

SWEET *Louise*

Service Directory



*Welcome
to the*

SWEET
Louise

Service Directory

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

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

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

Sweet Louise does not take any responsibility for Service Providers.

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

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

2023 Edition

Contents

Nationwide Providers

Waikato, Bay of Plenty & Tairāwhiti



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

Further information/glossary

Vouchers

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

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

Any unused dollar amount on an individual voucher cannot be redeemed and service providers cannot give change. 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 or your Sweet Louise support coordinator.

Notes

Nationwide providers



Bespoke Jewellery

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

Details: Bespoke Jewellery - \$260; 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: Kaus Limited
Address: Nationwide at <http://www.kaushats.co.nz/>
Contact: To order 021 100 2302, email kerrin@kaushats.co.nz. Please
give hat codes and voucher numbers

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

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

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

Cleaning, gardening, home maintenance



Name: Green Acres
Address: Nationwide coverage www.greenacres.co.nz
Contact: admin@greenacres.co.nz /main calling number: 0800 803 200

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

Name: Hire a Hubby
Address: Nationwide coverage www.hireahubby.co.nz
Contact: office@hireahubby.co.nz or 0800 248 229

Details: Range of options from \$65 per hour

Cinema



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

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

Floral



Name: Fleur & Co
Address: Online at fleurandco.nz
Contact: Email to alina@fleurandco.nz or Phone 027 720 2077

Details: Fleur & Co is a boutique online store delivering a wide range of stunning

floral designs in Auckland and healthy organic, natural gift boxes throughout New Zealand. Flower Boxes (Auckland only) \$45 - \$185; Gift Boxes (NZ wide) \$85 - \$225

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

Details: Range available from \$45 plus delivery.

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

Details: Cancer patient care bags \$174

Exercise

Name: *Pinc & Steel*
Address: Nationwide
Contact: www.pincandsteel.com



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

Footcare

Name: *Foot Mechanics*
Address: Nationwide
Contact: www.footmechanics.com



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

Hair & beauty



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

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

Meals and baking



Name: *Bbquick*
Address: Nationwide delivery www.bbquick.co.nz
Contact: Phone 03 453 1000 for help with online ordering
www.bbquick.co.nz Monday – Friday 8am – 6pm

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

Name: *Eat*
Address: Nationwide delivery, www.eat.co.nz
Contact: Raewyn on 0800 328 333 please phone orders through or online www.eat.co.nz

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

Name: *Loaf*
Address: Nationwide delivery, www.loaf.co.nz
Contact: 09 527 4354 or orders@loaf.co.nz

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



Personal Home care

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

Contact: info@mshomecare.co.nz or 0800 600 026

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

Positive Mind techniques



Name: *Aratika 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.starsofarohe.co.nz
Contact: Phone 09 235 0544, 0212404666 or meditate@starsofarohe.co.nz

Details: Stars of Aroha Meditation book \$20 Star cards \$25; Wooden gift box with wooden wool packaging \$15; Native wood rolling star: \$120; Sterling silver rolling star: \$265; Sterling silver rolling star boxed set \$285; Native wood rolling star boxed set \$165; Star cards boxed set \$55.

Skin care & products



Name: *Maraetai Day Spa*
Address: 8 Corssland 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>. World Organics product line also available. Check out the products on the World Organics website and then email all orders to Pauline at pauline.sharman@gmail.com together with your name, address, phone number, email address and voucher numbers. Maraetai Day Spa online shop is now able to offer products from the doTerra range of essential oils and products with Sweet Louise vouchers. Please go to mydoterra.com/paulinesharman to place an order.

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.

Name: *Vivo*
Address: Nationwide Please go to www.vivo.co.nz for more information
Contact: www.vivo.co.nz or 0800 400 300

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

Transport



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

Details: Transportation service, call to receive a quote

Name: *Freedom Drivers*
Address: Nationwide coverage
Contact: 0800 956 956 or info@freedomdrivers.co.nz

Details: Transportation services call or email to receive a quote

And Something a Little Different

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.

Cinevouchers

Movie Cinevouchers can be purchased with Sweet Louise vouchers for use at any Event or Reading 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.

Magazines

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

Waikato, Bay of Plenty & Tairāwhiti

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 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 \$100.

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 Rd, 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: *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,
Facebook: HairQuarters, Instagram: emily_hairquarters, Website: www.HairQuarters.co.nz

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: *Ikoï 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: *Renee Wood at AKI Innovations*

Address: Sun Salute Yoga Studio Lovegrove Lane, 1/394 Grey Street, Hamilton East.

Contact: www.aki.nz Call 021 0815 8383 or email renee@aki.nz

Details:

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

Name: *Tū Tonu Ltd*
Address: 20 Karewa Place, Pukete, Hamilton
Contact: Phone 07 595 0611

Details: Lymphoedema Treatment Initial consult (60 min) \$125; Follow-up (60 min) \$125, (45 min) \$90, (30 min) \$75. Sleeves, bras, bandages, and products available prices vary.

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: *Koru Self Development*
Address: 6 Coleraine Drive, Rototuna, Hamilton
Contact: www.korusevelopment.co.nz or 021 258 4418

Details: 60mins Reiki session \$90 at clinic or \$120 at home/hospital up to 15 km. Extra travel per discussion.

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

Name: *Can Do Clothing*
Address: 29 Moana Drive, Tanners Point RD 1, Katikati 3177
Contact: Phone 027 226 1732; Email info@can-do-clothing.com

Details: Warm, comfortable and allowing easy and discreet access for cancer treatments, the unique Can Do range of Merino Pullovers are made in New Zealand. Women's merino WG Pullover 4-zip access (arms & upper chest), Colour: Blush, sizes 8-18. \$269-299 including GST.

Cinema

Name: *Event Cinemas, Reading Cinema*
Address: Event: Chartwell. Reading: Rotorua.
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: *Gail's 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 be discussed on enquiry.

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

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

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

Details: Counselling \$92/hour

Please also see Nationwide Providers

Notes

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.

