

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.

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.

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

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

Printed 2023

Contents

Nationwide Providers

Auckland & Northland



Body

Acupuncture, beauty

Craniosacral therapy, exercise, footcare

Hair, wigs & hats, hydrotherapy

Lymphoedema treatment, massage

Nutrition, physiotherapy, pilates

Reflexology & reiki

Shiatsu, Tai chi, Qigong & yoga



Services

Baking, bodywear, compression sleeves, cafe

Celebrant, cinema, cleaning, gardening & home maintenance

Floral, Meals, personal home care, photography & audio

Tea Tasting, transport



Mind

Counselling, creative therapy, positive mind

Further information/glossary

Vouchers

Each Sweet Louise member receives an annual allocation for \$300 worth of vouchers. The vouchers come in multiples of \$25 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, www.sweetlouse.co.nz, 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.

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@sweetlouse.co.nz or your Sweet Louise support coordinator.

Nationwide providers

Bespoke Jewellery



Name: *Timmy Smith Space*
Address: 143 Ocean View Rd, Unit 5, Oneroa Village, Waiheke Island
Contact: www.timmysmith.co.nz 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



Name: *Breast Care Products*
Address: Nationwide services
Contact: Please call 0800 264 822 for stockist or
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,
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,
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; 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: *Jessica's Wig & Beauty Salon*

Address: Nationwide services at www.jessicaswigsalon.co.nz
Contact: 027 5002114, info@jessicaswigsalon.co.nz

Details: Extensive range of wigs and toppers for hair loss, both in human hair and synthetic fibres. Costs are variable. Nationwide shipping.

Name: *Kaus Limited*
Address: Nationwide at <http://www.kaushats.co.nz/>
Contact: To order 021 100 2302, email 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 or 0800 612612; 0800 882892;
0800 622 397
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



Name: Green Acres
Address: Nationwide coverage www.greenacres.co.nz
Contact: 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
Contact: office@hireahubby.co.nz or 0800 248 229

Details: Range of options from \$65 per hour

Cinema



Name: Event Cinemas, Reading Cinema
Address: Nationwide
Contact: Your support coordinator

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

Floral



Name: Fleur & Co
Address: Online at fleurandco.nz
Contact: Email to 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

Details: Range available from \$45 plus delivery.

Name: *Raffy Bags*
Address: 49 Victoria Road, Devonport, Auckland
Contact: 022 683 1450 or info@raffybags.com
Details: Cancer patient care bags \$174

Exercise

Name: *Pinc & Steel*
Address: Nationwide
Contact: 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 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

Name: *Foot Mechanics*
Address: Nationwide
Contact: 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



Name: Vivo
Address: Nationwide Please go to www.vivo.co.nz for pricing, hours, and booking
Contact: 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 for hours and pricing. For locations, please visit www.vivo.co.nz/location

Meals and baking



Name: Bbquick
Address: Nationwide delivery www.bbquick.co.nz
Contact: Phone 03 453 1000 for help with online ordering
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
Contact: Raewyn on 0800 328 333 please phone orders through or online 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
Contact: 09 527 4354 or orders@loaf.co.nz

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

Personal home care



Name: Miranda Smith Personal Home Care
Address: Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch
Contact: 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



Name: *Peak Performance Studio*
Address: Nationwide coverage via skype or phone
Contact: www.eft-emofree.com or 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.starsofarohe.co.nz
Contact: Phone 09 235 0544, 0212404666 or meditate@starsofarohe.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



Name: *Maraetai Day Spa*
Address: 8 Crossland Place, Maraeti, Manukau, Auckland
Contact: 021 036 6237 or 09 536 4453 or 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>.

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, website 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 for more information
Contact: 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.

Transport



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

Details: Transportation services call or email to receive a quote

And Something a Little Different

Coffee Club Cards

Coffee 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

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 or 021 226 2625

Details: Acupuncture – 1st visit \$80; Acupuncture follow-up \$60

Name: *Return to Form*

Address: 179A Ponsonby Road, Auckland and Wynward Quarter, 120
Beaumont St, Auckland

Contact : info@returntoform.com or 09 551 4460

Details: Acupuncture (with acupuncturist) – 1 hour \$95; Acupuncture (with physio) – 1 hour \$130. 10% off all advertised prices for Sweet Louise vouchers.

