

# SWEET *Louise*

## ***Service Directory***



*Welcome  
to the*

SWEET  
*Louise*

## *Service Directory*

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

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

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

Sweet Louise does not take any responsibility for Service Providers.

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

# Contents

*Nationwide Providers*

8 – 13

*South Island*



*Body*

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

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*Services*

Headwear, photography, transport

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*Mind*

Counselling, positive mind

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Further information/glossary

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# *Vouchers*

Each Sweet Louise member receives an annual allocation for \$300 worth of vouchers. The vouchers come in multiples of \$25 and \$50. Members choose the services they want to use and make arrangements directly with the service provider. Service providers are listed on both our website, [www.sweetlouse.co.nz](http://www.sweetlouse.co.nz), and in the service directory.

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

Any unused dollar amount on an individual voucher cannot be redeemed and service providers cannot give change.

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

If you have any questions or need help with Sweet Louise vouchers, please contact us at 0800 11 22 77, [members@sweetlouse.co.nz](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: [www.timmysmith.co.nz](http://www.timmysmith.co.nz) [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://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](http://www.greenacres.co.nz)  
*Contact:* [admin@greenacres.co.nz](mailto:admin@greenacres.co.nz) /main calling number: 0800 803 200

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

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

Details: Range of options from \$65 per hour

### *Cinema*



*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.

### *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*

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



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

### *Footcare*

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.starsofarohe.co.nz](http://www.starsofarohe.co.nz)  
Contact: Phone 09 235 0544, 0212404666 or [meditate@starsofarohe.co.nz](mailto:meditate@starsofarohe.co.nz)

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

### *Skin care & products*

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Name: *Maraetai Day Spa*  
Address: 8 Corssland place, Maraeti, Manukau, Auckland  
Contact: 021 036 6237 or 09 536 4453 or [pauline.sharman@gmail.com](mailto:pauline.sharman@gmail.com);  
<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: Phone 027 551 7011; email [hello@truebotanix.co.nz](mailto: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 ....*

### ***Cafe Cards***

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

### ***HOYTS Cinevouchers***

HOYTS Cinevouchers can be purchased with Sweet Louise vouchers for use at any HOYTS Cinemas in New Zealand – If you would like cinevouchers, please contact your Support Coordinator. They will place an order using your vouchers and will then let you know the numbers of the vouchers used. Please cross out or destroy the used Sweet Louise vouchers. The cinevouchers will be posted to you. Cinevoucher – \$11.25, Shipping/Postage \$5.00

For example: The cost of 4 cinevoucher and shipping/postage \$50

***\*\*Cannot be delivered to PO boxes or private bags\*\****

### ***Magazines***

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

## *South Island*

### *Body*



### *Beauty*

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Name: *LadyInk*  
Address: 13 Corriedale Lane, West Welton

**Contact:** Online: [www.ladyink.co.nz](http://www.ladyink.co.nz); Email: [info@ladyink.co.nz](mailto:info@ladyink.co.nz); Business Phone: 03 342 3336; Business Mobile: 027 438 3329

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

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

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

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

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

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

Details: Hair Services: Wash, cut & blow wave – short hair \$55, long hair \$59, re-style \$65; Shampoo & cut – short \$45, long \$48; Basic blow wave – short \$30, medium \$35, long \$45; Colours from \$65. Beauty Services: Facials – Petite (30 minute) \$55, Signature (45 min) \$85, Indulge (60 min) \$115; Massage – 1 hour massage \$80, Back massage \$40, Back, neck & shoulder \$60; Tinting from \$15; Nails from \$25; Pedicures from \$40; Makeup services from \$60

## *Exercise*

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**Name:** Exercise as Medicine  
**Address:** 77 Panorama Road, Clifton Christchurch 8081, New Zealand

Contact: Phone/text: 021 2628886, email on [kris@eamnz.com](mailto:kris@eamnz.com) or [www.exerciseasmedicinenz.com](http://www.exerciseasmedicinenz.com)

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

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

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

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

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

Details: Oncology massage: \$80

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

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

Name: *Otago Lymphatics*  
Address: 20 Stuccliffe St, St Clair Park, Dunedin  
Contact: Phone: 027 444 0731; Email: [vws.bodywork@gmail.com](mailto:vws.bodywork@gmail.com); Website: [www.otagolymphatics.co.nz](http://www.otagolymphatics.co.nz)

Details: Oncology massage: \$80; Lymphoedema management \$80; Scar Tissue release therapy \$80; Remedial massage \$80; Reflexology \$80; Flowpresso \$80

Name: *The Healing Dimension*

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

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

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

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

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

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

### *Reflexology & Reiki*

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**Name:** *2b in Harmony*  
**Address:** 4 Emerson Lane, Rolleston, Christchurch  
**Contact:** Phone 021-239-4418, Email [tobeinharmony@outlook.com](mailto:tobeinharmony@outlook.com), or Facebook <https://www.facebook.com/tobeinharmony/>

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). Complementary services are crystal healing, reiki, and massage. Reflexology (30 minutes) \$50; Reflexology (60 minutes) \$75; Massage (30 minutes) \$50; Massage (60 minutes) \$75; Home Treatment – within 20 kms of Rolleston (60 minutes) \$80.

