

# SWEET *Louise*

## ***Service Directory***





## *Service Directory*

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

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

Sweet Louise supports the Covid-19 Vaccination program. The member is responsible for checking any health procedures (and any COVID-19 vaccination arrangements) that the Service Provider has in place, before using the vouchers. Sweet Louise does not take any responsibility for Service Providers.

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

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

*2023 Edition*

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## *Nationwide Providers*

### *Palmerston North & Mid-central*



#### *Body*

Beauty, footcare, hair, wigs & hats

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Lymphoedema therapy, Relaxation & Oncology massage

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Pilates & physiotherapy, reflexology, reiki, Shiatsu

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#### *Services*

Baking, bodywear, compression sleeves

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Cleaning, gardening & home maintenance, floral

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Meals, personal home care, photography, transport

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#### *Mind*

Counselling & emotional support

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### *Wellington area*



#### *Body*

Beauty, bodywear, footcare, hair, wigs & hats

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Jin shin jyutsu, lymphoedema treatment, massage

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Physiotherapy & pilates, reflexology & reiki, shiatsu

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### *Services*

Baking & meals, bodywear, compression sleeves

Cinema, cleaning, gardening & home maintenance, floral,  
personal home care, photography

Transport

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### *Mind*

Creative therapy, medical hypnosis, positive mind, spirituality

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Further information/glossary

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# *Vouchers*

Each Sweet Louise member receives an annual allocation for \$300 worth of vouchers. The vouchers come in multiples of \$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, [sweetlouse.co.nz/members/find-a-service/](https://sweetlouse.co.nz/members/find-a-service/), and in the service directory.

Members tell the service provider they would like to use their Sweet Louise vouchers to pay for the services and either give the service provider the paper vouchers or the voucher number if they are ordering services over the phone or on a website. Vouchers can be used for a variety of services and with multiple service providers.

Any unused dollar amount on an individual voucher cannot be redeemed and service providers cannot give change. Vouchers are for the use of members only.

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

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



## Nationwide providers

### *Bespoke Jewellery*

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Name: *Timmy Smith Space*  
Address: 143 Ocean View Rd, Unit 5, Oneroa Village, Waiheke Island  
Contact: **Error! Hyperlink reference not valid.** [info@timmysmith.co.nz](mailto:info@timmysmith.co.nz),  
0272909400

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

### *Bodywear, compression sleeves & headwear*

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

Details: for a wide range of mastectomy underwear & prosthesis

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

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

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

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

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

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

Name: *Kaus Limited*  
Address: Nationwide at <http://www.kaushats.co.nz/>

**Contact:** To order 021 100 2302, email [kerrin@kaushats.co.nz](mailto:kerrin@kaushats.co.nz). Please give hat codes and voucher numbers

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



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

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

### *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.

### *Cleaning, gardening, home maintenance*

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



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

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

Details: Range of options from \$65 per hour

### *Floral*

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



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

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

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

Details: Range available from \$45 plus delivery.

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

Details: Cancer patient care bags \$174

### *Exercise*

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



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

### *Footcare*

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



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

### *Hair & beauty*

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Name: *Vivo*



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

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

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

### *Meals and baking*

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**Name:** *Bbquick*

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

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

Details: Frozen meals delivered. Various meal packages available.

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

**Name:** *Eat*

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

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

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

**Name:** *Loaf*

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

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

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

### *Personal home care*

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

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

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

Details: Miranda Smith Homecare offers a range of services that include personal caregivers, shopping, meal preparation, light housekeeping and companionship. Care can be provided during the

day, night and weekends. Caregivers can also help with running errands, shopping or client appointments. Please note that a minimum charge of 2 hours will apply to all bookings. Homecare Rates are: \$34.50 per hour or \$287.50 for a sleepover (10 hours) including GST.

### *Positive mind techniques*

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

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

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

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

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

**Name:** *Vivo*  
**Address:** Nationwide Please go to [www.vivo.co.nz](http://www.vivo.co.nz) for more information  
**Contact:** [www.vivo.co.nz](http://www.vivo.co.nz) or 0800 400 300

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



## *Transport*

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

Details: Transportation service, call to receive a quote

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

Details: Transportation services call or email to receive a quote

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

### ***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.

## Palmerston North & Mid-Central

### Body



### Beauty

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

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

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

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

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

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

**Name:** *ProBrows by Nicole*  
**Address:** 188 Gordon St, Masterton, Wairarapa  
**Contact:** [www.probrowsbynicole.co.nz](http://www.probrowsbynicole.co.nz)

