

# ABOUT THE THINK WELLBEING CENTRE

The Think Wellbeing Centre offers a holistic range of health and wellbeing treatments under one roof.

We provide students of Southern School of Natural Therapies a supervised practical learning environment to master their practice. The Think Wellbeing Centre offers a range of professional and affordable services, overseen by qualified and highly experienced practitioners.

 @thinkwellbeingcentre  
 @southernschool  
 @southernschool  
 @Southern\_School

**For availability and to book  
please call 03 9415 3327**

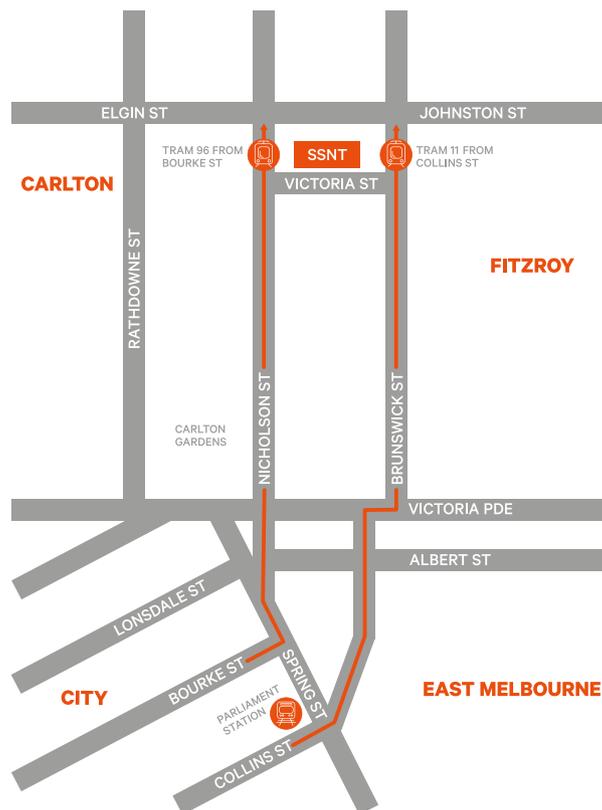
## CONTACT Us

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Like us: facebook.com/southernschool

\*Please note: Due to the academic calendar, not all treatments are available at all times. Please contact the Think Wellbeing Centre for availability.



[ssnt.edu.au/think-wellbeing-centre](http://ssnt.edu.au/think-wellbeing-centre)

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RTO No. 0269 | HEP No. 4375 | A College of Think Education

## THINK WELLBEING CENTRE



SOUTHERN SCHOOL  
OF NATURAL THERAPIES

## SOUTHERN SCHOOL OF NATURAL THERAPIES

Southern School of Natural Therapies (SSNT) is the longest established natural therapies college in Australia.

Our treatments are supervised by experienced practitioners to ensure the highest standard of quality and service.

Services available include:

### CHINESE MEDICINE

Chinese Medicine philosophy believes that vital energy called 'Qi' circulates throughout channels or pathways in the body called meridians. Many illnesses are brought about when the Qi circulating within the meridians become blocked.

#### Chinese Herbal Medicine

Chinese Medicine treatment aims to promote the flow of Qi, restoring balance and good health. Common conditions a Chinese Medicine practitioner can assist with include: digestive issues, stress, fatigue, fertility, allergies, skin conditions and musculoskeletal problems

#### Acupuncture

Acupuncture is one of the most prominent therapies in Chinese Medicine, and involves selecting and needling specific points along the meridians in order to remove blockages allowing Qi to flow smoothly again.

### CLINICAL MYOTHERAPY

Clinical Myotherapy is a manual physical therapy that focuses on the assessment, treatment and management of pain and dysfunction of muscles, nerves and joints. The practitioner will complete a comprehensive assessment including a physical assessment of posture, movement patterns and palpation findings to isolate effected musculoskeletal structures. Treatments consist of soft tissue and joint mobilization augmented by the use of modalities such as dry needling and corrective exercise to strengthen, stretch or stabilize an area. Pain management techniques, ergonomic advice, thermal therapies, therapeutic aids and relaxation techniques will be provided to assist recovery.

### NATUROPATHY

Naturopathy is a holistic approach to health and well-being that is based on the principle that the body has an innate ability to heal itself. Naturopathic practitioners incorporate a blend of traditional knowledge and evidence based practice to help their patients achieve optimal health and wellbeing through a range of management approaches including western herbal & nutritional medicine, dietary and lifestyle advice, flower essences and homeopathy. Naturopathy may be an effective therapy for conditions such as digestive disorders, skin conditions, mood disorders, cardiovascular problems as well as fertility and preconception care.

### NUTRITIONAL MEDICINE

Nutritional medicine is focused toward the prevention and management of a wide range of lifestyle & dietary related health conditions through the prescription of vitamin therapy, food as medicine, and therapeutic meal plans or lifestyle modification. Common conditions a nutritional medicine practitioner may assist with includedigestive issues, weight loss, high blood pressure & cholesterol levels, diabetes, allergies, skin conditions and mood disorders.

Nutritional Medicine combines food-as-medicine traditions and dietary therapy with recent scientific advances in nutritional biochemistry and therapeutics, which are now used by conventional and holistic practitioners alike. Practitioners understand the nutritional, dietary and lifestyle factors that impact wellbeing throughout the lifespan, during illness and disease. They emphasise the impact of food choices in the maintenance of wellbeing and management of disease. Tools such as the BIA machine provide a thorough body analysis and report.

### WESTERN HERBAL MEDICINE

Herbal medicine is the oldest form of medicine and it has been practiced by many cultures for thousands of years. It is a holistic form of medicine that may be prescribed in the form of liquid extracts, infusions, tables or external preparations such as creams.

## PRICING

### Naturopathy, Western Herbal Medicine, Nutritional Medicine, Chinese Medicine and Acupuncture

Full fee, first visit	\$30
Full fee, follow-up	\$20
Concession, first visit	\$20
Concession, follow-up	\$10
SSNT students & staff, first visit	\$10
SSNT students & staff, follow-up	\$5

### Clinical Myotherapy

Full fee	\$30
Concession	\$20
THINK Education students & staff	\$10

### Dispensed Remedies

Recommended retail prices are charged on dispensed items. Discounts apply for the following categories:

THINK Education students & staff	15%
Concession	10%

### Please note

*Pricing is correct at the time of publishing and is subject to change. Due to the academic calendar, not all treatments are available at all times. Please contact the Think Wellbeing Centre for availability.  
50% late cancellation/non attendance fee applies.*