

Waverley Community and Seniors Centre

31-33 Spring St, Bondi Junction

Tel. 9083 8999



WAVERLEY
COUNCIL

Wellness (health and beauty) services

Services	Podiatry	Remedial Massage	Reflexology	Bowen Therapy	Hair cut & Style only
Day	Thursday 2 nd and 4 th	Tuesday	Tuesday	Monday	1 st Thursday
Duration	20 minutes	50 mins	40 mins	50 mins	30-45 mins
Providers	Isobel Minack	Catherine	Catherine	Aislynn	Aislynn
Cost	\$45	\$55	\$25	\$25	\$20/25
Rebate	Yes	Yes	No	No	No

Please remember to:

Be on time

Make payment before commencement of your session

request for a receipt if you like to claim from your health fund

For your next booking or cancellation contact us on Tel. 9083 8999

Make payment at your next visit - for no shows or less than 24 hours' notice

Podiatry referral Information for Enhanced
Primary Care Plan (EPCP) claims

Podiatrist - Isobel Minack

Medicare provider no. 4621593Y



Eftpos facilities are not available for the above services.

Please remember to bring along your Medicare, health fund and/or
DVA cards. For cash payment – please bring in the correct amount.

Thank you.

Further Information on the wellness services

Bowen

Bowen therapy is a holistic approach to pain relief and healing. Through soft tissue or facial release and integration techniques, it stimulates the body to correct dysfunctions and restore balance. It treats the cause rather than the symptoms. The main benefit is the often rapid and long-term relief from pain, reduced stress, greater mobility and improved physical and emotional quality of life. Extra benefits include increased energy, improved immune system, rebalancing of the body, improved circulation, lymphatic drainage and detoxification.

Reflexology

Reflexology is a serious advance in the health field and should not be confused with massage. Reflexology helps to normalize body functions. A Reflexology session relaxes the stress that can affect your health.

Bookings and initial appointment: adminmillhill@waverley.nsw.gov.au or antoniette.dsouza@waverley.nsw.gov.au contact us on Tel. 9083 8999

Check our website: www.waverley.nsw.gov.au for our Fitness Program ☺

Podiatry

Podiatrist does foot care, remove corns and calluses and attends to the in-grown toe nails. You can also get advice on foot care and related concerns.

Massage

Tight muscles (from bad posture, stress, injury, disease etc) can make you feel tired but a good massage relieves tension and increases circulation, to bring more oxygen to the muscles and get rid of toxins. If you are stressed about something, you're probably tensing your muscles. A body massage can help work on both. Choose half or full body massage which leaves you relaxed and invigorated whilst improving your health.

Hair cut/blow dry

Our clinic allows room for haircuts and blow dry only. **No** shampoo, colour or tints service provided.