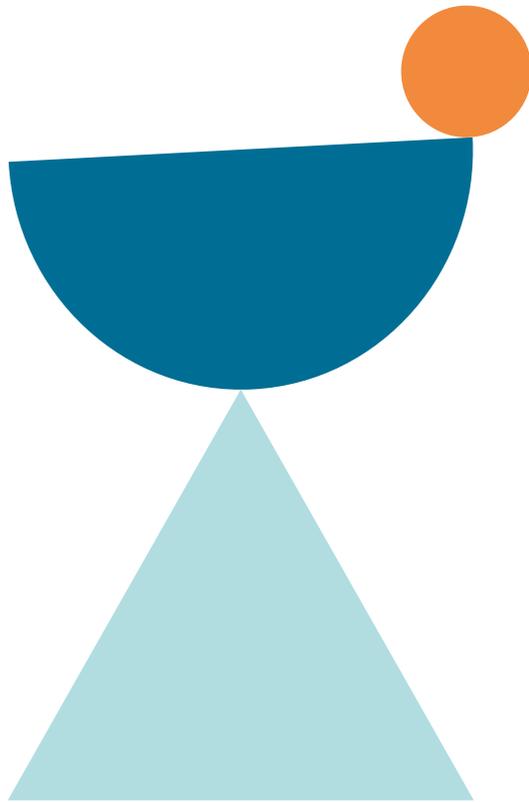


Find your Balance



THE
PRACTICE
WELLBEING CENTRE

About us

The Practice is a student-led clinic offering quality, holistic health and wellbeing services at affordable prices.

Open to the general public, all consultations are supervised by qualified and experienced practitioners to ensure you receive the highest standard of quality and service.

Our philosophy is one of combining evidence-based health sciences with best practice established over time. We focus on preventative health to help you achieve and maintain optimal wellbeing.



@thepriticewellbeing

Telehealth Consultations

The Practice Wellbeing Centre delivers secured Telehealth virtual consultations via our digital platform, allowing you to connect with our student practitioners at a time and place that suits you.

Our student practitioners provide a full health assessment, comprehensive advice, and a personalised treatment plan to assist with your well-being and lifestyle recommendations - this may also include access to practitioner-only supplements or herbal tonics.

Facial Treatments

Tailored specifically for your concerns using the most suitable advanced facial equipment for your skin. LED light therapy, skin needling, Radio Frequency, Microdermabrasion, Sonophoresis, Peels, IPL skin rejuvenation and more.

Body Composition Analysis

The Bioelectric Impedance Analysis (BIA) machine, is a method for estimating body composition which accurately measures body mass index, muscle mass, body fat and hydration levels. This testing is most commonly used for clients with a focus on weight loss or gain, obtaining peak physical performance, managing chronic disease risk and managing health proactively. Body Composition analysis takes 15 minutes and is best used in conjunction with a full complementary medicine consultation where the practitioner can explain results and help you to achieve your health goals.

Please note as our clinic is in high demand a 50% late cancellation/non-attendance fee applies.

Iridology

May be used in conjunction with a naturopathic consultation to assess holistic health. If you would like a colour print or digital image of your iris then a small fee is charged for this service.

Pricing

Beauty Therapy Treatments

Facial Treatments

Classic Facial	1hr	\$30
Advanced Facials	1.5hr	\$35

Massage Therapies

Swedish Body Massage	1hr	\$30
Lymphatic Drainage Massage	1hr	\$30
Aromatherapy Massage	1.5hr	\$40
Hot Stone Massage	1.5hr	\$40
Indian Head Massage	45m	\$25

Aesthetic Treatments

Facial Treatments	from \$50
Hair reduction treatments using IPL	from \$20
Advanced body treatments	from \$50

Naturopathy, Western Herbal Medicine, Clinical Nutrition

Full fee, first visit	1.5hr	\$20
Full fee, follow-up	1hr	\$10
Concession, Students & Staff		
First visit	1.5hr	\$10
Follow-up	1hr	\$5

Dispensed Remedies

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

Concession	10% off
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Pricing is correct at the time of publishing and might be subject to change. Due to the academic calendar, not all services and treatments are available at all times. Please contact The Practice for availability.

Body Composition Analysis	15mins	\$15
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Naturopathy

Naturopathy is a system of health care that is based on traditional philosophies and principles, and utilises a wide variety of tools and techniques to achieve health for a patient. Naturopathic practitioners blend traditional knowledge and evidence based practice to help patients achieve optimal health and wellbeing. A range of management approaches may be used including western herbal and nutritional medicine, lifestyle advice, energetic medicines including homeopathy or bush and bach flower remedies.

Clinical Nutrition

Focused toward the prevention and management of a wide range of health conditions. Nutritional Medicine practitioners use a range of dietary and lifestyle modifications and nutritional supplementation therapy and body composition analysis.

Western Herbal Medicine

A contemporary Western Herbal Medicine (WHM) practitioner understands the history and philosophy of herbal practice and is trained to formulate individualised herbal prescriptions using medicinal plants from around the world. An evidence-based practice approach is taken to incorporate traditional knowledge, research and scientific evidence in prescribing decisions.

Clients may be prescribed a variety of herbal treatments including liquid extracts, teas, tablets and external preparations such as creams.



It's time
to focus
on what
matters



Make an appointment today

Opening times

Monday - Saturday

Where:

123 Gotha Street,
Fortitude Valley, QLD 4006

Call us:

07 3270 1040

Email:

thepracticebrisbane@torrens.edu.au

torrens.edu.au/the-practice

STUDENT LED CLINIC

