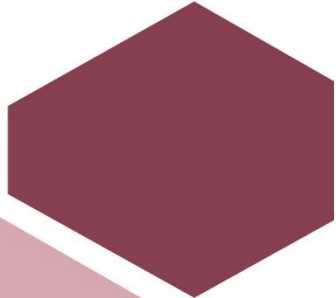


SWEET  
*Louise*

***Service  
Directory***



*Welcome  
to the*

# SWEET *Louise*

## *Service Directory*

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

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

At any time if you would like assistance please call on *0800 11 22 77*  
or go to *[www.sweetlounge.co.nz/services](http://www.sweetlounge.co.nz/services)*  
or email *[members@sweetlounge.co.nz](mailto:members@sweetlounge.co.nz)*

Sweet Louise supports the Covid-19 Vaccination program. The member is responsible for checking any health procedures (and any COVID-19 vaccination arrangements) that the Service Provider has in place, before using the vouchers.

Sweet Louise does not take any responsibility for Service Providers.

We make an effort to keep this Service Directory as up to date as possible, but there may be some changes to services offered.

# Contents

## Nationwide Providers

### Auckland & Northland



#### Body

Acupuncture, beauty

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Craniosacral therapy, exercise, footcare

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Hair, wigs & hats, hydrotherapy

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Lymphoedema treatment, massage

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Nutrition, physiotherapy, pilates

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Reflexology & reiki

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Shiatsu, Tai chi, Qigong & yoga

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#### Services

Baking, bodywear, compression sleeves, cafe

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Celebrant, cinema, cleaning, gardening & home maintenance

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Floral, Meals, personal home care, photography & audio

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Tea Tasting, transport

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#### Mind

Counselling, creative therapy, positive mind

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## Waikato & Central North



### Body

Beauty, footcare, hair, wigs & hats

Hydrotherapy, lymphoedema treatment, massage

Physiotherapy & pilates, reflexology & reiki, yoga



### Services

Baking, bodywear, cinema, cleaning & gardening

Floral, meals, personal home care, photography, transport



### Mind

Counselling & emotional support, positive mind

## Mid-central & Lower North Island



### Body

Beauty, footcare, hair, wigs & hats

Lymphoedema therapy, Relaxation & Oncology massage

Pilates & physiotherapy, reflexology, reiki, Shiatsu, Yoga



### Services

Baking, bodywear, compression sleeves

Cleaning, gardening & home maintenance, floral

Meals, personal home care, photography, transport



*Mind*

Counselling & emotional support

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## *South Island*



*Body*

Beauty, lymphoedema therapy, Reflexology & Reiki, Skincare, Yoga

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*Services*

Headwear, photography, transport

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*Mind*

Counselling, positive mind

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Further information/glossary

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# *Vouchers*

Each Sweet Louise member receives an annual allocation for \$300 worth of vouchers. The vouchers come in multiples of \$10, \$20, and \$50. Members choose the services they want to use and make arrangements directly with the service provider. Service providers are listed on both our website, <https://sweetlouse.co.nz/members/find-a-service/>, and in the service directory.

Members tell the service provider they would like to use their Sweet Louise vouchers to pay for the services and either give the service provider the paper vouchers or the voucher number if they are ordering services over the phone or

on a website. Vouchers can be used for a variety of services and with multiple service providers.

Any unused dollar amount on an individual voucher cannot be redeemed and service providers cannot give change. We ask that service providers round their service amounts to the closest \$10, \$20, or \$50.

Whilst we are careful to choose suppliers whose products should not interfere with any treatment you may be receiving, the providers listed are independent of Sweet Louise, we do not endorse their service or goods. It is up to you to confirm the terms noted by the provider and that you are happy with their code of practice. All providers offering treatments or therapies will have confirmed their registration and training status with the governing authority of their service. Not all service providers will be mandated to follow the governments covid – 19 vaccination programme so if this is important to you please check with them.

If you have any questions or need help with Sweet Louise vouchers, please contact us at 0800 11 22 77, [members@sweetlouise.co.nz](mailto:members@sweetlouise.co.nz) or your Sweet Louise support coordinator.

*Notes*

## *Nationwide providers*

### *Bespoke Jewellery*

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Name: *Timmy Smith Space*  
Address: 143 Ocean View Rd, Unit 5, Oneroa Village, Waiheke Island  
Contact: [info@timmysmith.co.nz](mailto:info@timmysmith.co.nz), 0272909400

Details: Bespoke Jewellery - \$260; Momento making - \$10 - \$100; Jewellery - \$55 - \$260. Can deliver nation/world-wide. Consultations via skype available

### *Bodywear, compression sleeves & headwear*

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Name: *Breast Care Products*  
Address: Nationwide services  
Contact: Please call 0800 264 822 for stockist or  
[www.breastcareproducts.co.nz](http://www.breastcareproducts.co.nz)

Details: for a wide range of mastectomy underwear & prosthesis

Name: *Can Do Clothing*  
Address: 33 Mervyn Place, Ohauiti, Tauranga  
Contact: 027 226 1732, [info@can-do-clothing.com](mailto:info@can-do-clothing.com),  
[www.can-do-clothing.com](http://www.can-do-clothing.com)

Details: Women's merino WG pullover 4-zip access (arms & upper chest), colour blush, sizes 8-18. \$269-299 inc. GST.

Name: *Hair Therapy Wigs*  
Address: 105 Barrington St, Somerfield, Christchurch  
Contact: 03 332 8569, 0274361684, [info@hairtherapy.co.nz](mailto:info@hairtherapy.co.nz),  
[www.Hairtherapy.co.nz](http://www.Hairtherapy.co.nz)

Details: The Hair Grip: \$30 plus postage & handling - \$10 non-rural and \$13.20 Rural delivery and can be shipped anywhere in New Zealand

Name: *Head High*  
Address: Nationwide services [www.headhigh.co.nz](http://www.headhigh.co.nz); homevisits  
Contact: 09 476 9014 or 027 2487509

Details: Hats, scarves and turbans for hair loss. Can use Ministry of Health subsidy or vouchers. Variable costs

Name: *Kaus Limited*  
Address: Nationwide at <http://www.kaushats.co.nz/>  
Contact: To order 021 100 2302, email [kerrin@kaushats.co.nz](mailto:kerrin@kaushats.co.nz). Please

give hat codes and voucher numbers

Details: Headwear specialists for women with hair loss. Variable costs

*Name:* *Naturalwear*

*Address:* Nationwide Services

*Contact:* [www.Naturalwear.co.nz](http://www.Naturalwear.co.nz) or 0800 612612; 0800 882892;  
0800 622 397

[Facebook.com/NZNaturalWear](https://Facebook.com/NZNaturalWear); Instagram [@NZNaturalWear](https://www.instagram.com/NZNaturalWear)

Details: Range of mastectomy underwear & prosthesis. Service Amount  
Pocketed bras for breastforms: \$50 – \$150, Breast prosthesis: \$200 – \$600,  
Amoena headscarfs: \$70 – \$130, Prepocketed swimwear: \$110 – \$220,  
Compression armsleeves: \$99– \$220.

## Cleaning, gardening, home maintenance

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Name: *Green Acres*  
Address: Nationwide coverage [www.greenacres.co.nz](http://www.greenacres.co.nz)  
Contact: [admin@greenacres.co.nz](mailto:admin@greenacres.co.nz) / main calling number: 0800 803 200

Details: Range of gardening, outdoor services and cleaning from \$60 per hour

Name: *Hire a Hubby*  
Address: Nationwide coverage [www.hireahubby.co.nz](http://www.hireahubby.co.nz)  
Contact: [office@hireahubby.co.nz](mailto:office@hireahubby.co.nz) or 0800 248 229

Details: Range of options from \$65 per hour

## Cinema

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Name: *Hoys*  
Address: Nationwide  
Contact: Your Support Coordinator

Details: Please note – you can't take Sweet Louise vouchers directly to the cinema. You can purchase cinevouchers by contacting your support coordinator.

## Flora & Gifts

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Name: *Fleur & Co*  
Address: Online at [fleurandco.nz](http://fleurandco.nz)  
Contact: Email to [alina@fleurandco.nz](mailto:alina@fleurandco.nz) or Phone 027 720 2077

Details: Fleur & Co is a boutique online store delivering a wide range of stunning floral designs in Auckland and healthy organic, natural gift boxes throughout New Zealand. Flower Boxes (Auckland only) \$45 - \$185; Gift Boxes (NZ wide) \$85 - \$225

Name: *GrandiFlora*  
Address: Nationwide coverage through teleflora  
Contact: 09 529 2516 or [grandiflora@xtra.co.nz](mailto:grandiflora@xtra.co.nz)

Details: Range available from \$45 plus delivery

Name: *Pioneer Orchids NZ*  
Address: Nationwide coverage

Contact: Gail at 021 205 0268, 09 434 6141,  
[nzpioneerorchids@gmail.com](mailto:nzpioneerorchids@gmail.com)

Details: North Island boxed orchids \$45 per box plus courier fees; South Island boxed orchids \$45 per box plus courier fees. Please note that orchids are seasonal flowers and are only available between June and October.

Name: *Raffy Bags*  
Address: 49 Victoria Road, Devonport, Auckland  
Contact: 022 683 1450 or [info@raffybags.com](mailto:info@raffybags.com)

Details: Cancer patient care bags \$174

### *Exercise*

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Name: *Pinc & Steel*  
Address: Nationwide  
Contact: [www.pincandsteel.com](http://www.pincandsteel.com)



Details: PINC & STEEL Cancer Rehab individual rehab assessment \$120; PINC & STEEL individual sessions \$70; Next Steps group exercise class screen \$60; Next Steps 10 session group exercise classes \$200 for 10 classes; PaddleON group exercise class and screen \$60; PaddleON 8 module exercise classes \$160. Certified Physiotherapists are located throughout NZ from Kaitaia to Invercargill. Register for the PINC Program on the website [www.pincandsteel.com](http://www.pincandsteel.com) for the clinic nearest to you. You will then receive an email with all the contact information for that clinic and how to make an appointment.

### *Footcare*

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Name: *Foot Mechanics*  
Address: Nationwide  
Contact: [www.footmechanics.com](http://www.footmechanics.com)



Details: Consultation which can include: toenail cutting, treatment of corns/callus, verruca treatment, debridement of ulcers, treatment of heel fissures: Starting at \$70

### *Hair & beauty*

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Name: *Vivo*  
Address: Nationwide Please go to [www.vivo.co.nz](http://www.vivo.co.nz) for pricing, hours, and



booking

**Contact:** [www.vivo.co.nz](http://www.vivo.co.nz) or 0800 400 300

Details: Vivo offer Hair Cuts, Colour/Foils/Balayage, Hair Ups, Facials, Peels, Advanced Skin Treatments, Brow and Lash Services, Manicure & Pedicure Treatments. Prices and operating hours vary from salon to salon. Please click on the links below or go directly to [www.vivo.co.nz](http://www.vivo.co.nz) for hours and pricing. For locations please visit [www.vivo.co.nz/location](http://www.vivo.co.nz/location)

### *Meals and baking*

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**Name:** *Bbquick*

**Address:** Nationwide delivery [www.bbquick.co.nz](http://www.bbquick.co.nz)

**Contact:** Phone 03 453 1000 for help with online ordering  
[www.bbquick.co.nz](http://www.bbquick.co.nz) Monday – Friday 8am – 6pm

Details: Frozen meals delivered. Various meal packages available.

The minimum order of meals is 8 per pack with a variety of packs available from \$54.90 to \$249, Shipping North Island \$14.99 and South Island \$9.90, Rural fee is \$4.90.

**Name:** *Eat*

**Address:** Nationwide delivery, [www.eat.co.nz](http://www.eat.co.nz)

**Contact:** Raewyn on 0800 328 333 please phone orders through or online [www.eat.co.nz](http://www.eat.co.nz)

Details: Range of soups, main meals, desserts and frozen meal packs from \$5, North Island next day delivery \$12 and South Island air freight next day \$20

**Name:** *Loaf*

**Address:** Nationwide delivery, [www.loaf.co.nz](http://www.loaf.co.nz)

**Contact:** 09 527 4354 or [orders@loaf.co.nz](mailto:orders@loaf.co.nz)

Details: Handcrafted slices \$5, cake loaves \$5, courier \$5

### *Personal home care*

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**Name:** *Miranda Smith Personal Home Care*

**Address:** Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch

**Contact:** [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running

errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Positive mind techniques*

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**Name:** *Peak Performance Studio*  
**Address:** Nationwide coverage via skype or phone  
**Contact:** [www.eft-emofree.com](http://www.eft-emofree.com) or [efthelp@gmail.com](mailto:efthelp@gmail.com) or 04 565 3888

Details: Emotional & health coaching, 60 minutes \$125 or block of 3 \$300

**Name:** *Stars of Aroha*  
**Address:** [www.starsofaroaha.co.nz](http://www.starsofaroaha.co.nz)  
**Contact:** Phone 09 235 0544, 0212404666 or [meditate@starsofaroaha.co.nz](mailto:meditate@starsofaroaha.co.nz)

Details: Stars of Aroha Meditation book \$20 Star cards \$25; Wooden gift box with wooden wool packaging \$15; Native wood rolling star: \$120; Sterling silver rolling star: \$265; Sterling silver rolling star boxed set \$285; Native wood rolling star boxed set \$165; Star cards boxed set \$55.00

### *Skin care & products*

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**Name:** *Maraetai Day Spa*  
**Address:** 8 Corsland place, Maraeti, Manukau, Auckland  
**Contact:** 021 036 6237 or 09 536 4453 or [pauline.sharman@gmail.com](mailto:pauline.sharman@gmail.com);  
<http://www.maraetaidayspa.co.nz>

Details: Multiple ranges of skincare products available through Maraetai Day Spa online shop <http://www.maraetaidayspa.co.nz>. World Organics product line also available. Check out the products on the World Organics website and then email all orders to Pauline at [pauline.sharman@gmail.com](mailto:pauline.sharman@gmail.com) together with your name, address, phone number, email address and voucher numbers. Maraetai Day Spa online shop is now able to offer products from the doTerra range of essential oils and products with Sweet Louise vouchers. Please go to [mydoterra.com/paulinesharman](http://mydoterra.com/paulinesharman) to place an order.

**Name:** *True Botanix Skincare*  
**Address:** 21 Graham Place, Bellevue, Tauranga 3110  
**Contact:** Contact Teena directly by Phone 027 551 7011 or by email [teena@truebotanix.co.nz](mailto:teena@truebotanix.co.nz), website [www.truebotanix.co.nz](http://www.truebotanix.co.nz)

Details: Clean, natural, toxic-free, vitamin enriched, botanical skincare, made right here in New Zealand. Please see website for full details.

**Name:** *Vivo*  
**Address:** Nationwide Please go to [www.vivo.co.nz](http://www.vivo.co.nz) for pricing, hours, and booking  
**Contact:** [www.vivo.co.nz](http://www.vivo.co.nz) or 0800 400 300

Details: Vivo Online store offer all leading professional haircare, skincare, makeup, body care products, electrical styling tools and more at [www.vivo.co.nz/shop](http://www.vivo.co.nz/shop).

### *Transport*

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**Name:** *Driving Miss Daisy*  
**Address:** Nationwide coverage  
**Contact:** 0800 948 432

Details: Transportation service, call to receive a quote

**Name:** *Freedom Drivers*  
**Address:** Nationwide coverage  
**Contact:** 0800 956 956 or [info@freedomdrivers.co.nz](mailto:info@freedomdrivers.co.nz)

Details: Transportation services call or email to receive a quote

## *And Something a Little Different ....*

### **Cafe Cards**

Cafe cards can be purchased with Sweet Louise vouchers – If you would like a cafe card, please contact your Support Coordinator and inform them the amount you want loaded on the card. They will order the card using your vouchers and will then let you know the numbers of the vouchers used. Please cross out or destroy the used vouchers. Sweet Louise will post the card to you.

### **Magazines**

Magazine subscription can be purchased using your Sweet Louise vouchers. Please contact your support coordinator to place an order for your subscription.



## Auckland & Northland

### Body



#### Acupuncture

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**Name:** *Aaran Church*

**Address:** Sambur Retreat, 11 Maraenui Dr, Kerikeri, Northland

**Contact:** aaranipp@gmail.com or 021 229 7489

Details: For pain relief, sleep assistance. 1 hour \$75; Saturday morning and offering mobile services.

**Name:** *Grace Acupuncture*

**Address:** 6 Pondersoa Dr, Iteha, Auckland

**Contact:** [grace.acu@gmail.com](mailto:grace.acu@gmail.com) or 021 226 2625

Details: Acupuncture – 1<sup>st</sup> visit \$80; Acupuncture follow-up \$60

**Name:** *Return to Form*

**Address:** Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120 Beaumont St, Auckland; LynnMall Medical Centre “Brickworks”, LynnMall (parking Totara Ave)

**Contact:** [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Acupuncture (with acupuncturist) – 1 hour \$95; Acupuncture (with physio) – 1 hour \$130.