Details: Eyebrow Tattooing (x2 sessions) \$600; Eyeliner Tattooing (x2 sessions) \$500

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

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

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

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

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

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

### *Footcare*

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**Please see Nationwide Providers for Footcare**

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

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

### *Hair, Wigs & Hats*

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**Please also see Nationwide Providers for Headwear**

**Name:** *Blush Hair Boutique*

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

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

**Name:** *Cathy's Hairstylists*  
**Address:** 42 Rata St, Inglewood, New Plymouth  
**Contact:** 06 756 8910

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

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

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

**Name:** *Louise Duncan Hair Design*  
**Address:** 265B Oxford Street, Levin  
**Contact:** Phone 06 368 8801; Email [louiseduncanhairdesign@gmail.com](mailto:louiseduncanhairdesign@gmail.com)

Details: Wash, cut & blow wave \$60; Treatments with a service \$30; Blow wave & styling \$40

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

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



## *Lymphoedema Therapy, Relaxation & Oncology Massage*

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

Details: Physiotherapy Assessment/Treatment 60 mins \$90.00 Physiotherapy Treatment 30 mins \$50.00 Exercise Programme 60 mins \$90.00 Massage 30 mins \$50.00 Pilates 1:1 30 mins \$50.00 Pilates 1:1 60 mins \$90.00. Monday - Friday 8am - 5pm.

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

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

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

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

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

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

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

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

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

Details: Specialising in Oncology massage and Lymphoedema Management

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

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

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

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

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

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

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

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

### *Massage Therapy*

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

Details: Oncology Massage Therapy (Registered since 2019). 1hr 15 minute appointment. Safe and effective techniques to relieve pain and stress for men and women in all stages of cancer treatment and recovery. Cost \$75. Women's Massage Therapy 1hr 15-minute appt. Full body massage to relax muscles and reduce stress in a safe and supportive environment. Cost \$75. Pregnancy Massage 1hr 15-minute appt. From 14 weeks gestation to due date. Clearance

may be required from your LMC if a higher risk pregnancy. Cost \$75. Women's 30 minute Massage Treatment 45-minute appt. Focusing on your identified area of concern e.g. Back, neck, shoulders. Cost \$50.

### *Physiotherapy & Pilates*

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

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

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

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

### *Reflexology, Reiki & Shiatsu*

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

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

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

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

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

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

minutes \$45 - \$80; Combination of Reflexology & Aromatherapy with Healing touch.

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

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

### Yoga

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Name: *Vanessa Lei Yoganess*  
Address: 1/167 The Square, Palmerston North  
Contact: Phone: 027 243 0187 or email: [vlbphotography@inspire.net.nz](mailto:vlbphotography@inspire.net.nz)

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

## Services



### Baking and Meals

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

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

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

### Bodywear & Compression Sleeves

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#### **Please also see Nationwide providers**

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

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

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

Details: Range of Mastectomy underwear

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

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

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

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

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

### *Cleaning, Gardening & Home Maintenance*

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**Please see Nationwide Providers**

### *Cinema*

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Name: *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*

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Name: *Flowers by Tanya*

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

Details: Range available from \$45 plus delivery

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

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

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

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

### *Meals*

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**Please See Nationwide Providers for Meals**

### *Personal Home Care*

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

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

### *Photography*

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

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

\$400.

## *Transport*

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

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

Details: Please contact local franchisee for Quote

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

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





### *Positive Mind Techniques*

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

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

Details: 60mins Session \$80

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

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

## Wellington Area

### Body



#### Acupuncture

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

Details: Acupuncture (multi-bed) initial \$80/follow up \$65, Acupuncture (multi-bed) \$55 community service card/\$55 Gold card, Massage (90mins) \$135, Massage (50mins) \$85, Massage (30mins) \$50, Infra-red Sauna (40mins) \$35, Yoga & Martial Arts \$20/\$15 concession.