Name: *Southern Physiotherapy*

Address: 355 Great South Rd, Papakura

Contact: reception@southernphysio.co.nz or 09 297 7119

Details: Acupuncture – \$65

Name: *The Acupuncture Sanctuary*

Address: 47a South Lynn Rd, Titirangi

Contact: www.acupuncturesanctuary.co.nz, online booking
<https://theacupuncturesanctuary.janeapp.com>,
(09) 816 8000; info@acupuncturesanctuary.co.nz

Details: Comprehensive Package Acupuncture, first visit \$195, acupuncture follow up \$130, acupuncture and/or massage only \$120

Name: *Warkworth Acupuncture*
Address: Kowhai Health & Medical Centre, 3/5 Alnwick St, Warkworth
Contact: 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

Name: *Acajou*
Address: 37 Richmond Rd, Ponsonby, Auckland
Contact: www.acajou.co.nz or 09 378 4180 or info@acajou.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 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: *The Essentials – Massage & Beauty*
Address: 170 State Hwy, 10 Coopers Beach, Far North
Contact: 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: *Oceanview Therapies*
Address: 15 Dalton Rd, Snells Beach
Contact: Phone 09 425 7720
Email: info@oceanviewtherapies.nz

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

Name: *InTouch Health*
Address: 107 Williamson Ave, Grey Lynn
Contact: Nicky on 021 299 1054 or 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

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

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

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 Street, Auckland; LynnMall Medical Centre "Brickworks", LynnMall (parking Totara Ave)
Contact: 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 or 09 297 7119

Details: Exercise and pain management – \$65

Footcare

Name: *Sole to Soul*
Address: Mobile Service: Waitakere, North Shore to Albany, Auckland City to Mt Wellington.
Contact: www.soletosoul.co.nz, 09 832 5001; 021 118 090, 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, 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 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.
Contact: Phone 09 320 0873 or book online at 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; website 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

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

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

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

Name: *Jessica's Wig & Beauty Salon*

Address: Level 1, 29 Surrey Crescent, Grey Lynn, Auckland.

Contact: 027 5002114, info@jessicawigsalon.co.nz Website: www.jessicawigsalon.co.nz

Details: Extensive range of wigs and toppers for hair loss, both in human hair and synthetic fibres. Costs are variable. Nationwide shipping. Open by appointment only.

Name: *Mika Styles*

Address: Level 2, Metropolis Hotel, 42 High St, Auckland CBD

Contact: Phone: 09 302 0700; online: www.mikastyles.co.nz; email: 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 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 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 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; 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

Name: *Aaran Church*

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

Contact: 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;

Website: 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

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 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: *Harbour Cancer & Wellness*
Address: 212 Wairau Rd, Glenfield
Contact: Ash on Phone 09 925 4451 or physio@harbourcancer.co.nz

Details: Massage

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

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

Name: *Interactive Therapies*
Address: Level 1, 60 Parnell Rd, Auckland
Contact: www.lymphenergy.co.nz or 09 302 0002 or 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

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: *Lymph Therapies*
Address: Franklin Specialist Suites
2b Glasgow Road, Pukekohe, Auckland and home hospital visits (South)
Contact: admin@lymphtherapies.co.nz or 021 242 9337

Details: Lymphatic Drainage or Relaxation/ Therapeutic Massage 30 mins (\$110), 45 mins (\$130), 60 mins (\$150) Home/Hospital Visits (POA - surcharge depending on distance). Website: www.lymphtherapies.co.nz

Name: *Maraetai Day Spa*
Address: 8 Crossland Place, Maraetai
Contact: pauline.sharman@gmail.com, 09 536 4453 or 021 0366 237

Details: A range of treatments are offered from spa facials to aromatherapy treatment and massage. Products used are organic and natural.

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: *Massage Waiheke*
Address: Upcycle Shop, Pendragon Mall, Oceanview Rd, Waiheke Island
Contact: 027 752 6146, cushla@massagewaiheke.nz

Details: Mobile massage (60 min) \$100; Mobile massage (90 min) \$150; Clinic massage (60 min) \$80; Clinic massage (90 min) \$110; Aromatherapy/Facial/Pedicure Ranges from \$40 – 150.

Name: *Megan Johnson Aromatherapist*
Address: 98 Arney Rd, Remuera, Auckland
Contact: 021 389 151 or 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 Ulrich Lymphoedema 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

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

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 or 09 551 4460

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

Name: *Top Notch Massage Therapy*

Address: 402 Don Buck Rd, Massey and 295 Hobsonville Rd, Hobsonville

Contact: www.topnotchmassage.co.nz or 021 181 8380

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

Name: *Vicky McMath Massage & Lymph Drainage Therapy*

Address: Home Clinic: 38 Oliver Street, Warkworth, Auckland.
Matakana Clinic: BodyRe, 20 Quintal Road, Big Omaha, Matakana

Contact: Vicki McMath 021 416 683, victoriamcmath@gmail.com
www.vmcmassage.mld.co.nz

Details: 60 min Massage/MLD \$90, 30 min \$ 50

Name: *Warkworth Acupuncture*

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

Contact: 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

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 or 09 551 4460

Details: Nutrition Support Session with Oncology dietician \$165

Physiotherapy & Pilates

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 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

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

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 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

Details: Physiotherapy and Rehabilitation services with a focus on modified pilates. Physiotherapy \$85 (concession with [www.pincandsteel](http://www.pincandsteel.com/) 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, website:
www.waihekephysio.co.nz