**Name:** *Southern Physiotherapy*

**Address:** 355 Great South Rd, Papakura

**Contact:** [reception@southernphysio.co.nz](mailto:reception@southernphysio.co.nz) or 09 297 7119

Details: Acupuncture – \$65

**Name:** *The Acupuncture Sanctuary*

**Address:** 47a South Lynn Rd, Titirangi

**Contact:** [www.AcuAda.co.nz](http://www.AcuAda.co.nz), online booking  
<https://theacupuncturesanctuary.janeapp.com>  
021 296 1188; [info@acuada.co.nz](mailto:info@acuada.co.nz)

Details: Acupuncture 1 hour: \$90; Massage 1 hour: \$90

**Name:** *THT Chinese Medicine – Frank Wang*

**Address:** 197A Chivalry Rd, Glenfield, Auckland

**Contact:** By Phone 09 443 3580. Bookings essential.  
Please cancel by phone.

Details: Therapeutic Massage and/or Acupuncture (30 minutes) \$45;  
Therapeutic Massage and/or Acupuncture (45 minutes) \$60

**Name:** *Warkworth Acupuncture*  
**Address:** Kowhai Health & Medical Centre, 3/5 Alnwick St, Warkworth  
**Contact:** [contact@warkworthacupuncture.nz](mailto:contact@warkworthacupuncture.nz) or 021 557 272

Details: Acupuncture, Massage, Shiatsu, Osteopathy – Initial consultation and Treatment 1 hour: \$80; Follow-up treatments (for Sweet Louise) 1 hour - \$50 (usually concession \$250 for 5 sessions paid in advance)

### *Beauty*

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**Name:** *Acajou*  
**Address:** 37 Richmond Rd, Ponsonby, Auckland  
**Contact:** [www.ajacou.co.nz](http://www.ajacou.co.nz) or 09 378 4180 or [info@ajacou.co.nz](mailto:info@ajacou.co.nz)

Details: Facial 45 mins \$75, Massage 30 mins \$55, Manicure \$45mins, Pedicure \$75, Massage 60mins \$85

**Name:** *Boutique Beauty*  
**Address:** 12 Wesley St, Pukekohe, Auckland  
**Contact:** [www.boutiquebeauty.co.nz](http://www.boutiquebeauty.co.nz) or 021 456 312

Details: Facial 60 mins \$120, Facial 30 mins \$70.00, Manicure Full \$55, Manicure Mini \$40, Pedicure Full \$65, Mini Pedicure \$40, Eyebrow Shape \$20

**Name:** *Essentially Skin Therapy*  
**Address:** 13 James St, Whangarei  
**Contact:** <https://www.facebook.com/EssentiallySkin/> or 09 438 8915

Details: Essential Classic Facial \$105, Manicure 40 mins \$50, Pedicure 40mins \$50, Pure Fiji pedicure 1hr \$105, Pure Fiji manicure 1hr \$105, Eyeworks 30mins \$52, Massage 60 mins \$80.

**Name:** *Face Facts*  
**Address:** 182 Great South Rd, Remuera, Auckland  
**Contact:** 09 524 2354 or 021 474 116

Details: Massage Body 60 min \$ 110 or Back 30 min \$70, Manicure 60 min \$80, Pedicure 60 min \$90, Clarins Facial 45 min \$85 or 60 min \$120, make up \$70

**Name:** *KO Nails & Beauty*  
**Address:** 34 MacLaurin St, Blockhouse Bay, Auckland  
**Contact:** Online: <http://konailsbeauty.wix.com/konailsbeauty> Call: 09 6262 077 or 022 187 5915

Details: Basic Manicure/Pedicure: \$20/\$30; Deluxe Manicure/Pedicure: \$30/\$50; Gel polish Hand/Feet: \$30/\$40 Basic Facial: \$30; Deluxe Facial: \$50; Special Facial: \$70 Skin Care products available. Reiki: \$50 (1 hour)

**Name:** *Maraetai Day Spa*  
**Address:** 8 Corssland Place, Maraeti, Manukau, Auckland  
**Contact:** 021 036 6237 or 09 536 4453 or [Pauline.sharman@gmail.com](mailto:Pauline.sharman@gmail.com)

Details: Aromatherapy massage with foot spa and body butter (1 hour) \$120; Aromatherapy massage (30 min) with facial and scalp massage (30 min) \$120. Manuka honey and coconut products available through online shop. Also World Organics and doTerra. See [www.maraetaidayspa.co.nz](http://www.maraetaidayspa.co.nz) for details.

**Name:** *New Look Beauty & Skin Care Clinic*  
**Address:** 28 Law St, Torbay  
**Contact:** 021 026 11104 or [bevdomancie@gmail.com](mailto:bevdomancie@gmail.com)

Details: Facials – Express Skin Care \$55, Treatment Skin Care \$100. Eye Treatments – eyebrow tint \$20, eyelash tint \$30, eyebrow tint & shape \$40, eyelash & brow tint \$40, eyelash & brow tint and tidy \$50. Hand & Feet – Touch up treatment \$35, Luxury manicure \$55, “Pop In” pedicure \$45, Deluxe pedicure \$85. Massage – Relaxing back massage \$60, New Look Signature massage (1 hour) \$85.

**Name:** *The Essentials – Massage & Beauty*  
**Address:** 170 State Hwy, 10 Coopers Beach, Far North  
**Contact:** [www.massageandnaturalbeauty.co.nz](http://www.massageandnaturalbeauty.co.nz) or 09 06 2081

Details: Massage 30 min \$45, Massage 60 min \$75, Facials starting from \$65, Eyebrow shape and tint \$30, Pedicure \$65

**Name:** *Warkworth Medispa*  
**Address:** 45 Whitaker St  
**Contact:** Phone 09 425 7720  
**Email:** [info@warkworthmedispa.com](mailto:info@warkworthmedispa.com)

Details: Express facial \$75.00; Classical Facial \$95.00; Deluxe Manicure \$77.00; Deluxe Pedicure \$82.00; 30 min massage \$60.00; 1 Hour

massage \$95.00; Hot Stone Massage (40 mins) \$70; Pure Fiji Island wrap (1.5 hours) \$153.

### *Craniosacral Therapy*

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**Name:** *InTouch Health*  
**Address:** 107 Williamson Ave, Grey Lynn  
**Contact:** Nicky on 021 299 1054 or [nicky@intouchealth.co.nz](mailto:nicky@intouchealth.co.nz)

Details: Craniosacral therapy: \$80 for 60mins session at the clinic or \$110 for a hospital or home visit. Private tuition: Teaching a family member/care-giver to provide safe and loving touch/gentle massage to loved ones living with secondary breast cancer. Clinic visit 1 hour: \$80 Home visit 1 hour: \$110; Private tuition: Teaching a range of relaxation techniques including guided visualisation, body awareness and breathing techniques to members (and their family). Clinic visit 1 hour: \$80 Home visit 1 hour: \$110.

### *Exercise*

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#### **Please also see Exercise in Nationwide Providers**

**Name:** *Active + Plus Albany*  
**Address:** Unit 1, 84 Don McKinnon Dr, Albany  
**Contact:** Phone: 09 4441925 or Email: [albany@activeplus.co.nz](mailto:albany@activeplus.co.nz)

Details: Cancer rehabilitation and Lymphoedema therapy, Pilates and Physiotherapy. Some cancer rehab can be subsidised through PINC & Steel Foundation. For Pilates one on one or mat classes please enquire directly for pricing. Initial PINC private: \$130; Follow-up PINC private (45 min): \$95; Follow-up PINC private (30 min): \$65; Initial Lymphoedema: \$150; Follow-up Lymphoedema (45 min): \$95; Follow-up Lymphoedema (30 min): \$65.

**Name:** *Active + Plus Ellerslie*  
**Address:** 180 Main Hwy, Ellerslie  
**Contact:** Kate on Phone 09 579 0004 or [ellerslie@activeplus.co.nz](mailto:ellerslie@activeplus.co.nz)

Details: Physiotherapy, pilates, rehabilitation. Physiotherapy \$75, Pilates rehab mat classes \$20, Pilates group studio classes \$35, 1:1 rehab sessions \$75.

**Name:** *Return to Form*  
**Address:** Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120 Beaumont St, Auckland; LynnMall Medical Centre "Brickworks", LynnMall (parking Totara Ave)  
**Contact:** [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Personal training - 1 hour: \$85; Yoga &/or Pilates - Class \$25.00; Physiotherapy: for injuries, strains, joint pain - 1 hour \$130.00; Also PINC and Steel cancer rehab accredited, <http://www.pincandsteel.com/> so members can apply for funding directly through PINC and Steel and pay the \$10 surcharge for 1:1 sessions with an accredited physio with Sweet Louise vouchers. Also available is PINC NEXT steps programme which is a Free 10-week exercise programme fully funded by PINC & Steel Trust. <http://www.pincandsteel.com/programs/our-programs/next-steps/>

**Name:** *Southern Physiotherapy*  
**Address:** 355 Great South Rd, Papakura  
**Contact:** [reception@southernphysio.co.nz](mailto:reception@southernphysio.co.nz) or 09 297 7119

Details: Exercise and pain management– \$65

### *Footcare*

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**Name:** *Sole to Soul*  
**Address:** Mobile Service: Waitakere, North Shore to Albany, Auckland City to Mt Wellington.  
**Contact:** [www.soletosoul.co.nz](http://www.soletosoul.co.nz), 09 832 5001; 021 118 0908, [info@soletosoul.co.nz](mailto:info@soletosoul.co.nz)

Details: Level II \$60, Level III \$80. Hand and Nail care offered in conjunction with services only,

**Name:** *Southern Podiatry*  
**Address:** 12 Bowen St, Waiuku  
**Contact:** [admin@southernpodiatry.co.nz](mailto:admin@southernpodiatry.co.nz), 09 235 2060

Details: Initial podiatry consultation - \$85; Regular podiatry consultation - \$75; Home visit - \$125

**Name:** *Step Up Podiatry*  
**Address:** 57 Seddon St, Pukekohe  
**Contact:** [www.stepuppodiatry.co.nz](http://www.stepuppodiatry.co.nz) or 0800 111 224

Details: Podiatry services include skin and nail care and treatment for injuries.

**Name:** *Foot Doctor Podiatry*  
**Address:** Torbay: 1050 Beach Rd, Torbay; Helensville: 35 Commercial Rd, Helensville; Hibiscus Coast: 23/175 Millwater Parkway, Silverdale; Northcote: 58A Akoranga Dr, Northcote; Mt. Roskill: Roskill Union and Community Health Centre, 1492 Dominion Road, Mt. Roskill

**Contact:** Phone 09 320 0873 or book online at  
[www.myfootdoctor.co.nz](http://www.myfootdoctor.co.nz)

Details: Basic Toe Nail Trim - \$55, Consultation - \$65, Toe Nail Surgery - \$325,  
Orthotics - \$140

**Name:** *Whangarei Foot Clinic*

**Address:** 319 Western Hills Dr, Avenues, Whangarei

**Contact:** Phone 09 438 0294 or 027 281 3506;  
email [macrury.mi@xtra.co.nz](mailto:macrury.mi@xtra.co.nz); website [www.whangareifootclinic.co.nz](http://www.whangareifootclinic.co.nz)

Details: Footcare – Nails, callouses, corns treated, diabetic footcare, foot pain treated. \$62 (30 minutes). \$56 (30 minutes) for beneficiaries/children/students/over 65.

### *Hair, Wigs, Hats*

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#### **Please also see Headwear in Nationwide Providers**

**Name:** *Bogaarts Styling Lounge & Wig Room*

**Address:** 315 Harrisville Rd, RD2, Pukekohe, Auckland

**Contact:** 09 238 8766

Details: Shampoo and set \$35.00, Shampoo & Blow Dry \$40, plus cut \$75

**Name:** *Fuchsia Hair Design*

**Address:** 17 Hibiscus Coast Hwy (inside King's Plant Barn), Silverdale

**Contact:** 09 426 3714, [info@fuchsia.nz](mailto:info@fuchsia.nz)

Details: Hair cutting - \$75 - 95; Hair colouring - \$55 – 200; Blow drying - \$45 – 55; Hair ups - \$100 – 150; Treatments - \$30 – 200; Perming - \$90 – 150

**Name:** *Hair on Demand*

**Address:** Mobile hair salon servicing East and Central Auckland

**Contact:** Call or text: 022 418 8729, Website: <http://hairondemand.kiwi>

Details: Women's Hair cut: East area \$60, Central area \$80; Women's Haircut and blow wave: East \$90, Central \$110; Women's Hair style: East \$50, Central \$70; Men's Hair cut: East \$50, Central \$70; Head massage (30 minutes): East \$60, Central \$80

**Name:** *Hair Razing Design*

**Address:** 5 Tui Cres, Maunu, Whangarei

**Contact:** Phone 09 4387289 or email [hairrazingdesign@xtra.co.nz](mailto:hairrazingdesign@xtra.co.nz)

Details: Cut - \$65, Cut / Blow Wave - \$75, Blow Wave - \$40, Set - \$40

**Name:** *Mika Styles*  
**Address:** Level 2, Metropolis Hotel, 42 High St, Auckland CBD  
**Contact:** Phone: 09 302 0700; online: [www.mikastyles.co.nz](http://www.mikastyles.co.nz); email: [mikastylesltd@gmail.com](mailto:mikastylesltd@gmail.com)

Details: Women's Haircut: from \$60; Men's Haircut: from \$45; INOA Colour: from \$110

**Name:** *Oasis Hair Design*  
**Address:** 19 Tollana Rd, Te Atatu Peninsula  
**Contact:** 021 254 0573

Details: Cuts/styles: \$25; Wash/blow dries: \$30; Colours: \$80.

**Name:** *Servilles Newmarket*  
**Address:** Shop E1, Short St, Newmarket, Auckland  
**Contact:** [www.servilles.co.nz](http://www.servilles.co.nz) or 09 522 2544

Details: Shampoo & Blow Dry \$45, Short long styling \$75, Wig Styling \$95

**Name:** *Servilles City Works*  
**Address:** 18 Sale St, CBD, Auckland  
**Contact:** [www.servilles.co.nz](http://www.servilles.co.nz) or 09 378 9799

Details: Shampoo & Blow Dry \$45, Short long styling \$75, Wig Styling \$95

**Name:** *Servilles Takapuna*  
**Address:** 488 Lake Rd, Takapuna, Auckland  
**Contact:** [www.servilles.co.nz](http://www.servilles.co.nz) or 09 489 3936

Details: Shampoo & Blow Dry \$45, Short/long styling \$75, Wig Styling \$95

**Name:** *The Wig Room*  
**Address:** 12 Hall St, Pukekohe, Auckland  
**Contact:** 09 238 8766

Details: Wig Styling \$60, Wig Products, Wig Restorer, Wig Cleaning & Wigs – Variable costs Ministry of Health subsidies and vouchers can be used.

**Name:** *Wigs by Haircreations*  
**Address:** 155 New North Road, Eden Terrace, Auckland  
**Contact:** Email: [info@wigs.co.nz](mailto:info@wigs.co.nz); Phone: 09 357 6159

Details: Synthetic Wigs starting at \$435 (including any wig alterations to fit individual head); Human Hair Wigs starting at \$1495 (including any wig alterations to fit individual); Headwear: Beanies – Caps – Hats \$30 – \$65 (Summer and Winter); Servicing / Rejuvenating human hair \$78 - \$95 or

synthetic wigs.

### *Lymphoedema Therapy, Relaxation & Oncology Massage*

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**Name:** *Aaran Church*

**Address:** Sambur Retreat, 11 Maraenui Dr, Kerikeri, Northland

**Contact:** [aaranipp@gmail.com](mailto:aaranipp@gmail.com) or 021 229 7489

Details: 30 min session \$40.00, 60 min \$75, Chinese head massage 30 min \$40.00; Available Saturday mornings and offering mobile services

**Name:** *Aroma Spa*

**Address:** 719 Mount Eden, Mt. Eden

**Contact:** Phone: 021 225 8046; Email: [bronwyn@aromaspa.co.nz](mailto:bronwyn@aromaspa.co.nz);

**Website:** [www.aromaspa.co.nz](http://www.aromaspa.co.nz)

Details: Aromatherapy facial - \$145/hr; Hot Stone Aromatherapy massage - \$145/hr; Aromatherapy Body massage - \$155/hr; Aromatherapy Back massage - \$ 85/30 minutes; Prescriptive consult - \$65/30 minutes; Other therapies as requested – TBA; Aromatherapy products & essential oil remedies on website. <https://www.aromaspa.co.nz>

**Name:** *Auckland Therapeutic Massage*

**Address:** Level 9, 12/26 Swanson St, Auckland CBD

**Contact:** Phone: 0210 234 1407; Email: [info@aucklandtherapeuticmassage.co.nz](mailto:info@aucklandtherapeuticmassage.co.nz)

Details: Therapeutic massage (60min) \$89; At home On-site mobile massage (Albany – Papakura, advanced booking required) \$129

**Name:** *Bay Physiotherapy*

**Address:** 2/13 Polygon Rd, St Heliers, Auckland

**Contact:** Janie Ogram 09 575 3666

Details: Lymphatic Massage Initial Assessment \$100, Lymphatic Massage \$90

**Name:** *Blue Waters Clinic*

**Address:** 2 Belgium St, Waiheke

**Contact:** [chris\\_hofmann@icloud.com](mailto:chris_hofmann@icloud.com) or 09 372 9003

Details: Manual Lymphatic Drainage 45mins \$60, 60mins \$80, 90mins \$120; Complex Decongestive Therapy per limb \$15 + material, House Call \$10 extra; Low Level Laser Therapy \$20 plus \$1 per minute.

