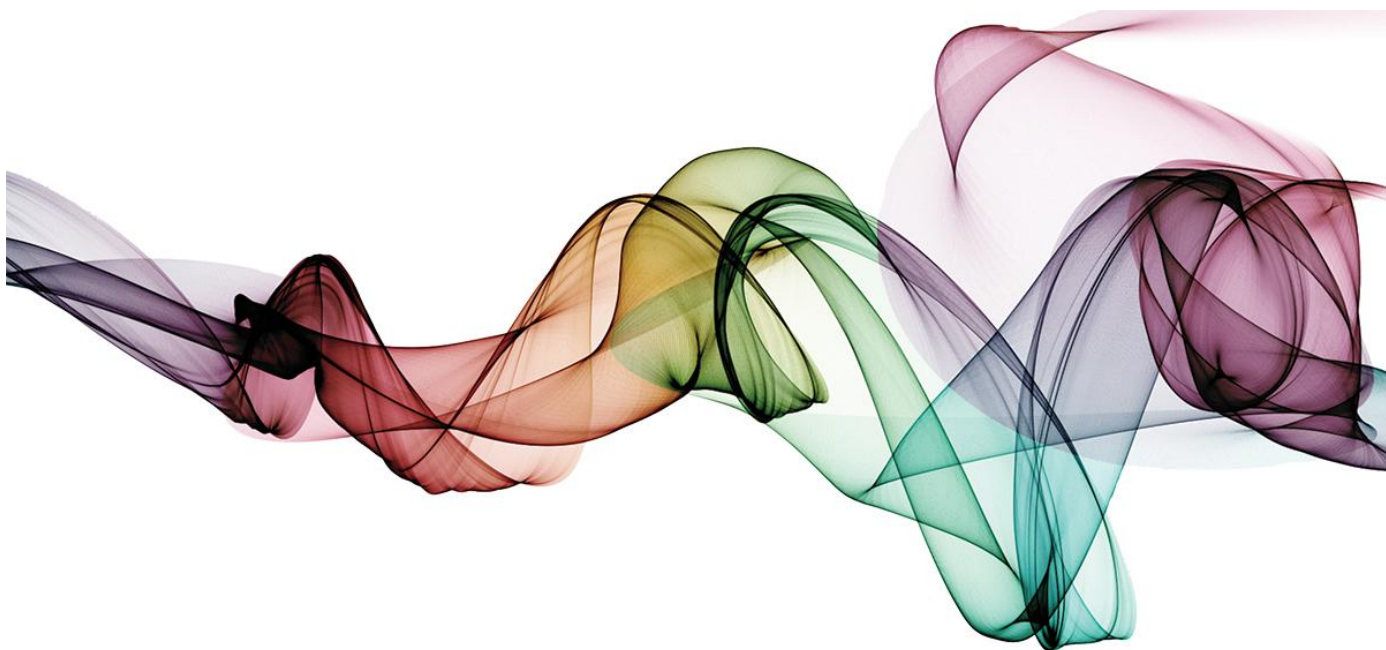




NORTHLAND & AUCKLAND SERVICE DIRECTORY

We hope that you will find something in here that will bring support, special moments, relaxation and practical help.

Please note:

Sweet Louise takes great care to offer services that will not interfere with any other treatments you may be having. Regarding Body services, please always check with the therapist if in doubt.

At any time if you would like assistance, please contact your Support Coordinator or call 0800 11 22 77 or email members@sweetlouise.org.nz

While Sweet Louise takes reasonable care in selecting participating providers, Sweet Louise cannot fully assess the quality of all the benefits offered or provided by participating providers, or whether they are appropriate for any or all members.

We try to keep this Service Directory as up to date as possible, but there may be changes made to the services offered. Please check with the Service Provider before booking.

