

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.sweetlouise.co.nz/services*
or email *members@sweetlouise.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.

2023 Edition

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

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

South Island



Body

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



Services

Headwear, photography, transport



Mind

Counselling, 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, <https://sweetlouise.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 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: info@timmysmith.co.nz, 0272909400

Details: Bespoke Jewellery - \$260; Memento 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.jessicawigsalon.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](https://www.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 cinevouchers by contacting your support coordinator.

Flora & Gifts



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 Kaitiaki 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: *Aritaki Cancer Trust*
Address: 17 Marguerita Street, Fenton Park, Rotorua

Contact: 022 429 5063

Details: A retreat focusing on yoga, holistic and emotional healing. Retreats are 3 – 5 days and range in cost from \$250 - \$950 per participant.

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.starsofaroha.co.nz

Contact: Phone 09 235 0544, 0212404666 or
meditate@starsofaroha.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 pricing, hours, and booking
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: 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: 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 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: *Maraetai Day Spa*
Address: 8 Crossland Place, Maraeti, Auckland
Contact: 021 036 6237 or 09 536 4453 or pauline.sharman@gmail.com

Manuka honey and coconut products available through online shop. See www.maraetaidayspa.co.nz A range of treatments are offered from spa facials to aromatherapy treatment and massage. Products used are organic and natural.

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 Road, 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 St, 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 0908, 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; 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

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: *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.aromaspas.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: *Lymph Therapies*
Address: 33 King St, Pukekohe, Auckland and home hospital visits (South)
Contact: 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

Name: *Harbour Cancer & Wellness*
Address: 212 Wairau Rd, Glenfield

Contact: Ash on Phone 09 925 4451 or physio@harbourcancer.co.nz

Details: Massage

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: *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

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

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 or 09 551 4460

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

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, victoriamecmath@gmail.com
www.vcmassage.mld.co.nz

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

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: *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: *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

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 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: *Karen's Reflexology*
Address: Unit B5/400 Rosedale Road, Albany, North Shore, Auckland
Contact: 021 174 6543 or 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 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

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: Whangarei, Queen St, Manukau, Newmarket, Broadway, St Lukes, Albany, Westgate, Westcity. Reading: New Lynn.
Contact: 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* (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



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: 162 Sunnyside Rd, Coatesville
Contact: 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

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

Waikato & BOP

Body



Beauty

Name: *Annette's Electrolysis & Beauty*
Address: 126 Tamamutu St, Taupo
Contact: 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 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: *Juve*
Address: 24 Lowe St (upstairs), Gisborne
Contact: 06 867 1234, rejuvenate@juve.co.nz, 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; Email: 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 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 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,
website 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

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,
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 or 07 8380 003

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

Hair & Wigs

Please also see Nationwide Providers for Headwear

Name: *Hair Creations*
Address: 362c Pickering Rd, RD3, Hamilton
Contact: 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: 141A Maungatapu Road, Maungatapu, Tauranga

Contact: Call/Text 027 454 9543, Email: emily@hairquarters.co.nz,
Website: www.HairQuarters.co.nz, Facebook message:
HairQuarters, Instagram message: emily_hairquarters.

Details: Full service salon – Hair colouring, cutting and styling, smoothing and straightening.

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 or sales@hat-tricks.co.nz;
Websites: www.simplywigs.co.nz; 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 or 07 871 6583

Details: Please see website 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,
website 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

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

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

Lymphoedema Therapy, Relaxation & Oncology Massage

Name: *Evolve Therapeutic*
Address: 104 Freyberg St, Otumoetai, Tauranga 3110
Contact: 021 055 6395, 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 or call 07 308 7721, 027 540 8084

Details: 30 min massage \$55, 45 min massage \$75, 60 min massage \$90, 90 min massage \$130. \$5 credit is offered to Gold Card holders.

Name: *Float Away*
Address: 47 Cameron Rd, Gisborne
Contact: 06 867 3151 or 021 346 431; 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 Philipson Brown at 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: info@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 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

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

Reflexology & Reiki

Name: *Feet First Tauranga*

Address: 84 Rexford Heights, Pyes Pa, Tauranga

Contact: 027 279 3992 or feetfirsttga@gmail.com.
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 Philipsen 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.koruselfdevelopment.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

Details: Reiki (90 minutes) \$120

Skincare

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

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

Services



Baking

Please also see Nationwide Providers for Meals and Baking

Bodywear & Compression Sleeves

Please also see Nationwide Providers

Name: *Naturalwear*
Address: Nationwide services
Contact: 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

Name: *Event Cinemas, Reading Cinema*
Address: Event: Chartwell, Tauranga. Reading: Rotorua
Contact: 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

Cleaning, Gardening & Home Maintenance

Please See Nationwide Providers

Floral

Please also see Nationwide Providers for Floral

Name: *Gails Floral Studio*
Address: 7 Worley Place, Hamilton
Contact: www.gails.co.nz or 07 839 0988

Details: From \$20 plus \$10 delivery

Meals

Please see Nationwide Providers for Meals

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

Name: *Dianne Derbyshire*
Address: Waikato Coverage
Contact: 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.

