

Mosgiel Holistic Centre

Home to practitioners who hold a holistic view to health and wellbeing

12 Church Street, Mosgiel. Ph (03) 489 3677



MAY 2015 NEWSLETTER

Regular Events

Hypnotherapy	Mondays between 1 pm & 5 pm
Healing Nights	Monday evenings at 7.30pm, 8pm & 8.30 pm
Meditation	Every Monday evening at 6 pm
Yoga	Every Tuesday evening at 6 pm
Ear Health Clinics	Clinics Every Thursday
Yoga	Every Thursday morning at 10 am
Tai Chi	Every Thursday evening at 5 pm
Podiatry	Fridays
Hypnotherapy	Tuesday evenings between 6 pm & 9 pm

Special Sunday 19th July Event

Come experience a 20 minute session of Reflexology, Indian Head Massage, Clairvoyance, Energy Healing, Aromatherapy all for \$25.00. Numbers limited so get in quick. Call (03) 489 3677

Treat Yourself Or Treat a Loved One
Gift Vouchers
The Gift that Keeps on Giving

Mosgiel Holistic Centre
Gift Voucher



Holistic healing helps restore balance to your body, mind and spirit leaving you feeling rejuvenated and more able to enjoy all aspects of your life.



DEEP BLUE soothing blend by doTERRA

This soothing blend contains the pure essential oils of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus. Several of the oils contained in this blend have been studied for their remarkable abilities to alleviate pain, soothe inflammation, and reduce soreness.

Testimonial

Suffering from Arthritis? Then I personally recommend you try the **DEEP BLUE RUB**.

I have Arthritis in my hands, one knuckle in particular is very, or was very painful and inflamed. No more. After two to three days of using the **Deep Blue Rub** all pain and inflammation disappeared. That was three months ago. I then gave some to a friend with really bad Arthritis in her feet. She was pleasantly surprised to find it worked after having tried other products.

Try it.....it may just be the thing for you.
Sheila Wall.

DEEP BLUE RUB NOW AVAILABLE AT THE MOSGIEL HOLISTIC CENTRE

THE HEALING GROUP

The Healing Group was formed to bring together healers with a wealth of experience to facilitate your own body's capacity to heal itself on both physical and emotional levels.

It is a completely safe and non-invasive process with surprising results.

The client – that's you – lies comfortably on a massage table while the Group sit around the table with their hands gently resting either on or alongside you. The Group is then led through a guided healing meditation, while all you are required to do is relax and enjoy.

The Healing Group is non-sectarian and have come together having experienced the power of our own energies and capacity to heal.



Some of the 44 Healers about to participate in the Monday night healing

The healing energy is not only for those with a physical ailment, it is for everyone; for example: If your body or mind is stressed just by relaxing on the table and receiving the healing energy it allows you and your body to experience how you can feel all the time, thus perhaps motivating you to participate in one of the many courses available to help you to de-stress. The healing energy will also help you if you are experiencing grief. The possibilities are endless.

The Healers volunteer their time to be of service to you all.

Should you wish to experience this amazing gift please phone Lynette or John at The Mosgiel Holistic Centre on 489 3677 to book. Booking is essential as we only take 15 people per Monday night. Charge is by way of a \$10 Koha / donation per person to cover costs.

If you would like to be instructed in the art of Crystalline Healing please contact Lynette on (03) 489 3677 or Sheila on (03) 481 1105



Counselling & Psychotherapy

As we enter the new year with all its challenges both exciting and unwanted there are times when we need to be able to explore those challenges in a safe non judgemental space. I am available for consultation, self-referrals most welcome.

**JOHN MILLS B.Couns. NZAC. PBANZ. Reg
Psychotherapist**

Ph: (03) 4893677 Cell: 0274811599

**Mosgiel Holistic Centre
12 Church Street, Mosgiel, Dunedin.**

PERSONAL FREEDOM: If you are unsure about where you are headed or what life is all about I run a one on one programme called **Personal Freedom**. This course is run over ten weeks for an hour per week and is specifically designed to explore the issues that are concerning you. This is a great course if you feel disempowered in your life, if you cannot say no or it feels as though you are not your own person. Cost \$50.00 per session.