**Name:** *Complementary Health Clinic*

**Address:** 11a Kerswill Place, Pakuranga, Auckland

**Contact:** Marlene Upfold on 09 527 7374 or 021 355 373

Details: Indian Head Massage 30 min \$40, 45 min \$60, Aromatherapy Massage 30 min \$40.00, 60 min \$70, Home/hospital visit 60 min \$90

**Name:** *Lymph Therapies*

**Address:** 33 King St, Pukekohe, Auckland and home hospital visits (South)

**Contact:** [diane@lymphtherapies.co.nz](mailto:diane@lymphtherapies.co.nz) or 021 142 9338

Details: Lymphatic Massage Initial Assessment \$100, Lymphatic Massage \$80, Lymphatic Massage home/hospital visits \$100, Massage 30 min \$40, 60 min \$80, home/hospital visits \$100. Website: [www.lymphtherapies.co.nz](http://www.lymphtherapies.co.nz)

**Name:** *Harbour Cancer & Wellness*

**Address:** 212 Wairau Rd, Glenfield

**Contact:** Ash on Phone 09 925 4451 or [physio@harbourcancer.co.nz](mailto:physio@harbourcancer.co.nz)

Details: Massage

**Name:** *Interactive Therapies*

**Address:** Level 1, 60 Parnell Rd, Auckland

**Contact:** [www.lymphenergy.co.nz](http://www.lymphenergy.co.nz) or 09 302 0002 or [lymphenergy@gmail.com](mailto:lymphenergy@gmail.com)

Details: Lymphatic or Therapeutic Massage (60mins) - \$109+GST; Package of 5x60mins treatments - \$505+GST

**Name:** *InTouch Health*

**Address:** 107 Williamson Ave, Grey Lynn

**Contact:** Nicky on 021 299 1054 or [nicky@intouchealth.co.nz](mailto:nicky@intouchealth.co.nz)

Details: Lymphoedema therapy and Oncology massage: \$80 for 60mins session at the clinic or \$110 for a hospital or home visit. Private tuition: Teaching a family member/care-giver to provide safe and loving touch/gentle massage to loved ones living with secondary breast cancer.

**Name:** *Marita Cairns*

**Address:** 132 Kapiro Rd, Kerikeri

**Contact:** 09 410 7785 or 021 620 315

Details: Lymphatic Drainage Massage (60mins) – Initial Assessment \$110; Follow up \$80; Tutorial and demonstration for friend/family member of simple drainage technique (SLD) \$80. Oncology massage/Aromatherapy/Relaxation massage (60mins) \$80; (30 mins) \$50. Home visit – POA surcharge depending on distance

**Name:** *Megan Johnson Aromatherapist*  
**Address:** 98 Arney Rd, Remuera, Auckland  
**Contact:** 021 389 151 or [megaroma26@gmail.com](mailto:megaroma26@gmail.com)

Details: Aromatherapy Massage (60 mins) - \$85 inclusive of any Reiki provided if wanted. Aromatherapy massage (45 minutes) - \$75, Aromatherapy Massage (60 mins) home/place of care starting at \$110 upwards depending on distance from Remuera.

**Name:** *Michele Urlich Lymphoedeama Clinic*  
**Address:** 57 Taylors Rd, Mt Albert, Auckland  
**Contact:** 09 846 3654 or 021 494 410

Details: Lymphatic Massage initial assessment \$100, Lymphatic Massage with taping \$80, Lymphatic massage caregiver demo \$80.00, Massage 60 mins \$80, Hospital visit \$100

**Name:** *Re:ab*  
**Address:** 2 Selbourne St, Grey Lynn, Auckland  
**Contact:** 09 360 2929 or [infor@reab.co.nz](mailto:infor@reab.co.nz)

Details: Massage 60 mins \$65, 30 mins \$40

**Name:** *Rejuvenate Therapeutic Massage*  
**Address:** 69 Bank St, First Floor, Room 5, Whangarei  
**Contact:** 021 055 1720 or 09 433 5624

Details: Therapeutic/relaxation massage \$70 per hour, Manual Lymphatic Drainage (60 min) \$ 70, (90 min) \$100

**Name:** *Return to Form*  
**Address:** Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120 Beaumont St, Auckland; LynnMall Medical Centre "Brickworks", LynnMall (parking Totara Ave)  
**Contact:** [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Massage/Oncology massage – 1 hour: \$120

**Name:** *Silverdale Massage Therapy*  
**Address:** 2157 East Coast Rd, Silverdale  
**Contact:** Vicki McMath 09 421 1686 or Online [www.silverdale.co.nz](http://www.silverdale.co.nz)

Details: Lymphatic Massage 30 min \$40, 60 min \$80, Therapeutic/relaxation massage 60 min \$70, 30 min \$40

**Name:** *Top Notch Massage Therapy*  
**Address:** 402 Don Buck Rd, Massey and 295 Hobsonville Rd, Hobsonville

Contact: [www.topnotchmassage.co.nz](http://www.topnotchmassage.co.nz) or 021 181 8380

Details: Therapeutic massage and Oncology massage 45mins - \$65; 60mins - \$85; 90mins - \$125

Name: *Warkworth Acupuncture*

Address: Kowhai Health and Medical Centre, 3/5 Alnwick St, Warkworth

Contact: [contact@warkworthacupuncture.nz](mailto:contact@warkworthacupuncture.nz) or 021 557 272

Details: Acupuncture, Massage, Shiatsu, Osteopathy – Initial consultation and Treatment 1 hour: \$80; Follow-up treatments (for Sweet Louise) 1 hour - \$50 (usually concession \$250 for 5 sessions paid in advance).

### *Nutrition*

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Name: *Return to Form*

Address: Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120  
Beaumont St, Auckland; LynnMall Medical Centre  
“Brickworks”, LynnMall (parking Totara Ave)

Contact: [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Nutrition Support Session with Oncology dietician \$165

### *Physiotherapy & Pilates*

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Name: *Return to Form*

Address: Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120  
Beaumont St, Auckland; LynnMall Medical Centre  
“Brickworks”, LynnMall (parking Totara Ave)

Contact: [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Yoga or Pilates – Class \$25; Physiotherapy: for injuries, strains, joint pain - 1 hour \$130; Also PINC and Steel cancer rehab accredited, <http://www.pincandsteel.com/> so members can apply for funding directly through PINC and Steel and pay the \$10 surcharge for 1:1 sessions with an accredited physio with Sweet Louise vouchers. Also available is PINC NEXT steps programme which is a Free 10-week exercise programme fully funded by PINC & Steel Trust. <http://www.pincandsteel.com/programs/our-programs/next-steps/>

Name: *Active + Plus Albany*

Address: Unit 1, 84 Don McKinnon Dr, Albany

Contact: Phone: 09 4441925 or Email: [albany@activeplus.co.nz](mailto:albany@activeplus.co.nz)

Details: Cancer rehabilitation and Lymphoedema therapy, Pilates and Physiotherapy. Some cancer rehab can be subsidised through PINC & Steel Foundation. For Pilates one on one or mat classes please enquire directly for pricing. Initial PINC private: \$130; Follow-up PINC private (45 min): \$95; Follow-up PINC private (30 min): \$65; Initial Lymphoedema: \$150; Follow-up Lymphoedema (45 min): \$95; Follow-up Lymphoedema (30 min): \$65

**Name:** *Active + Plus Ellerslie*  
**Address:** 180 Main Hwy, Ellerslie  
**Contact:** Kate on Phone 09 579 0004 or [ellerslie@activeplus.co.nz](mailto:ellerslie@activeplus.co.nz)

Details: Physiotherapy, pilates, rehabilitation. Physiotherapy \$75, Pilates rehab mat classes \$20, Pilates group studio classes \$35, 1:1 rehab sessions \$75

**Name:** *Southern Physiotherapy*  
**Address:** 355 Great South Rd, Papakura  
**Contact:** [reception@southernphysio.co.nz](mailto:reception@southernphysio.co.nz) or 09 297 7119

Details: Physiotherapy – \$65

**Name:** *Total Physiotherapy*  
**Address:** 143 Queen St, Pukekohe  
**Contact:** Phone 09 239 1856 or [info@totalphysiotherapy.co.nz](mailto:info@totalphysiotherapy.co.nz)

Details: Physiotherapy and Rehabilitation services with a focus on modified pilates. Physiotherapy \$85 (concession with [www.pincandsteel](http://www.pincandsteel) funding or Franklin BCSG), Rehabilitation \$40, Pilates classes

**Name:** *Waiheke Physio & Pilates*  
**Address:** 21E Belgium St, Ostend, Waiheke Island  
**Contact:** How to Book: Phone: 09 372 8281, email: [info@waihekephysio.co.nz](mailto:info@waihekephysio.co.nz), website: [www.waihekephysio.co.nz](http://www.waihekephysio.co.nz)

Details: Physiotherapy Services (soft tissue mobilisations & massage, joint mobilisations, exercise rehabilitation) and Pilates: \$60 per 30 minutes.

### *Reflexology & Reiki*

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**Name:** *AG Reflexology*  
**Address:** 21B Line Rd, Glen Innes  
**Contact:** [www.naturaltherapypages.co.nz/therapist/1042](http://www.naturaltherapypages.co.nz/therapist/1042) or 09 575 5714, 027 445 0914 or [agreflexology@xtra.co.nz](http://agreflexology@xtra.co.nz)

Details: Initial Consultation - Clinic \$80, Home visit \$90; Subsequent Appointment - Clinic \$70, Home visit \$85

**Name:** *Aaran Church*  
**Address:** Sambur Retreat, 11 Maraenui Dr, Kerikeri, Northland  
**Contact:** [aaaranipp@gmail.com](mailto:aaaranipp@gmail.com) or 021 229 7489

Details: Reflexology 30 min treatment \$40, 60 min \$75; Reiki 60 min session \$75; Available Saturday mornings and offering mobile services

**Name:** *Energy Zone*  
**Address:** 20 Rakau View, Orewa  
**Contact:** Linda on 09 426 4590 or 021 931 614

Details: 1 hour Reiki session \$60 at clinic or \$70 for home or hospital visit within a 10km radius. Can do further but please phone to enquire.

**Name:** *Footloose Reflexology*  
**Address:** Soul Centre, 18 Huia Rd, Titirangi, Auckland  
**Contact:** Phone: 021 025 32785 or email: [kerry@footloosereflexology.co.nz](mailto:kerry@footloosereflexology.co.nz)

Details: Reflexology, Massage, Reiki – 1 hour \$80; 45 minutes \$65; 30 minutes \$45

Details: Initial Reflexology Consultation Clinic \$85, Home visit \$100; Subsequent Appointment clinic \$85, Subsequent home visit \$90; Initial Colour Therapy Consultation Clinic \$95, Home visit \$100; Subsequent Colour Therapy Clinic \$85, Home visit \$95

**Name:** *Jacqueline Hacking*  
**Address:** 46 Goodwin Ave, Oneroa, Waiheke  
**Contact:** 09 372 8366 or 021 232 3601

Details: Initial Reflexology Consultation \$95, Subsequent Appointment clinic \$80

**Name:** *Jackie Segers*  
**Address:** Mobile only. Home/Hospital/Hospice coverage for All of Auckland  
**Contact:** [vitalreiki@xtra.co.nz](mailto:vitalreiki@xtra.co.nz) or [www.revitalizeme.com](http://www.revitalizeme.com) or [jackieseagers.com](http://jackieseagers.com) or 0800 021 037

Details: Home visit \$90; Teaching of Reiki techniques also offered \$90/hr

**Name:** *Judy Harriman*

**Address:** 49 Pararekau Road, Karaka, Auckland

**Contact:** Phone: 09 250 0201, Mobile: 0274 182 793, Email:  
[judy.mary@xtra.co.nz](mailto:judy.mary@xtra.co.nz)

Details: Treatment at therapist's clinic and up to 1 hour: \$70; Treatment at home and up to 1 hour: \$85.

**Name:** *Judith Howe*

**Address:** 7b Wright Rd, Point Chevalier, Auckland

**Contact:** 027 244 5829 or [reflexjudith@gmail.com](mailto:reflexjudith@gmail.com)

Details: All sessions are one hour at \$80 per appointment for Sweet Louise members.

**Name:** *Karen's Reflexology*

**Address:** Unit B5/400 Rosedale Road, Albany, North Shore, Auckland

**Contact:** 021 174 6543 or [karensreflex@gmail.com](mailto:karensreflex@gmail.com)

Details: Initial Reflexology Consultation \$95, Subsequent appointment \$80

**Name:** *Karina Jesen Reiki*

**Address:** 13A Churchill St, Kensington, Whangarei

**Contact:** 021 0829 1466

Details: Reiki therapy \$50 (60 mins)

**Name:** *Lynley Frame*

**Address:** 77 Panorama Rd, Mt Wellington, Auckland

**Contact:** [lynleygail@xtra.co.nz](mailto:lynleygail@xtra.co.nz) or 09 525 2558 or 021 254 7610

Details: 60 mins Reiki clinic visit \$70, home or hospital visit \$85

**Name:** *Lynne Walker*

**Address:** 457b Ellerslie-Panmure Hwy, Mt Wellington, Auckland

**Contact:** [lynnewalker32@gmail.com](mailto:lynnewalker32@gmail.com) or 021 134 7449

Details: 60 min Reiki session \$70, home/hospital/hospice visit \$85

**Name:** *Marita Cairns*

**Address:** 132 Kapiro Rd, Kerikeri

**Contact:** 09 410 7785 or 021 620 315

Details: Reiki session (60mins) - \$75. Home visits POA surcharge depending on distance.

**Name:** *Mika Styles*  
**Address:** Level 2, Metropolis Hotel, 42 High St, Auckland CBD  
**Contact:** Phone: 09 302 0700/021 063 0767; online:  
[www.mikastyles.co.nz](http://www.mikastyles.co.nz); email: [mikastylesltd@gmail.com](mailto:mikastylesltd@gmail.com)

Details: Foot reflexology – 60 minutes (includes foot soak, reflexology, and tea): \$60

**Name:** *Steph Gowan*  
**Address:** 148 Orakei Rd, Remuera, Auckland.  
**Contact:** [gowan@xxtra.co.nz](mailto:gowan@xxtra.co.nz) or 09 524 7632

Details: Initial Reflexology Clinic Session \$95, subsequent \$80

**Name:** *Yuko*  
**Address:** Mangonui, Kaikaia, Kerikeri, Far North  
**Contact:** 0210 244 9592, Multiple sites, please call to book

Details: Reiki 1 hour: \$45, Foot reflexology with foot spa 1 hour: \$45, Gentle massage 1 hour: \$45

### *Tai Chi, Qigong & Shiatsu*

**Name:** *Aaran Church*  
**Address:** Sambur Retreat, 11 Maraenui Dr, Kerikeri, Northland  
**Contact:** [aaranipp@gmail.com](mailto:aaranipp@gmail.com) or 021 229 7489

Details: 60 min session \$75; Available Saturday mornings and offering mobile services

**Name:** *Auckland School of Qigong*  
**Address:** 5 Hillside Rd, Ostend, Waiheke and weekly classes in Ponsonby  
**Contact:** Elisabeth Apel on 09 372 5492 or 021 1422667 or  
[Elisabeth@scuichuan.com](mailto:Elisabeth@scuichuan.com)

Details: Qigong Meditation & Energy Classes \$20, Private Consultations and Teaching 90 min \$75

**Name:** *Warkworth Acupuncture*  
**Address:** Kowhai Health and Medical centre, 3/5 Alnwick St, Warkworth  
**Contact:** [contact@warkworthacupuncture.nz](mailto:contact@warkworthacupuncture.nz) or 021 557 272

Details: Acupuncture, Massage, Shiatsu, Osteopathy – Initial consultation and Treatment 1 hour: \$80; Follow-up treatments (for Sweet Louise) 1 hour - \$50 (usually concession \$250 for 5 sessions paid in advance).

## *Yoga, Mindfulness, & Breathing*

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Name: *Professional Yoga Ltd*

Address: Auckland Area

Contact: [contact@professionalyoga.net](mailto:contact@professionalyoga.net) or 021 0821 3462

Details: 60 min private session \$95 or 30min group session \$20.

Name: *Southern Physiotherapy*

Address: 355 Great South Rd, Papakura

Contact: [reception@southernphysio.co.nz](mailto:reception@southernphysio.co.nz) or 09 297 7119

Details: Breathing disorders and exercises – \$65

## *Notes*

## Services



### *Bodywear, Compression Sleeves & Headwear*

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#### **Please also see Nationwide Providers**

**Name:** *Blueroom at Breastfit*  
**Address:** Shop 3, 26 Davies St, Kensington, Whangarei  
**Contact:** Phone: 09 438 2643 or Text: 021 438 171; Email: sue.hoyle40@gmail.com

Details: Breast prosthesis from \$285; Pocketed bras from \$80; Wirefree/underwire bras from \$30; Pre-pocketed swimsuits from \$100; Pre-pocketed camisoles \$125.

**Name:** *Denise's Breast Care*  
**Address:** 15 Gilgit Rd, Epsom. 131 Lincoln Rd, West Auckland. 131 Shakespeare Rd, Milford. Also mobile service  
**Contact:** Phone: 09 814 88 22 or 022 102 8873; Email: denise@denisesbreastcare.co.nz; Website: denisesbreastcare.co.nz

Details: Free Home fittings, Free Consultation. Bras from \$80, Prostheses from \$190, Swimwear from \$180, Sports Bras from \$90.00

**Name:** *Toomac Solutions*  
**Address:** Auckland, [www.toomacsolutions.co.nz](http://www.toomacsolutions.co.nz)  
**Contact:** Email: [juzo@toomac.co.nz](mailto:juzo@toomac.co.nz), 0800 toomac (866622) or 09 443 5347

Details: Range of compression sleeves from \$120, compression gloves from \$260

**Name:** *NaturalWear*  
**Address:** Nationwide services  
**Contact:** [www.naturalwear.co.nz](http://www.naturalwear.co.nz) or 0800 612 612; 0800 882892; 0800 622 397; [Facebook.com/nznaturalwear](https://www.facebook.com/nznaturalwear); Instagram [@nznaturalwear](https://www.instagram.com/nznaturalwear)

Locations: Auckland Showroom: 120 Symonds St, Royal Oak; Operating Hours: Monday – Friday: 9am – 5pm; Saturday: 10 am – 1 pm No appointment necessary  
Phone 0800 612 612

By appointment for the following Auckland locations: Takapuna, Albany, West

Auckland, East Auckland, South Auckland - Phone 0800 612 612 or 021 434 946  
By appointment for the Following Upper North Island locations: Orewa,  
Warkworth, Whangarei, Keri Keri, Kaitaia - Phone 0800 612 612 or 021 434 946

### *Cafe*

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**Name:** *Columbus Café Whangarei*  
**Address:** 46 Porowini Ave, Morningside, Whangarei  
**Contact:** Phone: 021 620 770

Details: Cafe, Food, Drink – Listed menu prices. Operating hours Monday – Sunday 8am – 4pm. Prepaid gift cards will need to be purchased. Please contact your support coordinator to order. Vouchers can not be accepted in store.