Name: *Melissa Reid Photography*
Address: Welcome Bay, Tauranga
Contact: info@melissareidphotography.co.nz or 022 493 5576

Details: Family or Single Portrait sessions and Elegant Boudoir packages. Prices vary depending on package chosen.

Transport

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
Tauranga South: Gavin Bennett 027 489 7621,
taurangasouth@freedomdrivers.co.nz
Rotorua: Kelly Seymour 027 531 9767,
rotorua@freedomdrivers.co.nz
Cambridge: Katherine Park 027 554 0938,
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; Call: 0800 363 000 or 027 607 7354;
Text: 027 607 7354; 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

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

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

Details: Counselling \$92/hour
Positive Mind Techniques

Name: *Aritaki Cancer Trust*
Address: 17 Marguerita Street, Fenton Park, Rotorua
Contact: 022 429 5063

Details: A retreat focusing on yoga, holistic and emotional healing. Retreats are 3 – 5 days and range in cost from \$250 - \$950 per participant.

Please also see Nationwide Providers

Notes

Palmerston North & Mid-Central

Body



Beauty

Name: *Abella Beauty Clinic*
Address: 817b Churchill St, Akina, Hastings
Contact: www.abellabeauty.co.nz or 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, 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, 06 370 1971 or 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

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 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

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

Please also see Nationwide Providers for Headwear

Name: *Blush Hair Boutique*
Address: 149B Mangorei Rd, Merrilands, New Plymouth
Contact: 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, online 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

Name: *Active Plus New Plymouth*
Address: Unit 2, 20 Robe St, New Plymouth
Contact: 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 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 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 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

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 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,
Facebook: <https://www.facebook.com/reflexionsnz/>

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

Massage Therapy

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.

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

Name: *Active Plus New Plymouth*
Address: Unit 2, 20 Robe St, New Plymouth
Contact: 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

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

Reflexology, Reiki & Shiatsu

Name: *Bay Reflexology*
Address: 40 Auckland Rd, Greenmeadows, Napier and Bay Babies,
304 Lyndon Rd West, Hastings
Contact: 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 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 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,
Facebook: <https://www.facebook.com/reflexionsnz/>

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

Yoga

Name: *Vanessa Lei Yoganess*

Address: 1/167 The Square, Palmerston North

Contact: Phone: 027 243 0187 or email: 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

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

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

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 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;

Website: 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 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

Please see Nationwide Providers

Cinema

Name: *Event Cinemas, Reading Cinema*
Address: Event: Havelock North, New Plymouth, Palmerston North.
Reading: Napier
Contact: Contact your Support Coordinator

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

Please also see Nationwide Provider for Floral

Name: *Flowers by Tanya*
Address: 242 Heretaunga St East, Hastings
Contact: 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 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

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

Meals

Please See Nationwide Providers for Meals

Personal Home Care

Name: *Omahanui Home Care*
Address: 22 Waiwaka Tce, Strandon, New Plymouth
Contact: Phone 06 759 7031 or email homecare@omahanui.co.nz,
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 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

Name: *Vanessa Lei Photography*
Address: 1/155 The Square, Palmerston North
Contact: Phone: 027 243 0187 or email: 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

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

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)



Positive Mind Techniques

**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,
Facebook: <https://www.facebook.com/reflexionsnz/>

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

Wellington Area

Body



Acupuncture

Name: *Newtown Acupuncture Centre*
Address: 82 Riddiford St, Newtown, Wellington
Contact: Phone 04 974 6541, Email contact@newtownacupuncture.co.nz,
Online booking 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

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 or 06 370 1971 or
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, 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 or 04 293 6441 or 022 192 1602 or 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 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 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

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 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

Please also see Nationwide Providers for Footcare

Hair & Wigs

Please also see Nationwide Providers for Headwear

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

Details: Wig shaping and styling as ladies' haircuts \$60-\$80, see website 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, 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

Name: *Maranatha Clinic*
Address: 10 Winara Ave, Waikanae, Kapiti Coast
Contact: 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

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.