DEATH: Death, what happens and what does it mean for you? This is a subject all of us will explore in the fullness of time. I have immersed myself in researching the subject of life after death, which as it happens also includes life before death. This is not about religion as religion is man made or what one would call ego driven. This understanding is based on ten years of recorded interviews with those who have passed over. If this is something that interests you then you may wish to participate in my two hour weekly small group course - **Who Is Alive!** To register your interest please contact me on the number provided. Cost \$20.00 per session. (Refreshments included)

MEDITATION: I teach/run a weekly meditation hour. The open group meets on a Monday night from 6pm to 7pm. I use a very gentle method of teaching, slowly allowing you to find your own way through experiencing the peace and health benefits of meditation. Cost \$5 Donation.

PSYCHOTHERAPY: is recommended if you are struggling with a life, relationship or work issue or a specific mental health concern, and these issues are causing you prolonged upset and pain. This is longer-term work to help facilitate permanent change. Cost \$80.00 per session.

COUNSELLING: this is short term, goal orientated solution focused outcomes to difficulties being experienced in the moment. Whether they are relationship or work issues. Or if you just need to "download." Cost \$80.00 per session

MOTHER'S DAY MAY
MADNESS

***MENTION MOTHER'S DAY
AND FOR THE MONTH OF
MAY GET A \$75.00 ONE
HOUR GIFT VOUCHER FOR
ONLY \$65.00***

***The Mosgiel Holistic Centre is going nuts
about mothers***

***BUT HURRY IT ONLY
LASTS FOR MAY MADNESS***

Ph. (03) 489 3677



ANGELA CORONA
Osteopath
ACC Registered



Angela trained at the European School of Osteopathy in the UK, graduating with a BSc (Hons) degree in Osteopathy. Angela is registered with the Osteopathic Council in New Zealand and is a professional member of Osteopaths of New Zealand.

An osteopath believes that for your body to work well its structure must also work well. As an osteopath, Angela works to restore your body to a state of balance, where possible without the use of drugs or surgery. Angela uses touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. She is trained in osteopathic cranio-sacral techniques and sometimes includes this in her treatments. She usually provides advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

Angela is a fully registered ACC provider so often there is no need to see your GP first. Angela believes in patient empowerment.

To book phone (03) 4893677

Osteopathy Treatment Price List

First Consultation	1 Hour	\$80.00
Follow on Treatment	$\frac{3}{4}$ Hour	\$70.00
	$\frac{1}{2}$ Hour	\$60.00
ACC Consultations & Treatments		\$30.00



Yoga4Life

Bring your body in any condition: tired, fatigued, sore, young, injured, battered, mature, stressed, healthy, strong...this class offers progressions for beginners through to experienced yogis.

The class is a beautiful mix of flexibilities & openings, asana, pranayama, meditation & relaxation.

This yoga practice aims to bring the body, mind, breath & being into balance, creating a smoother energy, a strong core, and a stable, fluid, more easeful you.

I hope to offer you a practice that is owned by you, with lessons learned on your mat able to be taken out and used to improve your everyday life

Tuesdays 6.00-7.15pm – Mosgiel Holistic Centre
Thursdays 10.00-11.30am – Mosgiel Holistic Centre

Bring your own yoga mat & a blanket
(If you do not have your own mat there are a few at the Centre)
Eat lightly at least 2 hours prior to class
Wear layers of comfortable clothing
Aim to arrive 10-15 minutes prior to class
Donation of at least \$12

Teacher: LISA MORRISON
RYT: Yoga Aotearoa (IYTA NZ Inc.)

My life & teachings are influenced by many traditions, but especially Patanjali's 8-limbed system of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Please contact me for any further information: 4894009 or 0274370779 or lisajan@xtra.co.nz

"Life is what happens to you while you're busy making other plans"

John Lennon

Lomí Lomí Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoea Healing Arts' Hawai'i



15-18 October 2015 (4 Days)

Only open to trained massage therapists. This means that as a professional you are getting the most out of your continuing education dollar.

Venue: **The Mosgiel Holistic Centre**
 12 Church St Mosgiel
 Dunedin 9019 NZ
 Phone 03 4893677

Tea and coffee supplied: Bring your own food

For centuries the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once.

