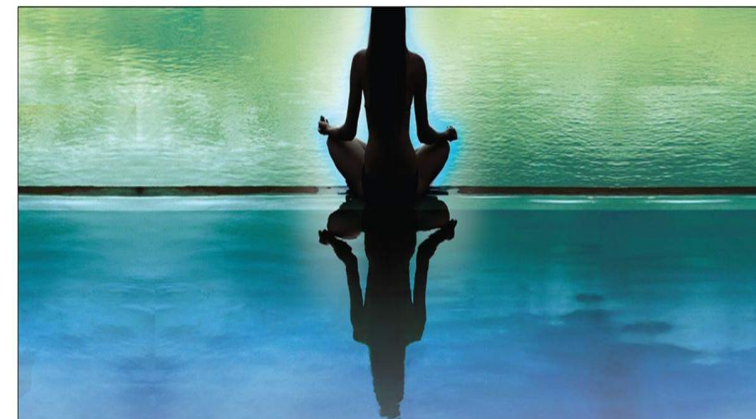
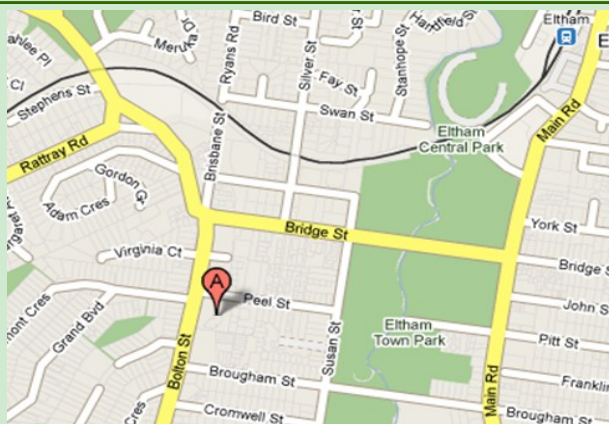
## SPIRITUAL DEVELOPMENT CIRCLE

Tuesdays 10am-12noon & 7.30pm-9.30pm

Grow your natural spiritual and mediumship abilities and connection with Spirit.

\$25 per 2 hour session

Clients may purchase natural healing remedies and products, self hypnosis CD's, incense, essential oils, beautiful healing crystals and hand-made jewellery at the Centre. We offer 10% discount on appointments for Ridge Gym members and staff.



# ELTHAM NATURAL HEALING CENTRE

Our Centre offers a large range of natural healing modalities, remedies and beautiful facilities with the consultancy services of the highest standards ensuring the best natural care for our clients.

Our approach is holistic with the emphasis on helping clients to achieve and maintain long term wellbeing.

Call  
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