**Name:** *Body Waves*  
**Address:** 27 Admiralty Place, Waikawa, Picton



Contact: Email: [bodywaves@hotmail.co.nz](mailto:bodywaves@hotmail.co.nz) or Phone: 021 0261 8208

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

Name: *Breathe Relax Reflexology*

Address: 637a Springs Rd, Prebbleton, Christchurch and The Herb Clinic, 223 Kilmore Street, Christchurch Central

Contact: Website: [www.breatherelaxreflexology.co.nz](http://www.breatherelaxreflexology.co.nz); Phone 027 526 2243 (Bobbie) or 03-365 3011 (The Herb Centre)

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

Name: *Koru Healing*

Address: Wholebody Health, 140 Colombo St, Beckenham Christchurch 8023

Contact: Phone/text: 03 388 9785 or 0210 269 5523; email: [tracey@koruhealing.co.nz](mailto:tracey@koruhealing.co.nz); Website: [www.koruhealing.co.nz](http://www.koruhealing.co.nz)

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

Name: *Otago Lymphatics*

Address: 20 Stuccliffe St, St Clair Park, Dunedin

Contact: Phone: 027 444 0731; Email: [yws.bodywork@gmail.com](mailto:yws.bodywork@gmail.com); Website: [www.otagolymphatics.co.nz](http://www.otagolymphatics.co.nz)

Details: Oncology massage: \$80; Lymphoedema management \$80; Scar Tissue release therapy \$80; Remedial massage \$80; Reflexology \$80; Flowpresso \$80

Name: *Sole Purpose Reflexology*

Address: 103 Dunns Ave, The Pines Beach, Christchurch

Contact: Text: 021 246 6787 or Messenger via Facebook <https://www.facebook.com/103pinesbeach/>

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

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

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

### *Skin Care*

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

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

### *Yoga*

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

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

**Name:** *Maya Yoga*  
**Address:** Nelson area, multiple locations  
**Contact:** Call or text 021 0293 1142 or email [maya.k.lefebvre@gmail.com](mailto:maya.k.lefebvre@gmail.com);  
[www.facebook.com/yoga.nelson.nz](http://www.facebook.com/yoga.nelson.nz)

Details: Activate Physiotherapy, Collingwood St., Nelson  
Monday Yin Yoga 12.30pm – 1.30pm, \$18 per class or \$120 for 8 weeks.  
Natural Living Yoga Studio, Founders Heritage park, Nelson  
Monday Evening flow 5.45pm – 7.00pm; Thursday Gentle flow 9.45am – 11.00am, \$16 per class. Yoga Jai, 105 Rutherford St, Level 1, Nelson  
Wednesday Hatha flow 5.45pm – 7.00pm; Sunday 'Sun-downer' Yin 5.00pm – 6.15pm, \$16 per class. Public class prices are \$16 for casual drop-in. Class pass

available: \$75 for 5 classes or \$140 for 10 classes, valid for 3 months. Private tuition, 1:1, or small group by appointment.

## *Services*



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

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

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

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

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

Details: Range of mastectomy underwear & prosthesis.  
By Appointment for the following South Island Locations: Nelson, Blenheim, Kaikoura, Christchurch, West Coast, Ashburton, Timaru, Dunedin, Oamaru, Invercargill, Wanaka, Queenstown

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

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

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

online [www.georgieshair.co.nz](http://www.georgieshair.co.nz) or Facebook:Georgies Wigs

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

### *Personal Home Care*

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

### *Cleaning, Gardening & Home Maintenance*

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

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

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

### *Personal Home Care*

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

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

### *Photography*

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Name: *Kate Christie Photography*  
Address: Level 1, 650 Ferry Rd, Woolston, Christchurch

**Contact:** Phone: 021 132 4501 Please provide 24 Hour (or sooner) notice of cancellation for full booking deposit refund (\$50)

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

### *Transport*

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

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

Details: Please contact your local provider

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

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

### *Mind*

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

**Name:** *Flourish Coaching Ltd*  
**Address:** 13 Lingard St, Christchurch; Tues and Wed at Happy Spine Wellness Centre, 164 Clarence St, Riccarton  
**Contact:** [toni@flourishcoaching.co.nz](mailto:toni@flourishcoaching.co.nz) or 03 356 1188

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

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*