**Name:** *Honey Centre Warkworth*  
**Address:** 7 Perry Road, RD 3, Warkworth  
**Contact:** Phone: 09 425 8003 Website: [www.honeycente.com](http://www.honeycente.com)

Details: Cafe, Honey products; Shop open 7 days: 8:30am – 5pm  
Cafe open 7 days: 8:30am – 3:30pm

### *Celebrant*

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**Name:** *My Celebrant*  
**Address:** 17B Ashby Ave, St. Heliers  
**Contact:** Sarah Bloxham Phone: 027 288 9802, or email [sarah@mycelebrant.co.nz](mailto:sarah@mycelebrant.co.nz), [www.mycelebrant.co.nz](http://www.mycelebrant.co.nz)

Details: Wedding service \$500, Renewal of vows \$400, Life Ceremonies \$ 500,  
Pre-planning Funerals \$500

### *Cinema*

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**Name:** *Hoyts*  
**Address:** Hoyts Botany Town Centre, Hibiscus Coast, Sylvia Park, and Berkeley Cinemas Mission Bay, Takapuna  
**Contact:** [vouchersales@hoyts.co.nz](mailto:vouchersales@hoyts.co.nz) or 09 9516166

Details: Please note – you can't take Sweet Louise vouchers directly to the cinema. You can purchase cinevouchers by contacting your support coordinator

**Name:** *Matakana Cinemas* (New Service Provider)  
**Address:** 2 Matakana Valley Rd, Matakana, Auckland  
**Contact:** Call (09) 423-0218

Details: Three screen boutique cinema offering subsidised film tickets. Valid for all films except alternative content (Met Opera, live Ballet, NT Live, event nights, and film festivals).

Senior Admit Ticket \$10; Child Admit Tickets \$10; Adult Admit Ticket \$15; Ice Cream \$5; Coffee (any size) \$5.

Operating Hours: 9:30am to 9:00pm, 7 days a week. Closed Christmas Day

### *Cleaning, Gardening & Home Maintenance*

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#### **Please also see Nationwide Providers**

**Name:** *Kaipara Cleaning Co*  
**Address:** 26 Te Pahi River Dr, RD 1, Paparoa  
(Kaipara District 50km radius of Paparoa)  
**Contact:** 021 114 6729 or [kaiparacleaningco@gmail.com](mailto:kaiparacleaningco@gmail.com)

Details: Pest control, Carpet and upholstery cleaning, Exterior cleaning – home, decks, pathways and drive, Interior – Ceilings, walls, windows inside and out, floors. One-off or routine servicing can be provided. We can give you an estimate for any job. Prices variable

### *Floral*

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#### **Please see Nationwide Providers**

**Name:** *Fleur & Co*  
**Address:** Online at [fleurandco.nz](http://fleurandco.nz)  
**Contact:** Email to [alina@fleurandco.nz](mailto:alina@fleurandco.nz) or Phone 027 720 2077

Details: Fleur & Co is a boutique online store delivering a wide range of stunning floral designs in Auckland and healthy organic, natural gift boxes throughout New Zealand.

Flower Boxes (Auckland only) \$45 - \$185; Gift Boxes (NZ wide) \$85 - \$225

### *Meals*

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#### **Please also see Nationwide Providers for Baking and Meals**

Name: *Gattings*  
Address: [www.gattings.co.nz](http://www.gattings.co.nz), Auckland delivery  
Contact: [info@gattings.co.nz](mailto:info@gattings.co.nz) or 09 521 7220

Details: Range of starters, mains and desserts and frozen meal packs available.  
Courier Charge Auckland CBD \$20

Name: *Sabres EZI Meals Ltd*  
Address: 80 Station Rd, Kamo, Whangarei  
Contact: Phone 09 435 0947 or email [sabres@clear.net.nz](mailto:sabres@clear.net.nz)

Details: Meals lite x 5 - \$15, Desserts - \$5, Medium Meals - \$10 or \$15, Meat Only Meals - \$10 or \$15, Delivery Variable - \$10 (quoted on request)

### *Personal home care*

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Name: *Miranda Smith Personal Home Care*  
Address: Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch  
Contact: [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Photography & Audio*

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Name: *Big Pop Studios*  
Address: 31-37 Hasley St, Auckland  
Contact: [www.bigpopstudios.co.nz](http://www.bigpopstudios.co.nz) or 09 302 3124

Details: Range of Audio and Voice recordings

Name: *Marie Richards Photography*  
Address: 162 Sunnyside Rd, Coatesville  
Contact: [marierichardsphotographer@gmail.com](mailto:marierichardsphotographer@gmail.com) or 0211 703 091

Details: Family portrait sessions at any Auckland location

**Name:** *Photographers Inc*  
**Address:** 37 George St, Newmarket  
**Contact:** [info@photographersinc.co.nz](mailto:info@photographersinc.co.nz)

Details: Makeover or Family portrait sessions

**Name:** *Sarahlee Studio*  
**Address:** 3/5 Rust Ave, Vinetown, Whangarei  
**Contact:** [feelbeautiful@sarahleestudio.co.nz](mailto:feelbeautiful@sarahleestudio.co.nz) or 027 459 7280

Details: Luxury portrait session with hair & makeup \$190, Portraits matted and mounted starting at \$190

### *Tea Tasting/Blending*

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**Name:** *Timmy Smith*  
**Address:** 143 Ocean View Rd, Unit 5, Oneroa Village, Waiheke Island  
**Contact:** [www.timmysmith.co.nz](http://www.timmysmith.co.nz), [info@timmysmith.co.nz](mailto:info@timmysmith.co.nz), 0272909400

Details: Tea blending - \$8 - \$25; Tea tasting - free - \$15

### *Transport*

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#### **Please also see Nationwide Providers**

**Name:** *Freedom Companion Driving Service*  
**Address:** Auckland Area  
**Contact:** **Milford/Takapuna & Albany:** Andrew Palmer  
021 0299 2677, [albany@freedomdrivers.co.nz](mailto:albany@freedomdrivers.co.nz)  
**Howick:** Daniel Whitiri 021 929 911,  
[howick@freedomdrivers.co.nz](mailto:howick@freedomdrivers.co.nz)  
**Henderson and Te Atatu:** Daisy Vaddi 021 121 3805, email:  
[henderson@freedomdrivers.co.nz](mailto:henderson@freedomdrivers.co.nz)  
**Pukekohe:** Lance Priest & Kirsten Jones 021 196 3375,  
email:[pukekohe@freedomdrivers.co.nz](mailto:pukekohe@freedomdrivers.co.nz)  
**Titirangi:** Rupal Topiwala 021 181 2279,  
[titirangi@freedomdrivers.co.nz](mailto:titirangi@freedomdrivers.co.nz)  
**Northcote & Devonport:** Leanne White 021 255 126,  
[devonport@freedomdrivers.co.nz](mailto:devonport@freedomdrivers.co.nz)

**NE Coast Bays:** Leanne White 021 355 126,  
[northernbays@freedomdrivers.co.nz](mailto:northernbays@freedomdrivers.co.nz)

**Hibiscus Coast:** Bill & Rane Richardson 021 041 9486,  
[hibiscus@freedomdrivers.co.nz](mailto:hibiscus@freedomdrivers.co.nz)

**One Tree Hill:** Pascoal & Yvette Fernandes 021 121 0773,  
[onetreehill@freedomdrivers.co.nz](mailto:onetreehill@freedomdrivers.co.nz)

**Whangarei:** Angela & Gavin Barker 021 0226 1564,  
[whangarei@freedomdrivers.co.nz](mailto:whangarei@freedomdrivers.co.nz)

Details: Please contact your local provider

## *Mind*



### *Counselling & Emotional Support*

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**Name:** *Danute Leathem Psychological Services*  
**Address:** 88 Jervois Rd, Ponsonby, Auckland 1010  
**Contact:** 09 918 5977

Details: One to one consultation \$140

### *Positive Mind/Relaxation Technique*

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**Name:** *Aaran Church*  
**Address:** Sambur Retreat, 11 Maraenui Drive, Kerikeri and Vitality, Unit R4, 86 Marsden Rd, Paihia, Northland  
**Contact:** [aaanipp@gmail.com](mailto:aaanipp@gmail.com) or 021 229 7489

Details: EFT (emotional freedom techniques) 1 Hour \$75; Available Saturday mornings and offering mobile services

**Name:** *Auckland School of Qigong*  
**Address:** 5 Hillside Road, Ostend, Waiheke  
**Contact:** Elisabeth Apel on 09 372 5492 or 021 1422667 or [Elisabeth@scuichuan.com](mailto:Elisabeth@scuichuan.com)

Details: Qigong Meditation & Energy Classes \$20, Private Consultations and Teaching 90 min \$75

**Name:** *Mindbodyspirit Healing*  
**Address:** 14 Kassa Rise, Helensville, Auckland  
**Contact:** Bev Silvester-Clark on [www.freeyourlife.co.nz](http://www.freeyourlife.co.nz) or 09 833 9853 or 0274 316 205 or [bev@freeyourlife.co.nz](mailto:bev@freeyourlife.co.nz)

Details: One to one counselling \$90

**Name:** *InTouch Health*  
**Address:** 107 Williamson Ave, Grey Lynn  
**Contact:** Nicky on 021 299 1054 or [nicky@intouchealth.co.nz](mailto:nicky@intouchealth.co.nz)

Details: Private tuition: Teaching a range of relaxation techniques including

guided visualisation, body awareness and breathing techniques to members (and their family). Clinic visit 1 hour: \$80 Home visit 1 hour: \$110.

**Name:** *Return to Form*

**Address:** Level 1, 334 Ponsonby Rd, Auckland; Wynward Quarter, 120  
Beaumont St, Auckland; LynnMall Medical Centre “Brickworks”,  
LynnMall (parking Totara Ave)

**Contact:** [info@returntoform.com](mailto:info@returntoform.com) or 09 551 4460

Details: Breathing with specialized physio – 1 hour: \$130; Relaxation technique with specialized physio – 1 hour: \$130

### *Sexual Therapy*

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**Name:** *Active SexLife Solutions*

**Address:** 127 Maskell St., St. Heliers or via Skype

**Contact:** Email: [edit@activesexlife.net](mailto:edit@activesexlife.net); [www.activesexlife.net](http://www.activesexlife.net)

Details: Therapy specializing in sex therapy, couples counselling and psychotherapy, aiming to allow clients to speak their truth about sexuality, sexual feelings, experiences and relationships. Cost: \$155 per hour

## Waikato & Central North

### Body



### Beauty

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**Name:** *Annette's Electrolysis & Beauty*  
**Address:** 126 Tamamutu St, Taupo  
**Contact:** [www.annettestaupo.com](http://www.annettestaupo.com) or 021 077 4452 or 07 377 0363

Details: Eye Enhancement from \$26 - \$95; Cosmetic Tattooing from \$400 - \$500; IPL Skin Rejuvenation from \$40 - \$390; IPL Hair Removal from \$90 - \$320; Electrolysis from \$34 - \$99; Waxing from \$26 - \$90; Hand/Foot Treatments from \$26 - \$119; Facials from \$80 - \$200.

**Name:** *Aurora Hair and Beauty Spa*  
**Address:** 163 Rora St, Te Kuiti  
**Contact:** <https://aurorahairandbeauty.co.nz/> or 07 444 7002

Details: Massage (30min) \$35, Massage (60min) \$70, Express Facial \$55, Classical Facial \$80, 15% off the website.

**Name:** *Body Cafe*  
**Address:** 829 Victoria St, Hamilton; 548 River Rd, Hamilton; 1 North City Rd, Rototuna  
**Contact:** [www.bodycafe.co.nz](http://www.bodycafe.co.nz) or 07 839 2224, 07 853 5506, 07 949 7677

Details: Manicure 30mins \$50, Manicure 60mins \$80, Pedicure 30mins \$55, Express Facial \$60, Total Facial \$140, Relax Pack \$110.

**Name:** *Debod Body Therapies*  
**Address:** 12 Louvain Street, Whakatane 3120  
**Contact:** Online via website [www.debod.net.nz](http://www.debod.net.nz) or call 07 308 7721

Details: Neuromuscular Therapy Massage - \$85, Relaxation Massage - \$85, Remedial Massage - \$85, Lymphatic Drainage Massage - \$85, Aromatherapy Facial - \$95, Derma Enzyme Facial - \$75, Derma Defence Facial - \$190, Derma Anti Age Facial - \$190, Derma Express Facial - \$65, Derma Revital Eyes - \$60, Derma Clear Facial - \$145, Derma White Facial - \$140, Derma Calm, Nourish & Medi Facial - \$145, Derma Clear Dry Facial - \$145

**Name:** *Juve*  
**Address:** 24 Lowe St (upstairs), Gisborne  
**Contact:** 06 867 1234, [rejuvenate@juve.co.nz](mailto:rejuvenate@juve.co.nz), [www.juve.co.nz](http://www.juve.co.nz)

Details: Manicure or Pedicure from \$47, Massage 30mins \$45 or 60mins \$75, Facials from \$49

**Name:** *LadyInk*  
**Address:** 13 Corriedale Lane, West Welton  
**Contact:** Online: [www.ladyink.co.nz](http://www.ladyink.co.nz); Email: [info@ladyink.co.nz](mailto:info@ladyink.co.nz); Business Phone: 03 342 3336; Business Mobile: 027 438 3329

Details: Eyebrow tattoo; Upper eyeliner; Lower eyeliner; Bilateral Areola tattoo; Upper and lower liner. Please contact for pricing. DHB funding for Areola tattooing available in Christchurch. Based in Christchurch with regular trips to Hamilton and Dunedin.

**Name:** *Mint Beauty*  
**Address:** 367 Alexander St, Te Awamutu  
**Contact:** [www.mintbeauty.co.nz](http://www.mintbeauty.co.nz) or 07 870 3938

Details: Facial \$90, Manicure Deluxe \$70, Manicure Express \$40

**Name:** *Indulgence Beauty & Day Spa*  
**Address:** 15 Mangawhero Rd, Matamata  
**Contact:** [www.indulgencematamata.co.nz](http://www.indulgencematamata.co.nz) or 07 888 8794 or 027 8166 330

Details: Express Facial \$65, Full Facial \$90, Pedicure \$60, Manicure \$60, Back Massage \$50, Foot Massage \$50

**Name:** *Classic Nails*  
**Address:** 868 Tower Road, Matamata  
**Contact:** Tues – Fri: 10am - 5pm; Phone 027 541 4641

Details: Pedicure - \$70; Shellac manicure - \$50; Acrylic nails - \$80; Shellac add-on - \$10, Backfill \$60 includes shellac polish

**Name:** *Tease Botanix Hair & Beauty Rooms*  
**Address:** 21 Graham Place, Bellevue, Tauranga

**Contact:** Phone 027 551 7011,  
email [hello@truebotanix.co.nz](mailto:hello@truebotanix.co.nz),  
website [teasehairandbeautyrooms.co.nz](http://teasehairandbeautyrooms.co.nz)

Details: Back, shoulder & neck massage \$40; Facials (various) from \$75 - \$155;  
Haircuts \$55 - \$80; Colours from \$95; Manicures from \$35; Pedicures from \$45;  
LED treatments \$60

### *Footcare*

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#### **Please Also See Nationwide Providers for Footcare**

**Name:** *Cambridge Foot Clinic*  
**Address:** 50b Alpha St, Cambridge  
**Contact:** Phone 07 823 4042, Email [admin@cambridgefootclinic.co.nz](mailto:admin@cambridgefootclinic.co.nz),  
or come into the clinic

Details: Podiatry Services including New consultations \$58; Standard consultation  
(Nail and Skin) \$55; Simple Skin (10 minutes) \$35; Biomechanical consultation \$75

**Name:** *Foot Mechanics Rotorua*  
**Address:** 1198 Amohia St., Rotorua  
**Contact:** By phone 07 346 0697 M-F 8:30am – 5pm

Details: Nail and skin care \$65, Footwear consultation \$65

**Name:** *Foot Mechanics Taupo*  
**Address:** 59 Heu Heu St, Taupo  
**Contact:** By phone 07 376 5012 M-F 8:30am – 5pm

Details: Nail and skincare \$65, Footwear consultation \$65

**Name:** *Waikato Podiatry Clinic*  
**Address:** Mobile Service and multiple clinic locations: 93A Thomas Rd,  
Rototuna, Hamilton; 71 Duke St, Cambridge; 63 Rewi St, Te Aroha;  
Unit8/210 Richmond St, Thames  
**Contact:** [www.waikatopodiatry.co.nz](http://www.waikatopodiatry.co.nz) or 07 8380 003

Details: Home/hospital visit Hamilton \$95, General Podiatry at Clinics \$65, Bio  
Mechanical Assessments \$75.