BODY

Bodywear, Headwear, Wigs, Skincare, Hair

AARAN CHURCH ACUPUNCTURE, NORTHLAND

Services provided: **Reflexology, reiki, acupuncture, positive mind techniques.**

Contact details: aaranipp@gmail.com, 021 229 7489

ABC BREAST CARE LTD, NORTH AUCKLAND

Services provided: **Bodywear, headwear.**

Contact details: www.abcbreastcarenzltd.co.nz, trudi@abcbreastcarenzltd.co.nz, 021 335 595

ACAJOU BEAUTY THERAPY, CENTRAL AUCKLAND

Services provided: **Beauty.**

Contact details: www.acajou.co.nz, spa@acajou.co.nz, 09 378 4180

ACTIVE + ELLERSLIE, CENTRAL AUCKLAND

Services provided: **Exercise, physiotherapy.**

Contact details: www.activeplus.co.nz, kate.corbett@activeplus.co.nz, 021 779 801, 09 579 0004

THE ACUPUNCTURE SANCTUARY, CENTRAL AUCKLAND

Services provided: **Acupuncture.**

Contact details: www.acupuncturesanctuary.co.nz, info@acupunctuary.co.nz, 021 296 1188, 09 816 8000

AG HEALTH AND WELLNESS, CENTRAL AUCKLAND

Services provided: **Reflexology, reiki, positive mind techniques.**

Contact details: www.aghealthandwellness.co.nz, adriana@aghealthandwellness.co.nz, 027 445 0914

AROMASPA, CENTRAL AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage, aromatherapy.**

Contact details: www.aromaspa.co.nz, bronwyn@aromaspa.co.nz, 021 225 8046

AUCKLAND THERAPEUTIC MASSAGE, CENTRAL AUCKLAND

Services provided: **Massage.**

Contact details: www.aucklandtherapeuticmassage.co.nz, info@aucklandtherapeuticmassage.co.nz,
0800 100 368

BLUE WATERS MASSAGE CLINIC, CENTRAL AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage.**

Contact details: chris_hofmann@icloud.com, 09 372 9003

BOGAARTS STYLING LOUNGE & WIG ROOM, SOUTH AUCKLAND

Services provided: **Haircare, wigs.**

Contact details: bogaarts@xtra.co.nz, 09 238 8766

BOUTIQUE BEAUTY, SOUTH AUCKLAND

Services provided: **Beauty.**

Contact details: www.boutiquebeauty.co.nz, botiquebeautypukekohe@gmail.com, 021 845 631

CHIROPRACTIC TOUCH, NORTH AUCKLAND

Services provided: **Acupuncture, chiropractic care, cupping, Gua Sha, Tui Na.**

Contact details: www.chiropractictouch.co.nz, mel@chiropractictouch.co.nz, 022 416 3484

DENISE'S BREAST CARE, CENTRAL AUCKLAND

Services provided: **Bodywear, headwear.**

Contact details: www.denisesbreastcare.co.nz, denise@denisesbreastcare.co.nz, 022 102 8873

ELITE FEET PODIATRY, NORTH AUCKLAND

Services provided: **Footcare.**

Contact details: www.elitefeet.co.nz, info@elitefeet.co.nz, 021 036 3702

ESSENTIALLY SKIN LTD, NORTHLAND

Services provided: **Skincare, massage.**

Contact details: www.essentiallyskin.co.nz, skin2@essentiallyskin.co.nz, 09 438 8915

THE ESSENTIALS – MASSAGE & NATURAL BEAUTY, NORTHLAND

Services provided: **Skincare, massage.**

Contact details: www.theessentials.co.nz, info@theessentials.co.nz, 09 506 2081, 021 509 086

FACE FACTS, CENTRAL AUCKLAND

Services provided: **Beauty, massage.**

Contact details: www.facefacts.co.nz, beautytherapy@facefacts.co.nz, 021 474 116, 09 524 2354

FOOTLOOSE REFLEXOLOGY, CENTRAL AUCKLAND

Services provided: **Reflexology, reiki, massage.**

Contact details: www.footloosereflexology.co.nz, kerry@footloosereflexology.co.nz, 021 0253 2785

