Waverley Community and Seniors Centre
31-33 Spring St, Bondi Junction
Tel. 9083 8999

Wellness (health and beauty) services

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

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.

**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.

**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](http://www.waverley.nsw.gov.au) for our Fitness Program 😊