Lymphodoema Therapy, Relaxation & Oncology Massage

Name: *Body & Soul Massage*
Address: 251 Marine Parade, Eastbourne, Lower Hutt 5013
Contact: 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, 04 297 0318, 027 232 7890

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

Name: *Human Nurture Massage*
Address: 111a Karori Rd, Wellington
Contact: 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 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 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 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,
Online booking 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*
Address: Level 1/12 Criterion Lane, Upper Hutt Central
Contact: Email: 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

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 or 04 478 6228

Details: Reflexology \$75

Name: *Massage & Reflexology Clinic*
Address: 173 Main Rd, Tawa, Wellington
Contact: 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@ngaiohealth.co.nz or www.ezybook.co.nz

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

Yoga

Name: *Newtown Acupuncture Centre*

Address: 82 Riddiford St, Newtown, Wellington

Contact: Phone 04 974 6541, Email contact@newtownacupuncture.co.nz,
Online booking 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

Please see Nationwide Providers for Baking and Meals

Bodywear, Compression Sleeves & Headwear

Please see Nationwide Providers for Bodywear, Compression Sleeves & Headwear

Name: *Naturalwear*
Address: Nationwide services
Contact: 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

Please see Nationwide Providers for Cleaning, Gardening & Home Maintenance

Cinema

Name: *Event Cinemas, Reading Cinema*
Address: Event: Coastlands, Embassy Theatre, Queensgate. Reading: Porirua
Contact: Contact your Support Coordinator

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

Please also see Nationwide Providers for Floral

Name: *Scent Floral Boutique*

Address: 45 Johnston St, Wellington

Contact: www.scentboutique.co.nz, 04 4999 040 or info@scentboutique.co.nz

Details: From \$20 plus Delivery

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

Name: Nicola Edmonds Photography
Address: 73 Collier Ave, Karori, Wellington (no studio, on location or home)
Contact: 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

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
Kapiti: Lindsay Gott 021 355 142, kapiti@freedomdrivers.co.nz
Wellington: Pete Mill & David Duff 021 800 061, 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

Mind



Positive Mind Techniques

Please see Nationwide Provider for PMT

South Island

Body



Beauty

Name: *LadyInk*
Address: 13 Corriedale Lane, West Welton
Contact: Online: www.ladyink.co.nz; Email: 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

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, 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

Name: Exercise as Medicine
Address: 77 Panorama Road, Clifton Christchurch 8081, New Zealand
Contact: Phone/text: 021 2628886, email on kris@eamnz.com or 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

Name: *Bodycentral Clinical Massage Therapy*
Address: 304 Fitzgerald Ave, City Centre, Christchurch
Contact: Phone 0220 440 939 or Email 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

Details: Oncology massage: \$80

Name: *Body Waves*
Address: 31D Milton Terrace, Picton
Contact: Email: 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, phone 0211831066 or email 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

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, online at website www.wellandgoodhealth.co.nz

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

Reflexology & Reiki

Name: *2b in Harmony*

Address: 4 Emerson Lane, Rolleston, Christchurch

Contact: Phone 021-239-4418, 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 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; 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; Website:
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, phone 0211831066 or
email 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

Name: *Arbonne – Carolyn Phillips*
Address: 77 Winters Rd, Redwood, Christchurch
Contact: Phone: 027 893 2986, Email: caz2873@gmail.com,
www.carolynphillips.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

Name: *Megami Mind & Body*
Address: 210 Barrington St, Somerfield, Christchurch
Contact: 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

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

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

Name: *Naturalwear*
Address: Nationwide services
Contact: 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,
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,
online www.georgieshair.co.nz or Facebook:Georgies Wigs

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

Cinema

Name: *Event Cinemas, Reading Cinema*
Address: Event: Blenheim. Reading: Christchurch, Queenstown, Dunedin, Invercargill.
Contact: Contact your Support Coordinator

Cleaning, Gardening & Home Maintenance

Please also see Nationwide Providers

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

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

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

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

Please also see Nationwide Providers

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

Mind



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 or 03 356 1188

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

Name: *Thrive in Light*
Address: Te Tipua. Able to see clients in Gore and Invercargill.
Contact: kate@thriveinlight.co.nz or 021 033 7626

Details: Services are tailored to each client and include breath, Yoga, meditation and relaxation techniques. \$60 per 1:1 session, which includes 1 hour of client work and prior planning, or \$20 per group class 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