FUCHSIA HAIR DESIGN, NORTH AUCKLAND

Services provided: **Haircare.**

Contact details: www.fuchsiahairdesign.co.nz, info@fuchsia.co.nz, 021 0259 9122

HAVEN BEAUTY AND WELLNESS, NORTH AUCKLAND

Services provided: **Beauty, massage, skincare.**

Contact details: www.havenbeautyandwellness.co.nz, hello@havenbeautyandwellness.co.nz, 021 217 4047

HONEY CENTRE WARKWORTH, NORTH AUCKLAND

Services provided: **Skincare.**

Contact details: www.honeycentre.com, info@honeycentre.com, 09 425 8003

IKIGAI MASSAGE, SOUTH AUCKLAND

Services provided: **Reflexology, reiki, massage.**

Contact details: www.ikigaimassage.co.nz, ikigaimassagenz@gmail.com, 09 948 0688, 028 8518 5297

IN TOUCH HEALTH, CENTRAL AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage, positive mind techniques.**

Contact details: www.intouchhealth.co.nz, nicky@intouchhealth.co.nz, 021 299 1054

JESSICA'S WIG & BEAUTY SALON, NORTH AUCKLAND

Services provided: **Wigs, headwear.**

Contact details: www.jessicawigsalon.co.nz, info@jessicawigsalon.co.nz, 09 815 0275, 027 5002 114

JUDITH HOWE REFLEXOLOGY, CENTRAL AUCKLAND

Services provided: **Reflexology, reiki.**

Contact details: reflexjudith@gmail.com, 027 244 5829

KAREN'S REFLEXOLOGY, NORTH AUCKLAND

Services provided: **Reflexology, reiki.**

Contact details: www.karensreflexology.co.nz, karensreflex@gmail.com, 021 174 6543

KARINA JENSEN REIKI, NORTHLAND

Services provided: **Reflexology, reiki.**

Contact details: keenasone@gmail.com, 021 0829 1466

THE LOMI ROOM, CENTRAL AUCKLAND

Services provided: **Massage, positive mind techniques.**

Contact details: www.thelomiroom.co.nz, naomi@thelomiroom.co.nz, 021 434 300

LYMPH THERAPIES, SOUTH AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage.**

Contact details: www.lymphtherapies.co.nz, admin@lymphtherapies.co.nz, 021 242 9337

MARAETAI DAY SPA, SOUTH AUCKLAND

Services provided: **Beauty, skincare, massage.**

Contact details: pauline.sharman@gmail.com, 021 036 6237, 09 536 4453

MASSAGE WAIHEKE, CENTRAL AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage, aromatherapy.**

Contact details: www.massagewaiheke.nz, cushla@massagewaiheke.nz, 027 752 6146

MEGAN JOHNSON AROMATHERAPY, CENTRAL AUCKLAND

Services provided: **Reflexology, reiki, aromatherapy.**

Contact details: megaroma26@gmail.com, 021 389 151

MIKA STYLES, CENTRAL AUCKLAND

Services provided: **Haircare.**

Contact details: www.mikastyles.co.nz, hello@mikastyles.co.nz, 09 302 0700

OCEANVIEW THERAPIES, NORTH AUCKLAND

Services provided: **Massage.**

Contact details: www.oceanviewtherapies.nz, info@oceanviewtherapies.nz, 09 425 7720, 021 269 4219

PROFESSIONAL YOGA, CENTRAL AUCKLAND

Services provided: **Exercise, physiotherapy.**

Contact details: www.professionalyoga.net, edit@professionalyoga.net, 021 0821 3462

RETURN TO FORM, CENTRAL AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage, exercise, physiotherapy.**

Contact details: www.returntoform.com, info@returntoform.com, 09 886 4611, 021 793 337

SOLE TO SOUL, MOBILE FOR ALL OF AUCKLAND

Services provided: **Footcare, massage.**

Contact details: www.soletosoul.co.nz, info@soletosoul.co.nz, 09 832 5001

SOUTHERN PHYSIOTHERAPY, SOUTH AUCKLAND

Services provided: **Exercise, physiotherapy, acupuncture.**

Contact details: reception@southernphysio.co.nz, 09 297 7119

SOUTHERN PODIATRY, SOUTH AUCKLAND

Services provided: **Footcare.**

Contact details: www.southernpodiatry.co.nz, admin@southernpodiatry.co.nz, 09 235 2060