## *Hair & Wigs*

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### **Please also see Nationwide Providers for Headwear**

**Name:** *Hair Creations*  
**Address:** 362c Pickering Rd, RD3, Hamilton  
**Contact:** [www.wigs.co.nz](http://www.wigs.co.nz) or 07 827 8808 or 027 291 200

Details: Range of wigs, can be seen in the studio or home visits can be arranged

**Name:** *HairQuarters*  
**Address:** 39 Rimu Street, Gate Pa, Tauranga  
**Contact:** Call/Text 022 028 7761

Details: Full service salon – Woman's cut and style \$55; Senior woman's cut \$45; Global colour \$90; Retouch \$ 70; Full head foils \$ 145; Half head foils \$100; Root stretch \$70; Treatment \$20; Blow wave \$35

**Name:** *Nova Hair Boutique*  
**Address:** Shop 2, Treble Court, Peel St, Gisborne  
**Contact:** 06 868 8868

Details: Cut & Style \$75

**Name:** *Simply Wigs & Hat Tricks*  
**Address:** 53 Fraser Street, Tauranga South, Tauranga  
**Contact:** Phone: 07 392 5720 or 0211 825 464; Email: [cheryl@simplywigs.co.nz](mailto:cheryl@simplywigs.co.nz) or [sales@hat-tricks.co.nz](mailto:sales@hat-tricks.co.nz);  
Websites: [www.simplywigs.co.nz](http://www.simplywigs.co.nz); [www.hat-tricks.co.nz](http://www.hat-tricks.co.nz)

Details: Wigs – Variable; Headwear – Variable; Wig care products and accessories – Variable; Brow products (DivaDerme Brow extender) - \$52; False Eyebrow kits including pair of eyebrows, adhesive, pre-cleaner and adhesive remover - \$160; Extra False eyebrows per pair - \$75

**Name:** *Snipz Hair Design*  
**Address:** 300 Mary St, Thames  
**Contact:** 07 868 9766 or 027 469 1868

Details: Dry cut - \$35; Wash, cut blow wave - \$55; Colouring, Styling, Perms, Hair

ups, extensions, foiling, chemical straightening, eyebrow/lash tinting, waxing available – Prices vary

Name: *Team 7*  
Address: 238 Alexandra St, Te Awamutu  
Contact: [www.teamseven.co.nz](http://www.teamseven.co.nz) or 07 871 6583

Details: Please see website [www.teamseven.co.nz](http://www.teamseven.co.nz) for the latest price listings.

Name: *Tease Botanix Hair & Beauty Rooms*  
Address: 21 Graham Place, Bellevue, Tauranga  
Contact: Phone 027 551 7011,  
email [hello@truebotanix.co.nz](mailto:hello@truebotanix.co.nz),  
website [teasehairandbeautyrooms.co.nz](http://teasehairandbeautyrooms.co.nz)

Details: Back, shoulder & neck massage \$40; Facials (various) from \$75 - \$155; Haircuts \$55 - \$80; Colours from \$95; Manicures from \$35; Pedicures from \$45; LED treatments \$60

### *Hydrotherapy & Swimming*

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Name: *Hamilton Pools (Waterworld)*  
Address: Garnett Ave, Te Rapa, Hamilton  
Contact: [www.hamiltonpools.co.nz](http://www.hamiltonpools.co.nz) or 07 958 5860

Details: Pool- Adult \$6, Senior \$3, Disabled (caregiver Free) \$3; Hydrotherapy pool – Adult \$6.50, Disabled (caregiver) \$6.50; Concessions - Adult (10 sessions) \$54, Disabled (10 sessions) \$28, Hydrotherapy pool (10 sessions) \$60

Name: *Mount Hot Pools*  
Address: 9 Adams Ave, Mount Maunganui, Tauranga  
Contact: [mount.hotpools@bayvenues.co.nz](mailto:mount.hotpools@bayvenues.co.nz) or 027 839 0556

Details: Pool- Adult (Resident) \$5, Adult (Non-Resident) \$10

### *Lymphoedema Therapy, Relaxation & Oncology Massage*

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Name: *Evolve Therapeutic*  
Address: 104 Freyberg St, Otumoetai, Tauranga 3110  
Contact: 021 055 6395, [evolveomt@gmail.com](mailto:evolveomt@gmail.com)

Details: Oncology massage - Initial consult: \$85, \$70/hr thereafter, Monday - Friday

**Name:** *Debod Body Therapies*

**Address:** 12 Louvain Street, Whakatane 3120

**Contact:** Online via website [www.debod.net.nz](http://www.debod.net.nz) or call 07 308 7721

Details: Neuromuscular Therapy Massage - \$85, Relaxation Massage - \$85, Remedial Massage - \$85, Lymphatic Drainage Massage - \$85, Aromatherapy Facial - \$95, Derma Enzyme Facial - \$75, Derma Defence Facial - \$190, Derma Anti Age Facial - \$190, Derma Express Facial - \$65, Derma Revital Eyes - \$60, Derma Clear Facial - \$145, Derma White Facial - \$140, Derma Calm, Nourish & Medi Facial - \$145, Derma Clear Dry Facial - \$145

**Name:** *Float Away*

**Address:** 47 Cameron Rd, Gisborne

**Contact:** 06 867 3151 or 021 346 431; [www.floatawaygisborne.co.nz](http://www.floatawaygisborne.co.nz)

Details: Full body relaxation massage 60mins \$50, Back, neck, and shoulder massage 30mins \$30, Indian Head massage 30mins \$30, Oncology massage 60mins \$50

**Name:** Healing Ways

**Address:** 73 Butcher Road, Matangi, Hamilton

**Contact:** Karen Philipsen Brown at [karen@healingways.co.nz](mailto:karen@healingways.co.nz) or 027 741 3034

Details: Therapeutic/Relaxation Massage (30mins) \$55, (45mins) \$ 85, (60mins) \$95, home/hospital \$110

**Name:** *Iko Clinic*

**Address:** Mirror Image, Rangatira shopping Centre, 6 Mansell Rd, Taupo

**Contact:** Phone 021 158 3258; online <https://m.facebook.com/ikoiclinic/>

Details: Relaxation massage (60 min) \$75/(90 min) \$95; Deep tissue massage (60 min) \$75/(90 min) \$95; Lymphatic Drainage massage (60 min) \$75/(90 min) \$95; Reiki (60 min) \$55; Theta/Inner Child/ Other (60 min) \$75; A.I.S. stretch (60 min) \$75/(90 min) \$95; Hot Stone massage (60 min) \$85; Chair massage (15 min) \$20.

**Operating Hours:** Monday – Friday 9am to 2.30pm. Monday and Friday evenings 6pm – 8pm. Other times by appointment

**Name:** *In Knots*  
**Address:** 4 Don Boyes Way, Pahoia, Whakamarama, 3172  
**Contact:** Kara Boyes via <https://campsite.bio/inknots> Or text 020 4138 5233.

Details: In Knots follows a māori holistic model of health, offering a range of energetic and bodywork modalities to nurture, align and balance your four dimensions of wellbeing (spiritual, emotional, physical and family/community).  
Mirimiri | Romiromi, Massage Therapy, Kawakawa Copper Foot Bath, Young Living Brand Partner.

Services: Romiromi \$100, Mirimiri \$100, Massage Therapy \$100, Copper Footbath and Foot Massage \$75, Raindrop Therapy \$150.

**Name:** *QE Health*  
**Address:** 1073 Whakaue St, Rotorua  
**Contact:** [infoline@qehealth.co.nz](mailto:infoline@qehealth.co.nz), 0800 734 772 or 07 343 1665

Details: Therapeutic massage 30/60 min \$79/139, Oncology massage 30/60 min \$79/139, Manual lymphatic massage \$110

**Name:** *Raewyn Wallace Therapies*  
**Address:** 26 Kingdon Street, Leamington, Cambridge, Auckland, 3234  
**Contact:** [www.raewynwallacetherapies.co.nz](http://www.raewynwallacetherapies.co.nz) or 027 602 8103

Details: Lymphatic Enhancement \$75 for 1 hour, Oncology massage \$60 (45min), \$75 full hour

**Name:** *Path to Vitality*  
**Address:** 144 Jackson Rd, Hamurana, Rotorua  
**Contact:** Phone: 07 460 1575; Website: [www.pathtovitalityclinic.co.nz](http://www.pathtovitalityclinic.co.nz)

Details: Swedish Massage (1 hour): \$90; Swedish Massage (90 minutes): \$120

### *Reflexology & Reiki*

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**Name:** *Feet First Tauranga*  
**Address:** 84 Rexford Heights, Pyes Pa, Tauranga  
**Contact:** 027 279 3992 or [feetfirsttga@gmail.com](mailto:feetfirsttga@gmail.com).  
[www.feetfirsttauranga.co.nz](http://www.feetfirsttauranga.co.nz)

Details: Foot reflexology: 30 minutes - \$30, 45 minutes - \$45, 60 minutes - \$50

**Name:** Healing Ways  
**Address:** 73 Butcher Road, Matangi, Hamilton  
**Contact:** Karen Philipson Brown at karen@healingways.co.nz or 027 741 3034

Details: Home /hospital visit \$110 / Clinic \$95, Add \$15 for Colour Therapy . The Works tailors to client needs including reflexology, lymph drainaige, massage and / or colour (\$115) for 75 min in clinic.

**Name:** *Koru Self Development*  
**Address:** 30 Masters Ave, Hillcrest, Hamilton  
**Contact:** [www.korusevelopment.co.nz](http://www.korusevelopment.co.nz) or 07 859 2995

Details: 60mins Reiki session \$80 at clinic or \$100 at home/hospital within Hamilton area

**Name:** *Path to Vitality*  
**Address:** 144 Jackson Rd, Hamurana, Rotorua  
**Contact:** Phone: 07 460 1575; Website: [www.pathtovitalityclinic.co.nz](http://www.pathtovitalityclinic.co.nz)

Details: Reiki (90 minutes) \$120

### *Skincare*

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**Name:** *True Botanix Skincare*  
**Address:** 21 Graham Place, Bellevue, Tauranga 3110  
**Contact:** Phone 027 551 7011; email hello@truebotanix.co.nz  
website [www.truebotanix.co.nz](http://www.truebotanix.co.nz)

Details: Clean, natural, toxic-free, vitamin enriched, botanical skincare, made right here in New Zealand. Please see website for full details.



### *Services*

#### *Baking*

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**Please also see Nationwide Providers for Meals and Baking**

#### *Bodywear & Compression Sleeves*

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**Please also see Nationwide Providers**

**Name:** *Naturalwear*  
**Address:** Nationwide services  
**Contact:** [www.naturalwear.co.nz](http://www.naturalwear.co.nz) or 0800 612612; 0800 882892;  
0800 622 397; [Facebook.com/nznaturalwear](https://www.facebook.com/nznaturalwear);  
Instagram @nznaturalwear

Details: Range of mastectomy underwear & prosthesis.  
By appointment for the following Waikato, Bay of Plenty and Coromandel  
Locations: Hamilton, Cambridge, Te Kuiti, Tauranga, The Mount, Te Puke,  
Papamoa, Waihi, Katikati, Whakatane, Opotiki, Matamata, Morrinsville, Thames,  
Tairua, Whangamata - Phone 0800 882 892

### *Cinema*

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**Name:** *Hoyts*  
**Address:** Te Awa at The Base, Te Rapa and Metro by Hoyts, Centre Place,  
56 Ward Street, Hamilton  
**Contact:** [vouchersales@hoyts.co.nz](mailto:vouchersales@hoyts.co.nz) or 09 9516166

Details: Please note – you can't take Sweet Louise vouchers directly to the  
cinema. You can purchase cinevouchers by contacting your support coordinator

### *Cleaning, Gardening & Home Maintenance*

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**Please See Nationwide Providers**

### *Floral*

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**Please also see Nationwide Providers for Floral**

**Name:** *Gails Floral Studio*  
**Address:** 7 Worley Place, Hamilton  
**Contact:** [www.gails.co.nz](http://www.gails.co.nz) or 07 839 0988

Details: From \$20 plus \$10 delivery

### *Meals*

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**Please see Nationwide Providers for Meals**

### *Personal home care*

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**Name:** *Miranda Smith Personal Home Care*  
**Address:** Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch  
**Contact:** [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Photography*

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**Name:** *Dianne Derbyshire*  
**Address:** Waikato Coverage  
**Contact:** [diannederbyshire@gmail.com](mailto:diannederbyshire@gmail.com)

Details: Basic Package – Outdoor Photoshoot (family/whanau) with minimum 20 high resolution digital images delivered via your own person online gallery. Ready to download and print \$200. Photobook Package as above with the addition of an 8x8 lay flat, hard page, stain resistant photobook \$250, Dianne is happy to travel, however a travel charge will be added onto the price of the package. Price to discussed on enquiry.

### *Transport*

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#### **Please also see Nationwide Providers for Transport**

**Name:** *Freedom Companion Driving Service*  
**Address:** Waikato & BOP  
**Contact:** **Hamilton:** Mia Warwick 021 238 1540,  
[hamilton@freedomdrivers.co.nz](mailto:hamilton@freedomdrivers.co.nz)  
**Tauranga South:** Gavin Bennett 027 489 7621,  
[taurangasouth@freedomdrivers.co.nz](mailto:taurangasouth@freedomdrivers.co.nz)  
**Rotorua:** Kelly Seymour 027 531 9767,  
[rotorua@freedomdrivers.co.nz](mailto:rotorua@freedomdrivers.co.nz)  
**Cambridge:** Katherine Park 027 554 0938,  
[cambridge@freedomdrivers.co.nz](mailto:cambridge@freedomdrivers.co.nz)

Details: Please contact your local provider

Name: *Driving Miss Daisy BOP*  
Address: 5 Hastings Rd, Pyes Pa, Tauranga  
Contact: Email: [missdaisy@xtra.co.nz](mailto:missdaisy@xtra.co.nz); Call: 0800 363 000 or 027 607 7354;  
Text: 027 607 7354; [www.driving-missdaisy.co.nz](http://www.driving-missdaisy.co.nz)

Details: Transport and assistance per half hour, off peak (between 10am and 2pm): \$24; Transport and assistance per half hour, peak times (before 10am and between 2pm – 4pm): Cost \$30

Name: *Driving Miss Daisy Cambridge*  
Address: 16 Starkey Rd, Morrinsville 3371  
Contact: 021 503 800, [cambridge@drivingmissdaisy.co.nz](mailto:cambridge@drivingmissdaisy.co.nz)

Details: Coverage for Matamata-Morrinsville-Piako-Cambridge-Te Awamutu, Thames to Putaruru, Kings County with 2 mobility vehicles.

Name: *Driving Miss Daisy*  
Address: Nationwide  
Contact: 0800 948 432

Details: Coverage for Waikato and Bay of Plenty: Including Hamilton, Rotorua, Taupo

## *Mind*



### *Counseling & Emotional Support*

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Name: *Choices Counselling*  
Address: 32 Boon St, Whakatane  
Contact: Phone or text: 027 825 5465

Details: Counselling \$92/hour

*Positive Mind Techniques*

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**Please also see Nationwide Providers**

*Notes*

## Palmerston North & Mid-Central

### Body



### Beauty

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**Name:** *Abella Beauty Clinic*  
**Address:** 817b Churchill St, Akina, Hastings  
**Contact:** [www.abellabeauty.co.nz](http://www.abellabeauty.co.nz) or [info@abellabeauty.co.nz](mailto:info@abellabeauty.co.nz) or 06 876 5100 or 021 225 5763

Details: Facial Express \$45, Facial 75mins \$75, Manicure \$50, Pedicure \$60, Back, Neck, and Shoulder Massage 30mins \$40, Eyebrow shape \$20, Eye combo \$45

**Name:** *Ample Beauty Ltd*  
**Address:** 66 Ingestre St, Suite 5, Wanganui  
**Contact:** [www.amplebeauty.co.nz](http://www.amplebeauty.co.nz), [amplebeautyLtd@gmail.com](mailto:amplebeautyLtd@gmail.com) Phone 06 348 2122

Details: Decleor Taster Facial \$60, Deluxe manicure or pedicure \$55, Gel manicure or pedicure \$32, Back, neck, shoulder massage \$38, Head massage \$40.

**Name:** *Changes Medispa*  
**Address:** 15 Titoki St, Landsdowne, Masterton  
**Contact:** [www.changesmedispa.co.nz](http://www.changesmedispa.co.nz), 06 370 1971 or [healthspa@manorhouse.co.nz](mailto:healthspa@manorhouse.co.nz)

Details: Facial \$105, Manicure \$70, Pedicure, \$80, Massage 60mins \$85 + other

**Name:** *The Front Room Beauty Retreat*  
**Address:** 244 Victoria Ave, Palmerston North  
**Contact:** 021 146 8630 or [thefrontroombeautyretreat@gmail.com](mailto:thefrontroombeautyretreat@gmail.com)

Details: Deluxe Manuka Honey Facial \$85, Spa Manicure \$60, Spa Pedicure \$70, Gel Nail Polish \$50, Back, Neck & Shoulder Relaxation Massage \$50, Eyebrow shape \$18

**Name:** *The Spa at Muskoka Ridge*  
**Address:** 228c Smart Rd, RD2, New Plymouth  
**Contact:** [muskokaspa@xtra.co.nz](mailto:muskokaspa@xtra.co.nz) or 021 216 2603

Details: Facials – Beauty Flash facial \$75, Hydrabeaute facial \$100, Back Massage 45mins \$68, Massage - Hot stone massage – 90mins \$120, Manicure – 6mins \$70, Pedicure – 75mins \$70.