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

Reflexology & Reiki

Name: *AG Reflexology*
Address: 21B Line Rd, Glen Innes
Contact: www.naturaltherapypages.co.nz/therapist/1042 or 09 575 5714, 027 445 0914 or 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: aaranipp@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: *Footloose Reflexology*
Address: Soul Centre, 18 Huia Rd, Titirangi, Auckland
Contact: Phone: 021 025 32785 or email:
kerry@footloosereflexology.co.nz

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

Name: *Healing Ways*
Address: 73 Butcher Road, Matangi, Hamilton
Contact: Karen Philippsen 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: *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 or www.revitalizeme.com or jackieseagers.com or 0800 021 037

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

Name: *Judith Howe*
Address: 7b Wright Rd, Point Chevalier, Auckland
Contact: 027 244 5829 or reflexjudith@gmail.com

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

Name: *Karina Jesen Reiki*
Address: 13a Churchill St, Kensington, Whangarei
Contact: 021 0829 1466

Details: Reiki therapy \$50 (60 mins)

Name: *Karen's Reflexology*
Address: 81 Clyde Rd, Browns Bay, North Shore
Contact: 021 174 6543 or karensreflex@gmail.com

Details: Initial Reflexology Consultation \$100, Subsequent appointment \$80

Name: *Lynley Frame*
Address: 77 Panorama Rd, Mt Wellington, Auckland
Contact: 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 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; email: 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 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 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

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 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 exercises

Name: *Professional Yoga Ltd*
Address: Auckland Area
Contact: 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 or 09 297 7119

Details: Breathing disorders and exercises– \$65

Notes

Services



Bodywear, Compression Sleeves & Headwear

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
Contact: Email: 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 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

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

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

Celebrant

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

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

Cinema

Name: *Event Cinemas, Reading Cinema*
Address: Event: Queen St, Manukau, Newmarket, Broadway, St Lukes, Albany, Westgate, Westcity. Reading: New Lynn
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.

Name: *Matakana Cinemas*
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



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

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

Please see Nationwide Providers

Name: *Fleur & Co*
Address: Online at fleurandco.nz
Contact: Email to 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

Please also see Nationwide Providers for Baking and Meals

Name: *Gattings*
Address: www.gattings.co.nz, Auckland delivery
Contact: 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

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

Name: *Miranda Smith Personal Home Care*
Address: Auckland, Tauranga, Hawkes Bay, Wellington & Christchurch
Contact: 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

Name: *Big Pop Studios*
Address: 31-37 Hasley St, Auckland
Contact: info@bigpopstudios.com or 09 302 3124

Details: Range of Audio and Voice recordings

Name: *Marie Richards Photography*
Address: 9 Westland Rd, Tuakau
Contact: marierichardsphotographer@gmail.com or 0211 703 091

Details: Family portrait sessions either at home or a location of your choice in wider Auckland and Waikato locations.

Name: *Photographers Inc*
Address: 37 George St, Newmarket
Contact: 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 or 027 459 7280

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

Tea Tasting/Blending

Name: *Timmy Smith*
Address: 143 Ocean View Rd, Unit 5, Oneroa Village, Waiheke Island
Contact: www.timmysmith.co.nz, info@timmysmith.co.nz, 0272909400

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

Transport

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
Howick: Daniel Whitiri 021 929 911,
howick@freedomdrivers.co.nz
Henderson and Te Atatu: Daisy Vaddi 021 121 3805, email:
henderson@freedomdrivers.co.nz
Pukekohe: Lance Priest & Kirsten Jones 021 196 3375,
email:pukekohe@freedomdrivers.co.nz
Titirangi: Rupal Topiwala 021 181 2279,
titirangi@freedomdrivers.co.nz
Northcote & Devonport: Leanne White 021 255 126,

devonport@freedomdrivers.co.nz

NE Coast Bays: Leanne White 021 355 126,

northernbays@freedomdrivers.co.nz

Hibiscus Coast: Bill & Rane Richardson 021 041 9486,

hibiscus@freedomdrivers.co.nz

One Tree Hill: Pascoal & Yvette Fernandes 021 121 0773,

onetreehill@freedomdrivers.co.nz

Whangarei: Angela & Gavin Barker 021 0226 1564,

whangarei@freedomdrivers.co.nz

Details: Please contact your local provider

Mind



Counselling & Emotional Support

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

Name: *Aaran Church*
Address: Sambur Retreat, 11 Maraenui Drive, Kerikeri and Vitality, Unit R4, 86 Marsden Rd, Paihia, Northland
Contact: aaranipp@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

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 or 09 833 9853 or 0274 316 205 or 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

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 or 09 551 4460

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

Sexual Therapy

Name: *Active SexLife Solutions*

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

Contact: Email: edit@activesexlife.net; 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

Notes

*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.