STEP UP PODIATRY, SOUTH AUCKLAND

Services provided: **Footcare.**

Contact details: www.stepuppodiatry.com, maxwell.stepuppodiatry@gmail.com, 0800 111 224, 027 333 2044

TOP NOTCH BODYWORKS, CENTRAL AUCKLAND

Services provided: **Acupuncture, osteopathy.**

Contact details: info@topnotchbodyworks.co.nz, 021 181 8380 (via WhatsApp)

TRUE POTENTIAL, NORTH AUCKLAND

Services provided: **Massage.**

Contact details: www.truepotential.co.nz, angela@truepotential.co.nz, 027 800 0358

VICKY MCMATH MASSAGE & LYMPH DRAINAGE THERAPY, NORTH AUCKLAND

Services provided: **Lymphoedema therapy, oncology massage.**

Contact details: www.vmcmassagemld.co.nz, victoriamecmath@gmail.com, 021 416 683

VITAL REIKI, MOBILE FOR ALL OF AUCKLAND

Services provided: **Reflexology, reiki.**

Contact details: www.jackiesegers.com, vitalreiki@xtra.co.nz, 021 799 770

THE WELLNESS HAVEN LTD, NORTH AUCKLAND

Services provided: **Chiropractic, applied kinesiology.**

Contact details: stacey@wellnesshaven.net, 020 4136 3088

WHANGAREI FOOT CLINIC, NORTHLAND

Services provided: **Footcare.**

Contact details: www.whangareifootclinic.co.nz, whangareifootclinic@outlook.com, 027 281 3506,
09 438 0294

MIND**Positive mind, relaxation techniques****AUCKLAND SCHOOL OF QIGONG, CENTRAL AUCKLAND**

Services provided: **Positive mind techniques.**

Contact details: elisabeth@shuichuan.com, 09 372 5492, 021 142 2667

KIMIORA HEALING, CENTRAL AUCKLAND

Services provided: **Reiki, mindfulness sessions, emotional freedom technique/tapping, integrative cancer care workshops.**

Contact details: www.kimiorahealing.co.nz, 027 442 1900

SERVICES**Meals, Home Help, Transport, Floral, Gifts, Jewellery****ACTIVE SEXLIFE SOLUTIONS, CENTRAL AUCKLAND**

Services provided: **Sexual therapy.**

Contact details: www.activesexlife.net, edit@asls.nz, 021 239 7946

FLEUR & CO, NORTH AUCKLAND

Services provided: **Flowers, gifts.**

Contact details: www.fleurandco.nz, alina@fleurandco.nz, 027 720 2077

GATTINGS, CENTRAL AUCKLAND

Services provided: **Meals, baking.**

Contact details: www.gattings.co.nz, info@gattings.co.nz, 09 521 7220

KAIPARA CLEANING CO, NORTH AUCKLAND

Services provided: **Cleaning, gardening, home maintenance, home help.**

Contact details: www.kaiparacleaningco.co.nz, kaiparacleaningco@gmail.com, 021 114 6729

MATAKANA CINEMAS, NORTH AUCKLAND

Services provided: **Cinema.**

Contact details: www.matakanacinemas.co.nz, mathew@matakanacinemas.co.nz, 09 423 0218

MIRANDA SMITH PERSONAL HOME CARE, AUCKLAND

Services provided: **Caregiving, shopping, meal preparation, housekeeping, companionship.**

Contact details: www.mshomecare.co.nz, info@mshomecare.co.nz, 0800 600 026

MY CELEBRANT, CENTRAL AUCKLAND

Services provided: **Celebrant.**

Contact details: www.mycelebrant.co.nz, itssarahjb@gmail.com, 027 288 9802

SABRES EZI-MEALS LTD, NORTHLAND

Services provided: **Meals, baking.**

Contact details: www.sabresezimeals.co.nz, sabresezimeals@gmail.com, 09 435 0947