**Name:** *Lush Lashes*  
**Address:** Suite 8, 723 Main St, Palmerston North 4414  
**Contact:** phone 0800 Lush Lashes or 022 406 0571,  
online: <https://lushlash.gettimely.com/book>

Details: Standard Full Set of Lashes (85 lashes per eye): \$98; Volumising Full Set of Lashes (125 lashes per eye): \$125; Volumising plus Full set (150 – 300 lashes per eye): \$150; Standard In-fill (45 – 60 lashes per eye): \$65; Volumising In-fill (85 lashes per eye) \$85; Volumising plus In-fill (125 – 250 lashes per eye): \$125

### *Footcare*

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#### **Please see Nationwide Providers for Footcare**

**Name:** *Bay Feet*  
**Address:** 7 Pembroke St, Taradale, Napier 4112  
**Contact:** Phone: 06 845 4774 or 021 814 723; Website:  
<https://bayfeet.wixsite.com/website> or Facebook:  
<https://www.facebook.com/bayfeet.nz/>

Details: Nail care, management of ingrown toe nails, fungal/thickened nails, calluses/corns/cracked heels, ulcer management, pressure relief. \$50  
Simple insoles and/or pressure relief pads \$85 - \$110; Gel pads \$10 - \$30

### *Hair, Wigs & Hats*

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#### **Please also see Nationwide Providers for Headwear**

**Name:** *Blush Hair Boutique*  
**Address:** 149B Mangorei Rd, Merrilands, New Plymouth  
**Contact:** [blushhairboutique@outlook.com](mailto:blushhairboutique@outlook.com); 06 758 8645; 027 870 3245

Details: Wash, blow dry & style or set: \$30; Ladies dry cut: \$50 (with gold card: \$40); Ladies wash/cut/blow dry: \$60 (with gold card: \$50)

**Name:** *Cathy's Hairstylists*

**Address:** 42 Rata St, Inglewood, New Plymouth  
**Contact:** 06 756 8910

Details: Cut & Blow Dry \$30, Cut \$24, Straightening \$15, Fringe Cut \$5 + other

**Name:** *Georgie's Wig Shop & Hair Design*  
**Address:** 89 Ruahine St, Palmerston North; Also visits Taranaki, Hawkes Bay, Wanganui, Horowhenua  
**Contact:** 06 358 3084 or 0800 009 447, Email [georgieswigs@xtra.co.nz](mailto:georgieswigs@xtra.co.nz), online [www.georgieshair.co.nz](http://www.georgieshair.co.nz), Facebook: Georgies Wigs and Hair Design, Palmerston North

Details: Wigs from \$410, Wig maintenance from \$60, Wig repair from \$10, Wig and/or hair colouring from \$80, Haircuts from \$45, Headwear from \$30, Head Massage \$50, Lash or Brow tint (each) \$15

**Name:** *Nu Image Hair Ltd*  
**Address:** 1 Springvale Rd, Springvale, Wanganui  
**Contact:** 06 345 0247

Details: Cut: \$30, Wash & Cut: \$35, Blow Wave from \$25, Wash/treatment \$5, Cut/Blow wave from \$40

### *Lymphoedema Therapy, Relaxation & Oncology Massage*

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**Name:** *Active Plus New Plymouth*  
**Address:** Unit 2, 20 Robe St, New Plymouth  
**Contact:** [newplymouth@activeplus.co.nz](mailto:newplymouth@activeplus.co.nz) or 06 769 9992

Details: Massage 30mins \$50

**Name:** *Debbie Taplin*  
**Address:** 36 Beaconsfield Rd, Midhurst, Stratford  
**Contact:** [dimps66@xtra.co.nz](mailto:dimps66@xtra.co.nz) or 06 756 8917 or 021 388 339

Details: 60 mins Massage \$60, 30 mins massage \$30 + \$10 for home visits

**Name:** *Jenny Collett*  
**Address:** 257 Newbury Lane, RD 8, Palmerston North  
**Contact:** 06 357 0987 or 027 284 7907

Details: Lymphatic Massage Initial Assessment \$90, Subsequent Lymphatic Massage \$75, Kinesio taping \$5

Name: *Janet Gush*  
Address: Mobile Service in New Plymouth Region  
Contact: 06 755 0029

Details: Massage 90mins \$100, Massage 45mins \$50

Name: *Jackie Verheijde*  
Address: 82 Paengaroa Rd, RD 5, Taihape  
Contact: 06 928 9617 or 027 255 1996

Details: Massage – 60 minutes: \$60, 30 minutes: \$40

Name: *Napier City Massage Therapy*  
Address: 140 Vigor Brown St, Napier South, Napier  
Contact: [office@napiermassage.co.nz](mailto:office@napiermassage.co.nz) or 06 833 6162 or 0211 426944

Details: Specialising in Oncology massage and Lymphoedema Management 60mins \$90, Relaxation, Oncology or Therapeutic Massage or Lymphoedema Management 30mins \$55, Relaxation, Oncology or Therapeutic Massage or Lymphoedema Management 90 mins \$115. Discounted concession packs also available, please see website

[www.napiermassage.co.nz/pricing-and-gift-vouchers.html](http://www.napiermassage.co.nz/pricing-and-gift-vouchers.html) for more info

Name: *Shona Lee Physiotherapy*  
Address: Health 2000, 63 Vivian St, New Plymouth  
Contact: Phone/Text: 021 029 27976; Email: [shonamoves@gmail.com](mailto:shonamoves@gmail.com)

Details: Lymphatic Massage: 30 mins \$60, 60mins \$80; Lymphoedema treatment: \$80 per session; Breathing and relaxation training: \$70 per session; Feldenkrais Method lessons: \$70 per session

Name: *Serenity Massage Therapy*  
Address: 371 Gloucester St, Taradale, Napier  
Contact: [www.serenitytherapy.co.nz](http://www.serenitytherapy.co.nz) or Phone 027 746 5034

Details: Swedish relaxation Massage 60mins \$60, Remedial massage 60mins \$60, Mini-massage 30mins \$40, Lymphatic Drainage 60mins \$60

Name: *ReflexionsNZ*  
Address: 69 Pitama Rd, Awapuni, Palmerston North  
Contact: 021 086 85097, email: [karen@reflexionsnz.co.nz](mailto:karen@reflexionsnz.co.nz),  
Facebook: <https://www.facebook.com/reflexionsnz/>

Details: Reflexology Lymphatic Drainage (45 minutes) - \$50; Facial Rejuvenation (Natural Facelift Massage) - \$80

### *Massage Therapy*

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Name: A Calmer Therapy - Eileen Collins  
Address: 343 Albert Street, Hokokwhitu, Palmerston North, 4410  
Contact: Phone or text 027 733 4741, or send a Facebook Messenger message or email [acalmertherapynz@gmail.com](mailto:acalmertherapynz@gmail.com).

Details: Oncology Massage Therapy (Registered since 2019). 1hr 15 minute appointment. Safe and effective techniques to relieve pain and stress for men and women in all stages of cancer treatment and recovery. Cost \$75. Women's Massage Therapy 1hr 15-minute appt. Full body massage to relax muscles and reduce stress in a safe and supportive environment. Cost \$75. Pregnancy Massage 1hr 15-minute appt. From 14 weeks gestation to due date. Clearance may be required from your LMC if a higher risk pregnancy. Cost \$75. Women's 30 minute Massage Treatment 45-minute appt. Focusing on your identified area of concern e.g. Back, neck, shoulders. Cost \$50.

### *Physiotherapy & Pilates*

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Name: *Active Plus New Plymouth*  
Address: Unit 2, 20 Robe St, New Plymouth  
Contact: [newplymouth@activeplus.co.nz](mailto:newplymouth@activeplus.co.nz) or 06 769 9992

Details: Pilates Session (30mins) \$50, Pilates (60mins) \$90, Physio assessment (60mins) \$90, Physio treatment (30mins) \$50, Exercise programmes (60mins) \$90

Name: *Align Physio*  
Address: 18 Napier Rd, Havelock North  
Contact: 06 833 6485 or [rachel@alignphysio.co.nz](mailto:rachel@alignphysio.co.nz)

Details: PINC program – individual 60mins \$120, 30mins \$70

### *Reflexology, Reiki & Shiatsu*

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**Name:** *Bay Reflexology*  
**Address:** 40 Auckland Rd, Greenmeadows, Napier and Bay Babies,  
304 Lyndon Rd West, Hastings  
**Contact:** [nicky@bayreflexology.co.nz](mailto:nicky@bayreflexology.co.nz) or 021 909 446

Details: Hand/Foot Reflexology 1 hour clinic visit \$65, Hand/foot reflexology 1 hour home, hospital, hospice visit \$75

**Name:** *Basic Foot Care*  
**Address:** Mobile within Palmerston North  
**Contact:** 06 356 3997 or 021 0226 9355

Details: Initial Reflexology Assessment \$90 (\$95 at hospital), Subsequent Session \$75 (\$80 at hospital)

**Name:** *Jill Faulkner*  
**Address:** Mobile Service in Manawatu, Palmerston North, Feilding  
**Contact:** [jillpeepoday@inspire.net.nz](mailto:jillpeepoday@inspire.net.nz) or 06 323 6094 or 0220106487

Details: Initial Reflexology Consultation at Clinic \$75, at home \$90, at hospital \$95. Subsequent Session at Clinic \$60, at home \$75, at hospital \$80

**Name:** *Aroam 'n Reflexology*  
**Address:** Mobile Service in Napier and Hastings Districts  
**Contact:** [aroamnkaren@gmail.com](mailto:aroamnkaren@gmail.com) or 027 419 7640

Details: Reflexology 30 – 60 minutes (incl. Aromatherapy oils) \$45 - \$80; Aromatherapy creams or spritzers \$15 -\$20; Healing touch balancing 30 – 60 minutes \$45 - \$80; Combination of Reflexology & Aromatherapy with Healing touch.

**Name:** *ReflexionsNZ*  
**Address:** 69 Pitama Rd, Awapuni, Palmerston North  
**Contact:** 021 086 85097, email: [karen@reflexionsnz.co.nz](mailto:karen@reflexionsnz.co.nz),  
Facebook: <https://www.facebook.com/reflexionsnz/>

Details: Reflexology (1 hr) - \$70; (30 minutes) - \$40

## *Yoga*

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**Name:** *Vanessa Lei Yoganess*

Address: 1/167 The Square, Palmerston North

Contact: Phone: 027 243 0187 or email: [vlbphotography@inspire.net.nz](mailto:vlbphotography@inspire.net.nz)

Details: Yoga at Vanessa's Studio - Class costs at the studio are \$15 casual and \$13 a class for a concession of 6 or more classes, valid for 3 months. \$78 for 6, \$130 for 10.

## Services



### Baking and Meals

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#### Please see Nationwide Providers

**Name:** *MYLK Food Store*  
**Address:** Hastings Store: 1/800 St. Aubyn Street E, Parkvale, Hastings  
Napier Store: 7/87 Bridge Street, Ahuriri, Napier  
**Contact:** Phone 06 876 2003 ext 1 for deliveries; 06 876 2003 ext 3 for Hastings store; 06 876 2003 ext 4 for Napier store or order online: <https://mylkfoodstore.com/>

Details: Prepared Meals: \$7 - \$24; Other retail goodies: Variable  
Instore pick up available. Meals can be delivered if you are in the following zones. Sorry no Rural or PO Box deliveries. Zone 1 - Hawkes Bay; Zone 2 - Central Hawkes Bay and Wairoa; Zone 3 - Feilding, Palmerston North; Zone 4 - Rest of North Island. Please see website for full details and pricing.

### Bodywear & Compression Sleeves

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#### Please also see Nationwide providers

**Name:** *Breastcare Specialist Taranaki*  
**Address:** Level 2, 10 Devon St East, New Plymouth  
**Contact:** Phone 06 757 5522 or 021 465 965;  
Email [info@breastcaretaranaki.co.nz](mailto:info@breastcaretaranaki.co.nz)

Details: Mastectomy swimsuits: \$140 - \$280; Mastectomy bras: \$66 - \$130; Mastectomy camisoles: \$110; Mastectomy sports tops: \$100 - \$115; Mastectomy prosthesis: \$285 - \$500

**Name:** *Suzelle Lingerie*  
**Address:** 108 Heretaunga St West, Hastings  
**Contact:** [www.suzellelingerie.co.nz](http://www.suzellelingerie.co.nz) or 06 878 9592

Details: Range of Mastectomy underwear

**Name:** *Pure Breast Care NZ*  
**Address:** 8 Weld St, Feilding and mobile, in-home service  
**Contact:** Email: [liz@purebreastcare.com](mailto:liz@purebreastcare.com);

Website: [www.purebreastcare.com](http://www.purebreastcare.com); Phone or text:  
021 848 646/0800 259 061; Letter: 8 Weld St, Feilding 4702

Details: Breast prosthesis fitting \$160; Bra pocketed fitting \$40 - \$60;  
Swimwear/all swimwear \$99; Activeflow/Swimform \$75;  
Compression/Lymphedema garments \$100 subsidised.

Name: *Naturalwear*  
Address: Nationwide services  
Contact: [www.naturalwear.co.nz](http://www.naturalwear.co.nz) or 0800 612612; 0800 882892;  
0800 622 397; Facebook.com/nznaturalwear;  
Instagram @nznaturalwear

Details: Range of mastectomy underwear & prosthesis.  
By appointment for the following Central and Lower North island Locations:  
Rotorua, Waipukurau, Palmerston North, Feilding, Levin, Foxton, Whanganui,  
Kapiti Coast, Wellington, Masterton, New Plymouth, Hawera, Hawkes Bay,  
Gisborne, Taumaranui, Taupo - Phone 0800 622 397

### *Cleaning, Gardening & Home Maintenance*

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**Please see Nationwide Providers**

### *Cinema*

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Name: *Globe Theatre*  
Address: 15 Hardinge Rd, Ahuriri, Napier  
Contact: Website: <https://www.globenapier.co.nz>; 06 833 6011

Details: Movie tickets \$11-\$16; Drinks \$4-\$11; Snacks \$3.50 - \$5.50; Pizzas \$11-\$18

### *Floral*

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**Please also see Nationwide Provider for Floral**

Name: *Flowers by Tanya*  
Address: 242 Heretaunga St East, Hastings  
Contact: [www.flowersbytanya.co.nz](http://www.flowersbytanya.co.nz) or 06 878 8787

Details: Range available from \$45 plus delivery

**Name:** *The Flower Shop*  
**Address:** 424 Featherston St, Palmerston North  
**Contact:** [www.flowershop.co.nz](http://www.flowershop.co.nz) or 06 357 3320

Details: Fresh cut flowers, bouquets, and floral arrangements from \$20

**Name:** *Purple Petals*  
**Address:** 5 Paul St, Wairoa 4108  
**Contact:** Visit store location, Phone 027 404 2921,  
or [www.Direct2Florist.com](http://www.Direct2Florist.com)

Details: Florist Services, Skincare products, Gifts – Prices variable

### *Meals*

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**Please See Nationwide Providers for Meals**

### *Personal Home Care*

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**Name:** *Omahanui Home Care*  
**Address:** 22 Waiwaka Tce, Strandon, New Plymouth  
**Contact:** Phone 06 759 7031 or email [homecare@omahanui.co.nz](mailto:homecare@omahanui.co.nz),  
[www.omahanui.co.nz](http://www.omahanui.co.nz)

Details: Cleaning \$35/hr, Meal preparation \$35/hr, Personal cares \$35/hr,  
Shopping \$35/hr

**Name:** *Miranda Smith Personal Home Care*  
**Address:** Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch  
**Contact:** [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Photography*

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**Name:** *Vanessa Lei Photography*  
**Address:** 1/155 The Square, Palmerston North  
**Contact:** Phone: 027 243 0187 or email: [vlbphotography@inspire.net.nz](mailto:vlbphotography@inspire.net.nz)

Details: Portrait sitting includes (2) 5x7" portraits unframed - \$100; Framed 5x7" portrait - \$100; Framed 20x16" portrait - \$300; Pamper portrait sitting, includes hair, make-up, refreshments and 5 images on CD plus (2) 5x7" prints unframed - \$400.