#### Beauty

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

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

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

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

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

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

**Name:** Heavenly Beauty

**Address:** 66 Kapanui Rd, Waikanae, Kapiti Coast  
**Contact:** [www.heavenlybeauty.nz](http://www.heavenlybeauty.nz) or 04 293 6441 or 022 192 1602 or [theresa@heavenearth.co.nz](mailto:theresa@heavenearth.co.nz)

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

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

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

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

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

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

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

### *Footcare*

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**Please also see Nationwide Providers for Footcare**

### *Hair & Wigs*

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**Please also see Nationwide Providers for Headwear**

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

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

[www.aheadwithorganics.co.nz](http://www.aheadwithorganics.co.nz) for regular services

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

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

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

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

### *Jin Shin Jyutsu, Shiatsu*

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

Details: 60 min session \$60

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

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

Details: Massage 30 minutes \$50, 45 minutes \$65, 60 minutes \$80;  
Home/hospital/hospice visit 60 minutes \$80

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

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

Name: *Human Nurture Massage*  
Address: 111a Karori Rd, Wellington

Contact: [humannurture@gmail.com](mailto:humannurture@gmail.com), 022 476 7789

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

Name: *Lene Petersen*

Address: 67 Old Karori Rd, Karori, Wellington

Contact: [www.lenepetersen.co.nz](http://www.lenepetersen.co.nz) or 021 844 394

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

Name: *Lynette Tonks*

Address: Johnsonville City Fitness, Broderick Rd, Johnsonville, Wellington

Contact: [lynette\\_tonks@xtra.co.nz](mailto:lynette_tonks@xtra.co.nz) or 04 478 6228

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

Name: *Massage & Reflexology Clinic*

Address: 173 Main Rd, Tawa, Wellington

Contact: [castlecrea@hotmail.com](mailto:castlecrea@hotmail.com) or 021 6080 544 (text)

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

Name: *Newtown Acupuncture Centre*

Address: 82 Riddiford St, Newtown, Wellington

Contact: Phone 04 974 6541, Email [contact@newtownacupuncture.co.nz](mailto:contact@newtownacupuncture.co.nz),

Online booking [www.newtownacupuncture.co.nz](http://www.newtownacupuncture.co.nz)

Details: Acupuncture (multi-bed) initial \$80/follow up \$65, Acupuncture (multi-bed) \$55 community service card/\$55 Gold card, Massage (90mins) \$135, Massage (50mins) \$85, Massage (30mins) \$50, Infra-red Sauna (40mins) \$35, Yoga & Martial Arts \$20/\$15 concession.

Name: *Sarah Shellard Lymphoedema*

Address: Level 1/12 Criterion Lane, Upper Hutt Central

Contact: Email: [sarahshellard.therapist@gmail.com](mailto:sarahshellard.therapist@gmail.com);

Call or Text: 021 125 9439

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

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

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

### *Reflexology & Reiki*

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

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

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

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

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

Details: Reflexology \$95

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

Details: Reflexology \$75

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

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

Name: *Margaret Fairbrother*  
Address: 174 High St South, Carterton  
Contact: 021 628 199

Details: Initial Reflexology Assessment \$75 clinic (\$90 at home/\$95 at hospital), Subsequent Session \$60 (\$75 at home/\$80 at hospital)

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

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

## *Yoga*

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

Details: Acupuncture (multi-bed) initial \$80/follow up \$65, Acupuncture (multi-bed) \$55 community service card/\$55 Gold card, Massage (90mins) \$135, Massage (50mins) \$85, Massage (30mins) \$50, Infra-red Sauna (40mins) \$35, Yoga & Martial Arts \$20/\$15 concession.

## Services



### *Baking and Meals*

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

### *Bodywear, Compression Sleeves & Headwear*

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

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

Details: Range of mastectomy underwear & prosthesis.

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

### *Cleaning, Gardening & Home Maintenance*

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

### *Cinema*

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**Name:** *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*

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

**Name:** *Scent Floral Boutique*

**Address:** 45 Johnston St, Wellington

**Contact:** [www.scentboutique.co.nz](http://www.scentboutique.co.nz), 04 4999 040 or [info@scentboutique.co.nz](mailto:info@scentboutique.co.nz)

Details: From \$20 plus Delivery

### *Personal Home Care*

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

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

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

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

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

### *Photography*

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

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

### *Transport*

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

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

Details: Please contact your local provider

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

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

## *Mind*



### *Positive Mind Techniques*

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**Please see Nationwide Provider for PMT**

### *Notes*

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

## **Further information & Glossary**

### *Acupuncture*

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

### *Hydrotherapy*

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

### *Lymphoedema Massage*

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

### *Massage*

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

### *Pilates*

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

### *Positive Mind Techniques*

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

### *Reflexology*

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

### *Reiki*

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

### *Shiatsu*

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

### *Tai Chi*

Tai chi is an ancient Chinese tradition that, today, is practiced 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.