### *Transport*

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#### **Please also see Nationwide Providers for Transport**

**Name:** *Freedom Companion Driving Service*  
**Address:** Mid-Central  
**Contact:** **New Plymouth:** Diana de Jong 027 585 2019,  
[newplymouth@freedomdrivers.co.nz](mailto:newplymouth@freedomdrivers.co.nz)

Details: Please contact local franchisee for Quote

**Name:** *Driving Miss Daisy*  
**Address:** Nationwide  
**Contact:** 0800 948 432

Details: Coverage for Mid-Central: Gisborne, New Plymouth, Whanganui, Palmerston North (Marton, Feilding, Bulls, Ashurst, Woodville), Hawkes Bay (Napier, Taradale, Hastings, Havelock North)

## Mind



### Positive Mind Techniques

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#### **Please also see Nationwide Providers for Positive Mind Techniques Counselling & Emotional Support**

**Name:** *Janet Gush*  
**Address:** Mobile in the New Plymouth Region  
**Contact:** 06 755 0029

Details: 60mins Session \$80

**Name:** *ReflexionsNZ*  
**Address:** 69 Pitama Rd, Awapuni, Palmerston North  
**Contact:** 021 086 85097, email: [karen@reflexionsnz.co.nz](mailto:karen@reflexionsnz.co.nz),  
Facebook: <https://www.facebook.com/reflexionsnz/>

Details: Counselling (Individual and relationship) - \$100/hr

## Wellington Area

### Body



#### Acupuncture

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**Name:** *Newtown Acupuncture Centre*  
**Address:** 82 Riddiford St, Newtown, Wellington  
**Contact:** Phone 04 974 6541, Email [contact@newtownacupuncture.co.nz](mailto:contact@newtownacupuncture.co.nz),  
Online booking [www.newtownacupuncture.co.nz](http://www.newtownacupuncture.co.nz)

Details: Acupuncture (multi-bed) \$65, Acupuncture (multi-bed) \$50 community service card, Massage (50mins) \$80, Massage (30mins) \$50, Infra-red Sauna \$35, Yoga & Martial Arts \$30

#### Beauty

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**Name:** *Body & Soul Beauty Clinic*  
**Address:** 103-105 Johnsonville Rd, Johnsonville  
**Contact:** 04 478 1119 or 021 0239 3329

Details: Facial 60mins \$65, Facial 30mins \$40, Manicure 60mins \$35, Pedicure 60mins \$45, Massage 60mins \$65, Massage 30mins \$40 + other

**Name:** *Changes Medispa*  
**Address:** 15 Titoki St, Landsdowne, Masterton  
**Contact:** [www.changesmedispa.co.nz](http://www.changesmedispa.co.nz) or 06 370 1971 or [healthspa@manorhouse.co.nz](mailto:healthspa@manorhouse.co.nz)

Details: Facial 60mins \$135, Manicure 60mins \$79, Pedicure – Royal pedicure \$89, Gel pedicure \$55, Massage 60mins \$95, Massage and Facial \$175

**Name:** *Devoir Waxing Clinic, Beauty & Massage*  
**Address:** 13B Kapiti Lights Complex, 11 Amohia St, Paraparaumu  
**Contact:** [www.devoirwaxingclinic.co.nz](http://www.devoirwaxingclinic.co.nz), 04 297 0318, 027 232 7890

Details: Waxing, threading, and tinting from \$11

**Name:** *Heavenly Beauty*  
**Address:** 66 Kapanui Rd, Waikanae, Kapiti Coast

Contact: [www.heavenlybeauty.nz](http://www.heavenlybeauty.nz) or 04 293 6441 or 022 192 1602 or [theresa@heavenearth.co.nz](mailto:theresa@heavenearth.co.nz)

Details: Facial 60mins \$80, Facial 45mins \$50, Manicure 60mins \$45, Pedicure 60mins \$65, Massage 60mins \$75 + other

Name: *House of Beauty Day Spa*  
Address: Unit 11, 99 Mana Esplanade, Mana  
Contact: [www.houseofbeauty.co.nz](http://www.houseofbeauty.co.nz) or 04 233 8678

Details: Please refer to the website for services and pricing.

Name: *Pro Brows by Nicole*  
Address: 188 Gordon St, Masterton  
Contact: [www.probrowbynicole.co.nz](http://www.probrowbynicole.co.nz) or 027 208 6143

Details: Eyebrow tattooing (x2 sessions) \$600, Eyeliner tattooing (x2 sessions) \$500

Name: *The Woolshed Retreats*  
Address: 144 Muri Rd, Pukeru Bay  
Contact: 027 206 8876 or email [Pamela@thewoolshed.com](mailto:Pamela@thewoolshed.com)

Details: Total pampering day (90min Massage, Aromatherapy bath, cabin, lunch) \$200, + facial & foot massage (30mins) \$40 extra; Day Retreat only with lunch \$80; 24 hour retreats (or longer) - all meals included \$250 (single), \$350 (double) + add-ons including: Therapeutic or Relaxation massage (60mins) \$80, (90mins) \$110, Aromatherapy bath \$20; Shiatsu (75mins) \$100, Aromatherapy bath \$20; Life Planning/Mentoring (2 sessions recommended) 1:1 session (90mins) \$200.

Name: *The Beauty Room Petone*  
Address: 417 Cuba St, Alicetown, Lower Hutt  
Contact: [enquiries@thebeautyroom.co.nz](mailto:enquiries@thebeautyroom.co.nz) or 04 939 4440

Details: On-the-Move manicures \$40, Deluxe manicure \$70, On-the-Move pedicure \$50, Deluxe pedicure \$75, Refreshing facial \$60, Classic relaxation facial \$100 + other

### *Footcare*

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**Please also see Nationwide Providers for Footcare**

## *Hair & Wigs*

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### **Please also see Nationwide Providers for Headwear**

**Name:** *Ahead with Organics*  
**Address:** 30 Knights Rd, Lower Hutt  
**Contact:** [salon@aheadwithorganics](mailto:salon@aheadwithorganics) or 04 566 5442

Details: Wig shaping and styling as ladies' haircuts \$60-\$80, see website [www.aheadwithorganics.co.nz](http://www.aheadwithorganics.co.nz) for regular services

**Name:** *Georgie's Wig Shop & Hair Design*  
**Address:** 89 Ruahine St, Palmerston North & Home Visits  
**Contact:** 06 358 3084 or 0274 894 293 Also visits Taranaki, Hawkes Bay, Wanganui, Horowhenua

Details: Wigs from \$410, Haircuts from \$45, Headwear from \$30, Head Massage \$50, Wig maintenance from \$60, Lash or Brow tint (each) \$15

**Name:** *Image Works*  
**Address:** 15A Puketiro Ave, Northland, Wellington  
**Contact:** [www.wigs.co.nz](http://www.wigs.co.nz), 04 475 8185 or 027 244 1538

Details: Range of wigs, can be seen in the studio or home visits can be arranged

## *Jin Shin Jyutsu, Shiatsu*

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**Name:** *Maranatha Clinic*  
**Address:** 10 Winara Ave, Waikanae, Kapiti Coast  
**Contact:** [carrigoona@clear.net](mailto:carrigoona@clear.net) or 04 293 2158

Details: 60 min session \$60

**Name:** *The Woolshed Retreats*  
**Address:** 144 Muri Rd, Pukeru Bay  
**Contact:** 027 206 8876 or email [Pamela@thewoolshed.com](mailto:Pamela@thewoolshed.com)

Details: Total pampering day (90min Massage, Aromatherapy bath, cabin, lunch) \$200, + facial & foot massage (30mins) \$40 extra; Day Retreat only with lunch \$80; 24 hour retreats (or longer) - all meals included \$250 (single), \$350 (double)

+ add-ons including: Therapeutic or Relaxation massage (60mins) \$80, (90mins) \$110, Aromatherapy bath \$20; Shiatsu (75mins) \$100, Aromatherapy bath \$20; Life Planning/Mentoring (2 sessions recommended) 1:1 session (90mins) \$200.

### *Lymphoedema Therapy, Relaxation & Oncology Massage*

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Name: *Body & Soul Massage*  
Address: 251 Marine Parade, Eastbourne, Lower Hutt 5013  
Contact: [Gudrun.co.nz@gmail.com](mailto:Gudrun.co.nz@gmail.com) or 04 562 8530

Details: Massage 30 minutes \$55, 45 minutes \$75, 60 minutes \$90; Home visit by appointment

Name: *Devoir Waxing Clinic, Beauty & Massage*  
Address: 13B Kapiti Lights Complex, 11 Amohia St, Paraparaumu  
Contact: [www.devoirwaxingclinic.co.nz](http://www.devoirwaxingclinic.co.nz), 04 297 0318, 027 232 7890

Details: Massage 30mins \$50, 45mins \$69, 60mins \$80; Foot massage 30mins \$50

Name: *The Woolshed Retreats*  
Address: 144 Muri Rd, Pukeru Bay  
Contact: 027 206 8876 or email [Pamela@thewoolshed.com](mailto:Pamela@thewoolshed.com)

Details: Total pampering day (90min Massage, Aromatherapy bath, cabin, lunch) \$200, + facial & foot massage (30mins) \$40 extra; Day Retreat only with lunch \$80; 24 hour retreats (or longer) - all meals included \$250 (single), \$350 (double) + add-ons including: Therapeutic or Relaxation massage (60mins) \$80, (90mins) \$110, Aromatherapy bath \$20; Shiatsu (75mins) \$100, Aromatherapy bath \$20; Life Planning/Mentoring (2 sessions recommended) 1:1 session (90mins) \$200.

Name: *Human Nurture Massage*  
Address: 111a Karori Rd, Wellington  
Contact: [humannurture@gmail.com](mailto:humannurture@gmail.com), 022 476 7789

Details: Lymphatic drainage and bandaging: 60 mins \$80, 45 min \$65, 30 min \$50 (Excludes any material costs); Oncology massage/Relaxation massage/Remedial massage: 60 minutes \$80, 45 minutes \$65, 30 minutes \$50. House calls (Wellington City only) Additional \$20

Name: *Lene Petersen*

**Address:** 67 Old Karori Rd, Karori, Wellington  
**Contact:** [www.lenepetersen.co.nz](http://www.lenepetersen.co.nz) or 021 844 394

Details: Massage at Clinic \$80, Massage at home \$90, Massage at hospital \$95

**Name:** *Lynette Tonks*  
**Address:** Johnsonville City Fitness, Broderick Rd, Johnsonville, Wellington  
**Contact:** [lynette\\_tonks@xtra.co.nz](mailto:lynette_tonks@xtra.co.nz) or 04 478 6228

Details: Massage 60mins \$70, 45mins \$60, 30mins \$40

**Name:** *Massage & Reflexology Clinic*  
**Address:** 173 Main Rd, Tawa, Wellington  
**Contact:** [castlecrea@hotmail.com](mailto:castlecrea@hotmail.com) or 021 6080 544 (text)

Details: Massage Clinic \$80, Massage Home \$90

**Name:** *Newtown Acupuncture Centre*  
**Address:** 82 Riddiford St, Newtown, Wellington  
**Contact:** Phone 04 974 6541, Email [contact@newtownacupuncture.co.nz](mailto:contact@newtownacupuncture.co.nz),  
Online booking [www.newtownacupuncture.co.nz](http://www.newtownacupuncture.co.nz)

Details: Acupuncture (multi-bed) \$65, Acupuncture (multi-bed) \$50 community service card, Massage (50mins) \$80, Massage (30mins) \$50, Infra-red Sauna \$35, Yoga & Martial Arts \$30

**Name:** *Sarah Shellard Lymphoedema (New Provider)*  
**Address:** Mobile – In home Treatment in Hutt Valley/Wairarapa  
**Contact:** Email: [sarahshellard.therapist@gmail.com](mailto:sarahshellard.therapist@gmail.com);  
Call or Text: 021 125 9439

Details: Manual lymphatic drainage MLD, Lymph taping, Measurement for garments, Education to clients and family on self-care - \$80 per hour. There is travel cost, varying on distance. Operating Hours: Thursday and Friday (other days by negotiation)

**Name:** *Tralee Clark Therapy*  
**Address:** Ruru Remedial Care, 136 Main Rd, Wainuiomata (formally Bella Beauty)  
**Contact:** <https://rururemedialcare.wixsite.com/tralee> or 027 644 4652

Details: Relaxation and therapeutic massage: 30 min - \$40; 45 min - \$60; 60 min - \$80; 90 min - \$110

### *Reflexology & Reiki*

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**Name:** *Genaya Naisbitt Reiki Practitioner*  
**Address:** 6 Edgewater St, Waikanae  
**Contact:** Phone or Text 021 826 342 or Facebook Genaya Naisbitt Reiki Practitioner

Details: Reiki - \$70 per hour; Relaxing therapeutic massage - \$70 per hour; Massage & Reiki - \$70 per hour, Mobile (in the Wellington area) Massage & Reiki to home or hospital - \$85 per hour

**Name:** *Judith Karaitiana*  
**Address:** Mobile within Wellington  
**Contact:** 04 971 7485 or 027 658 0326

Details: Initial Reflexology Assessment Clinic \$75, Home \$90, Hospital \$95; Subsequent Appointment Clinic \$60, Home \$75, Hospital \$80

**Name:** *Lene Petersen*  
**Address:** 67 Old Karori Rd, Karori, Wellington  
**Contact:** <https://www.naturaltherapypages.co.nz/therapist/1159> or 021 844 394

Details: Reflexology \$95

**Name:** *Lynette Tonks*  
**Address:** Johnsonville City Fitness, Broderick Rd, Johnsonville, Wellington  
**Contact:** [lynette\\_tonks@xtra.co.nz](mailto:lynette_tonks@xtra.co.nz) or 04 478 6228

Details: Reflexology \$75

**Name:** *Massage & Reflexology Clinic*  
**Address:** 173 Main Rd, Tawa, Wellington  
**Contact:** [castlecrea@hotmail.com](mailto:castlecrea@hotmail.com) or 021 6080 544 (text)

Details: Initial Reflexology Assessment \$75 (\$90 at home), Subsequent Session \$60 (\$75 at home)

**Name:** *Solas Reflexology*  
**Address:** 63 Ottawa Rd, Ngaio, Wellington  
**Contact:** Phone Nicola on 021508275, email [nicola@ngαιοhealth.co.nz](mailto:nicola@ngαιοhealth.co.nz) or [www.ezybook.co.nz](http://www.ezybook.co.nz)

Details: Initial Reflexology Consultation – clinic \$75 / follow up \$60; Initial Consultation – home / hospital \$90 / follow up \$75

### *Yoga*

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**Name:** *Newtown Acupuncture Centre*  
**Address:** 82 Riddiford St, Newtown, Wellington  
**Contact:** Phone 04 974 6541, Email [contact@newtownacupuncture.co.nz](mailto:contact@newtownacupuncture.co.nz),  
Online booking [www.newtownacupuncture.co.nz](http://www.newtownacupuncture.co.nz)

Details: Acupuncture (multi-bed) \$65, Acupuncture (multi-bed) \$50 community service card, Massage (50mins) \$80, Massage (30mins) \$50, Infra-red Sauna \$35, Yoga & Martial Arts \$30

## Services



### *Baking and Meals*

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**Please see Nationwide Providers for Baking and Meals**

### *Bodywear, Compression Sleeves & Headwear*

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**Please see Nationwide Providers for Bodywear, Compression Sleeves & Headwear**

**Name:** *Naturalwear*  
**Address:** Nationwide services  
**Contact:** [www.naturalwear.co.nz](http://www.naturalwear.co.nz) or 0800 612612; 0800 882892;  
0800 622 397; Facebook.com/nznaturalwear;  
Instagram @nznaturalwear

Details: Range of mastectomy underwear & prosthesis.

By appointment for the following Central and Lower North island Locations:  
Rotorua, Waipukurau, Palmerston North, Feilding, Levin, Foxton, Whanganui,  
Kapiti Coast, Wellington, Masterton, New Plymouth, Hawera, Hawkes Bay,  
Gisborne, Taumaranui, Taupo - Phone 0800 622 397

### *Cleaning, Gardening & Home Maintenance*

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**Please see Nationwide Providers for Cleaning, Gardening & Home Maintenance**

### *Cinema*

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**Name:** *Light House Cinema*  
**Address:** Light House Petone: 52 Beach St, Petone, Lower Hutt  
Light House Cuba: 29 Wigan St, Te Aro, Wellington  
Light House Pauatahanui: 3 Paekakariki Hill Rd, Pauatahanui,  
Porirua  
**Contact:** Website: <https://www.lighthousecinema.co.nz> \*\*Please note that  
Sweet Louise vouchers can only be used in-store. Online ordering  
is excluded\*\*  
Light House Petone: Ph: 04 939 2061  
Light House Cuba: Ph: 04 385 3337  
Light House Pauatahanui: Ph: 04 234 6770

Details: Adult - \$17.50 Senior (60+) - \$13.50; Student - \$13.50 Child\*\* (4-14 years) - \$12.50; Family Pass - 4 admits (2 adults, 2 children or 1 adult, 3 children) - \$47.00; Grandparent Pass - 3 admits (2 seniors, 1 child or 1 senior, 2 children) - \$33.00; Extra Children added to group passes - \$10.50 each

**Name:** *The Screening Room*  
**Address:** 435 Queen Street, Kuripuni, Masterton  
**Contact:** Online <https://thescreeningroom.co.nz/>; phone 06 378 6191 or 021 445 739; in person

Details: A lovely restaurant with 2 boutique cinemas.  
Movie ticket Adult \$16; Movie ticket Senior (65+) \$13; Meals/coffee/cake \$variable. Operating Hours: 10am – 10pm 7 days a week

### *Floral*

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#### **Please also see Nationwide Providers for Floral**

**Name:** *Scent Floral Boutique*  
**Address:** 45 Johnston St, Wellington  
**Contact:** [www.scentboutique.co.nz](http://www.scentboutique.co.nz), 04 4999 040 or [info@scentboutique.co.nz](mailto:info@scentboutique.co.nz)

Details: From \$20 plus Delivery

### *Personal Home Care*

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**Name:** *Miranda Smith Personal Home Care*  
**Address:** Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch  
**Contact:** [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

## Photography

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**Name:** Nicola Edmonds Photography  
**Address:** 73 Collier Ave, Karori, Wellington (no studio, on location or home)  
**Contact:** [nicola@nicolaedmonds.com](mailto:nicola@nicolaedmonds.com) or 027 224 6468

Details: One-hour portrait session includes disk of images sized and prepared to be printed: \$250 (+gst); Mileage may be charged (at cost) for travel beyond Wellington City (Wellington, Kapiti/Horowhenua, Wairarapa) area. Cost for prints and flashcard media, if required, is additional.

## Transport

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### Please also see Nationwide Providers for Transport

**Name:** Freedom Companion Driving Service  
**Address:** Wellington area  
**Contact:** **Hutt Valley:** Kristopher Whiting 021 277 0966, [huttvalley@freedomdrivers.co.nz](mailto:huttvalley@freedomdrivers.co.nz)  
**Kapiti:** Lindsay Gott 021 355 142, [kapiti@freedomdrivers.co.nz](mailto:kapiti@freedomdrivers.co.nz)  
**Wellington:** Pete Mill & David Duff 021 800 061, [wellington@freedomdrivers.co.nz](mailto:wellington@freedomdrivers.co.nz)

Details: Please contact your local provider

**Name:** *Driving Miss Daisy*  
**Address:** Nationwide  
**Contact:** 0800 948 432

Details: Coverage for Wellington-area: Waikanae North, Kapiti Coast, Mana-Porirua, Wairarapa, Upper Hutt, Lower Hutt, Wellington East, Wellington North, Wellington City



### **Please also see Nationwide Provider for PMT**

**Name:** *The Woolshed Retreats*  
**Address:** 144 Muri Rd, Pukeru Bay  
**Contact:** 027 206 8876 or email [Pamela@thewoolshed.com](mailto:Pamela@thewoolshed.com)

Details: Total pampering day (90min Massage, Aromatherapy bath, cabin, lunch) \$200, + facial & foot massage (30mins) \$40 extra; Day Retreat only with lunch \$80; 24 hour retreats (or longer) - all meals included \$250 (single), \$350 (double) + add-ons including: Therapeutic or Relaxation massage (60mins) \$80, (90mins) \$110, Aromatherapy bath \$20; Shiatsu (75mins) \$100, Aromatherapy bath \$20; Life Planning/Mentoring (2 sessions recommended) 1:1 session (90mins) \$200.

## South Island

### Body



#### Beauty

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**Name:** *LadyInk*  
**Address:** 13 Corriedale Lane, West Welton  
**Contact:** Online: [www.ladyink.co.nz](http://www.ladyink.co.nz); Email: [info@ladyink.co.nz](mailto:info@ladyink.co.nz); Business  
**Phone:** 03 342 3336; Business Mobile: 027 438 3329

Details: Eyebrow tattoo; Upper eyeliner; Lower eyeliner; Bilateral Areola tattoo; Upper and lower liner. Please contact for pricing. DHB funding for Areola tattooing available in Christchurch. Based in Christchurch with regular trips to Hamilton and Dunedin.

**Name:** *Loral Ford Beauty Specialist*  
**Address:** 110 Pegasus Blvd, Pegasus, North Canterbury  
**Contact:** Phone or Text: 021 079 4480; Email: [loral@lfbeauty.co.nz](mailto:loral@lfbeauty.co.nz)

Details: Range of Facials: \$80 – \$165; Express Manicure: \$35; Manicure: \$50; Express Pedicure: \$45; Pedicure: \$70; Waxing, Tinting, and Electrolysis

**Name:** *V for Hair & Beauty*  
**Address:** Shop 110, Merivale Mall, 159 Papanui Road, Christchurch  
**Contact:** [www.vforhair.co.nz](http://www.vforhair.co.nz), [merivalesalon@vforhair.co.nz](mailto:merivalesalon@vforhair.co.nz) or 03 355 6584

Details: Pedicure 60 minutes: \$65, Classic facial 45 minutes: \$50

**Name:** *Astonish Hair and Beauty*  
**Address:** 13/544 Memorial Ave (Spitfire Square), Christchurch Airport, Christchurch  
**Contact:** Call 03 358 2007 or via Facebook message  
<https://www.facebook.com/Astonishhairandbeauty/>

Details: Hair Services: Wash, cut & blow wave – short hair \$55, long hair \$59, re-style \$65; Shampoo & cut – short \$45, long \$48; Basic blow wave – short \$30, medium \$35, long \$45; Colours from \$65. Beauty Services: Facials – Petite (30 minute) \$55, Signature (45 min) \$85, Indulge (60 min) \$115; Massage – 1 hour massage \$80, Back massage \$40, Back, neck & shoulder \$60; Tinting from \$15;

Nails from \$25; Pedicures from \$40; Makeup services from \$60

### *Exercise*

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Name: Exercise as Medicine  
Address: 77 Panorama Road, Clifton Christchurch 8081, New Zealand  
Contact: Phone/text: 021 2628886, email on [kris@eamnz.com](mailto:kris@eamnz.com) or [www.exerciseasmedicinenz.com](http://www.exerciseasmedicinenz.com)

Live Stronger – An 8 week programme of exercise suitable for all fitness levels.  
Saturdays 11.30: YMCA Bishopdale, Christchurch. During term time. \$90  
TOFU (Time Out For You) Retreat – A half day incorporating Tai Chi, Yoga and Relaxation \$90 or \$50 unwaged.  
Sundays – Dates vary. Spencer Park Surf Club.

### *Lymphoedema Therapy, Relaxation & Oncology Massage*

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Name: *Bodycentral Clinical Massage Therapy*  
Address: 304 Fitzgerald Ave, City Centre, Christchurch  
Contact: Phone 0220 440 939 or Email [info@bodycentral.nz](mailto:info@bodycentral.nz)

Details: Oncology massage at clinic: \$90; Oncology massage mobile: \$100

Name: *Bodyworks Massage Therapy*  
Address: 24 Nairn St, Spreydon, Christchurch  
Contact: [www.bodyworksmassage.co.nz](http://www.bodyworksmassage.co.nz)

Details: Oncology massage: \$80

Name: *Body Waves*  
Address: 31D Milton Terrace, Picton  
Contact: Email: [bodywaves@hotmail.co.nz](mailto:bodywaves@hotmail.co.nz) or Phone: 021 0261 8208

Details: Indian Head Massage, Aromatherapy, Lymph Drainage Therapy, Manual Lymphatic Drainage, Reflexology Lymph Drainage – Each \$65 per hour

Name: *The Healing Dimension*  
Address: 10 Sunhaven Place, Huntsbury, Christchurch 8022  
Contact: Online [www.thehealingdimension.co.nz](http://www.thehealingdimension.co.nz), phone 0211831066 or email [donna.roy63@gmail.com](mailto:donna.roy63@gmail.com).

Details: Massage/Oncology Massage – 1 hour \$85, ½ hour \$55; Reflexology - 1 hour \$85, ½ hour \$55; Reiki/Spiritual Healing - 1 hour \$85, ½ hour \$55; Manual Lymphatic Drainage -1 hour \$85, ½ hour \$55; Scar tissue Release - 1 hour \$85, ½ hour \$55; Variable cost- 3,5, +10 trip discounts available.

Name: *St. George's Cancer Care Centre*  
Address: 131 Leinster Rd, Christchurch 8014  
Contact: 03 375 6100, email: [cancer.care@stgeorges.org.nz](mailto:cancer.care@stgeorges.org.nz)

Details: Lymphoedema Assessment: \$108.70+gst; Lymphoedema Treatment: \$56.52+gst; Compression garment or bandages: variable costs

Name: *Well & Good Health*  
Address: 1 Grove Rd, Blenheim, Marlborough  
Contact: Phone 03 577 8999, email [hello@wellandgoodhealth.co.nz](mailto:hello@wellandgoodhealth.co.nz), online at website [www.wellandgoodhealth.co.nz](http://www.wellandgoodhealth.co.nz)

Details: PINC & Steel provider. Physiotherapy; Massage therapy; Yoga/Pilates; Psychology; Dietitian; Lymphoedema (manual lymphatic drainage); & Personal Training - \$variable.

### *Reflexology & Reiki*

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Name: *2b in Harmony*  
Address: 4 Emerson Lane, Rolleston, Christchurch  
Contact: Phone 021-239-4418, [www.2binharmony.nz](http://www.2binharmony.nz)

Details: Mandy does traditional reflexology, as well as specialising in Zu Qigong which is foot energy and R.L.D (Reflexology lymph drainage – working specifically on the lymph system). Reflexology (60 minutes) \$75.

Name: *Body Waves*  
Address: 27 Admiralty Place, Waikawa, Picton  
Contact: Email: [bodywaves@hotmail.co.nz](mailto:bodywaves@hotmail.co.nz) or Phone: 021 0261 8208

Details: Reiki, Reflexology – Each \$65 per hour.

Name: *Breathe Relax Reflexology*  
Address: 637a Springs Rd, Prebbleton, Christchurch and The Herb Clinic, 223  
Kilmore Street, Christchurch Central  
Contact: Website: [www.breatherelaxreflexology.co.nz](http://www.breatherelaxreflexology.co.nz); Phone 027 526 2243  
(Bobbie) or 03-365 3011 (The Herb Centre)

Details: Reflexology (60 min) \$80; Reiki & Reflexology (60 min) \$80; Ear, Hand,  
Leg & Foot reflexology (90 min) \$100; Zu Qigong (60 min) \$90; Reflexology taster  
(30 min) \$30; Home treatment (60 min) \$95; Manual Lymphatic Drainage (60  
min) \$80, Home treatment \$95 - Mobile service within 20 kms of city.

Name: *Koru Healing*  
Address: Wholebody Health, 140 Colombo St,  
Beckenham Christchurch 8023  
Contact: Phone/text: 03 388 9785 or 0210 269 5523;  
email: [tracey@koruhealing.co.nz](mailto:tracey@koruhealing.co.nz); Website:  
[www.koruhealing.co.nz](http://www.koruhealing.co.nz)

Details: For specific symptoms and/or general relaxation/de-stress. Acupuncture  
\$80/hour; Massage \$80/hour; Reiki \$80/hour; Combined treatment \$80/hour.

Name: *Sole Purpose Reflexology*  
Address: 103 Dunns Ave, The Pines Beach, Christchurch  
Contact: Text: 021 246 6787 or Messenger via Facebook  
<https://www.facebook.com/103pinesbeach/>

Details: 1 hour Bliss Treatment \$40; 30 minutes x2 people \$50; Mother & Baby  
(30 minutes) \$25

Name: *The Healing Dimension*  
Address: 10 Sunhaven Place, Huntsbury, Christchurch 8022  
Contact: Online [www.thehealingdimension.co.nz](http://www.thehealingdimension.co.nz), phone 0211831066 or  
email [donna.roy63@gmail.com](mailto:donna.roy63@gmail.com).

Details: Massage/Oncology Massage – 1 hour \$85, ½ hour \$55; Reflexology - 1  
hour \$85, ½ hour \$55; Reiki/Spiritual Healing - 1 hour \$85, ½ hour \$55; Manual  
Lymphatic Drainage -1 hour \$85, ½ hour \$55; Scar tissue Release - 1 hour \$85, ½  
hour \$55; Variable cost- 3,5, +10 trip discounts available.

### *Skin Care*

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Name: *Arbonne – Carlyne Phillips*  
Address: 77 Winters Rd, Redwood, Christchurch  
Contact: Phone: 027 893 2986, Email: [caz2873@gmail.com](mailto:caz2873@gmail.com),  
[www.carolynephillips.arbonne.com](http://www.carolynephillips.arbonne.com)

Details: Advice on skincare: \$0, Advice on Make-up along with colour matching on foundation: \$0, Arbonne Products range between \$15 - \$290

## *Yoga*

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Name: *Megami Mind & Body*  
Address: 210 Barrington St, Somerfield, Christchurch  
Contact: [megamimindandbody@gmail.com](mailto:megamimindandbody@gmail.com) or 027 437 2263, 03 332 6646

Details: 1:1 Yoga – including relaxation, breathing & meditation techniques (1 hour) \$70

## *Services*



### *Bodywear, Compression Sleeves, Hair & Headwear*

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**Please see Nationwide Providers for Bodywear, Compression Sleeves & Headwear**

Name: *Little Boutique*  
Address: 51 Bridge St, Nelson  
Contact: Phone: 03 548 3943; Website: [www.littleboutique.co.nz](http://www.littleboutique.co.nz)

Details: Shop products: Protheses from \$290 - \$400; Mastectomy Bras from \$70 - \$120; Mastectomy Swimwear \$variable

Name: *Naturalwear*  
Address: Nationwide services  
Contact: [www.naturalwear.co.nz](http://www.naturalwear.co.nz) or 0800 612612; 0800 882892;  
0800 622 397; [Facebook.com/nznaturalwear](https://www.facebook.com/nznaturalwear); Instagram  
[@nznaturalwear](https://www.instagram.com/nznaturalwear)

Details: Range of mastectomy underwear & prosthesis.

By Appointment for the following South Island Locations: Nelson, Blenheim, Kaikoura, Christchurch, West Coast, Ashburton, Timaru, Dunedin, Oamaru,

Invercargill, Wanaka, Queenstown

Name: *Hair Therapy Wigs*  
Address: 105 Barrington St, Somerfield, Christchurch  
Contact: 03 332 8569, 0274361684, [info@hairtherapy.co.nz](mailto:info@hairtherapy.co.nz),  
[www.hairtherapy.co.nz](http://www.hairtherapy.co.nz)

Details: Human Hair Wigs: \$1600 - \$2500; Synthetic Wigs: \$470 - \$755; Beanies: \$20 - \$30; Hats (Winter & Summer): Various; Servicing/Rejuvenating: \$60 - \$80. The Hair Grip: \$30 plus Postage & Handling - \$10 non-rural and \$13.20 rural delivery and can be shipped anywhere in New Zealand.

Name: *Georgie's Wig Shop & Hair Design*  
Address: 570 Barbaodes St, St. Albans, Christchurch  
Contact: 0800 009 447, 03 385 6696 or Email [georgieswigs@xtra.co.nz](mailto:georgieswigs@xtra.co.nz),  
online [www.georgieshair.co.nz](http://www.georgieshair.co.nz) or Facebook:Georgies Wigs

Details: Wigs from \$410, Headwear from \$30, Wig maintenance from \$60.

### *Cleaning, Gardening & Home Maintenance*

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#### **Please also see Nationwide Providers**

Name: *A Woman's Touch Canterbury*  
Address: Christchurch  
Contact: Email [chch@awomanstouch.co.nz](mailto:chch@awomanstouch.co.nz);  
website <https://awomanstouch.co.nz/>

Details: Residential Cleaning – minimum charge \$100 +GST

### *Personal Home Care*

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Name: *Miranda Smith Personal Home Care*  
Address: Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch  
Contact: [info@mshomecare.co.nz](mailto:info@mshomecare.co.nz) or 0800 600 026

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a

minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Photography*

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Name: *Kate Christie Photography*  
Address: 26 Soar Terrace, Falcons Landing, ROLLESTON 7615  
Contact: Phone: 021 132 4501 Please provide 24 Hour (or sooner) notice of cancellation for full booking deposit refund (\$50)

Details: Portrait Session including Hair & Makeup - \$250, Portrait Prices start from - \$250, Wall Canvas or Framed start from - \$750

### *Transport*

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#### **Please also see Nationwide Providers**

Name: *Freedom Companion Driving Service*  
Address: South Island  
Contact: **Nelson:** Sheryl Greenwood 021 355 843,  
[nelson@freedomdrivers.co.nz](mailto:nelson@freedomdrivers.co.nz)  
**Christchurch North:** Dean Stewart 022 601 0096,  
[christchurchnorth@freedomdrivers.co.nz](mailto:christchurchnorth@freedomdrivers.co.nz)  
**Dunedin North:** Sally McArthur 022 140 5241,  
[dunedinnorth@freedomdrivers.co.nz](mailto:dunedinnorth@freedomdrivers.co.nz)  
**Invercargill:** Stephen Pont  
[invercargill@freedomdrivers.co.nz](mailto:invercargill@freedomdrivers.co.nz)

Details: Please contact your local provider

Name: *Driving Miss Daisy*  
Address: Nationwide  
Contact: 0800 948 432

Details: Coverage for South Island: Marlborough District – Marlborough, Nelson; Canterbury – North Canterbury, Harewood, Redwood, Riccarton/Selwyn, Selwyn, St. Albans, Cashmere, Wigram; Canterbury South – Ashburton, Timaru; Otago – Oamaru, Dunedin North, Dunedin South; Invercargill



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**Please also see Nationwide Providers for Positive Mind Techniques**

Name: *Flourish Coaching Ltd*

Address: 13 Lingard St, Christchurch; Tues and Wed at Happy Spine  
Wellness Centre, 164 Clarence St, Riccarton

Contact: [toni@flourishcoaching.co.nz](mailto:toni@flourishcoaching.co.nz) or 03 356 1188

Details: Range of therapeutic modalities. Counseling \$110 per session, Personal coaching \$110 per session

*Please remember you can call our Support Coordinators with any questions or further help  
0800 11 22 77*

## **Further information & Glossary**

### *Acupuncture*

Fine needles (painless) are inserted in the skin at specific points along what are considered to be lines of energy (meridians) used in the treatment of various physical and mental conditions.

### *Hydrotherapy*

Hydrotherapy, or water therapy, is the use of water (hot, cold, steam, or ice) to relieve discomfort and promote physical well-being.

### *Lymphoedema Massage*

A gentle rhythmic pumping massage that follows the direction of lymph flow. Reduces swelling and can assist in regeneration the lymphatic tissue, which also can help to break down recent scar tissue.

### *Massage*

Rubbing and kneading of muscles and joints of the body with the hands. Relaxing, rejuvenating and helps to relieve tension or pain.

### *Pilates*

A gentle system of exercises using special apparatus designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

### *Positive Mind Techniques*

Helps to bring about thought awareness, which can assist in managing negative thoughts. Builds mental resilience and helps to form coping strategies.

### *Reflexology*

A system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

### *Reiki*

A technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural processes of the patient's body and restore physical and emotional well-being.

### *Shiatsu*

Shiatsu techniques include massages with fingers, thumbs, and palms to assist in stretching and joint mobilization. Shiatsu has a reputation for relieving pain or muscular tension, especially back and neck pain.

### *Tai Chi*

Tai chi is an ancient Chinese tradition practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

### *Yoga*

Yoga is an ancient group of practices originating in India utilizing postures, breathing, and meditation techniques as a complimentary intervention



*Notes*