Each day you learn new exercises and massage techniques designed to harness the power of the elements earth, air, water and fire. This massage is profoundly relaxing, creating a deep trance state to allow the receiver to identify and dissolve limiting beliefs that cause illness in the body

At the end of this workshop you will be able to perform a full body lomi lomi treatment and have a great many new techniques to complement your existing bodywork repertoire. Passing students receive a certificate

Cost: **\$695 for 3 full days of training when you register by July 1 2015.**

If you register after this the cost is \$745.

Tuition price also includes a workbook for further home study. A \$200 non-refundable deposit guarantees your space in this workshop.

Space is limited so register now on Carrie's website www.hamoea.com or contact her by email hamoeahealingarts@gmail.com

MOSGIEL HOLISTIC CENTRE IS NOW OPEN

7 DAYS A WEEK

**Monday 8am – 7pm
Tuesday – Friday 8am – 8pm
Saturday 10am – 3pm
Sunday by appointment only**

REIKI SHARING

**Held once a month on a Saturday
Cost \$10**

**Open to anyone who has ever learnt Reiki no
matter how long ago.**

**Come and connect with like-minded people to
share the love and healing energy of Reiki.**

**Phone Lynette Mills
(03) 489 3677 or 027 7223 1128**

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Reflexology, Aromatherapy & Reiki Workshops

**Lynette holds these workshops regularly.
Should you wish to participate please register your
interest at:**

**Mosgiel Holistic Centre
12 Church Street, Mosgiel 9024
Tel: 489 3677**

Hypnotherapy
With Tony Robinson
Now available at Mosgiel Holistic Centre
12 Church Street, Mosgiel



Tony Robinson (Dip.Clin.Hyp) has joined us at our Centre and brings with him over 20 years of experience as a fully qualified professional hypnotherapist. Having been in practice in Christchurch, Tony has a wealth of knowledge and understanding with the ability to help patients achieve their aims and goals. For those who have never experienced hypnosis, it is perhaps easiest to consider it being the closest thing to the “Day Dreaming” state where you are always in complete control, aware of what’s going on and in a beautifully relaxed state. It is in this relaxed state that your subconscious mind is able to respond to “Positive Suggestions”. Truly, hypnotherapy is a wonderful and quite natural way to help you in your search for change.

Hypnotherapy can be very successful in assisting with:

- Phobias, Stress, Anxiety
- Bad habits – Smoking, Drinking, Nail biting
- Anger management
- Confidence, Motivation, Depression
- Fears, such as fear of flying, needles, failure or even fear of the future.

Working with your feelings I can, and I will, help you gain Strength, Confidence, Determination, Courage and Belief in yourself. All you have to do is want – really want – to make the change.

An enjoyable hour-long session is just \$80.

Mondays between 1 pm and 5 pm
Tuesday evenings between 6 pm and 9 pm

Book an appointment now
call Mosgiel Holistic Centre on 489 3677 or after hours on 489 2197

Aromatherapy Massage

By: Astrid Crabb



Aromatherapy massage is a wonderful way to experience the healing benefits of essential oils. Essential oils are the natural aromatic chemical compounds extracted from the leaves, flowers, fruit, seeds, roots, bark and stems of plants. Each individual oil possesses its own distinctive therapeutic properties that can be used to improve health and prevent disease.

Usually a combination of essential oils will be used, carefully selected to provide the maximum healing benefit to the condition(s) being treated. Their unique chemical compositions act on the body on both a physiological and psychological level, providing a gentle yet powerful combined effect to promote positive health of both body and mind.

There are numerous ways to use essential oils for wellbeing, but aromatherapy massage – massage using essential oils diluted in a carrier oil – is a particularly effective (and enjoyable!) way of administering aromatherapy treatment as essential oils are easily absorbed through the skin. The minute chemical molecules of the essential oils enter the pores, hair follicles and sweat glands and reach the dermis (the skin's second layer) where they pass into the network of blood capillaries there. Once they have entered the bloodstream they are then transported via the circulatory system to *all* parts of the body.

Depending on the essential oils selected, aromatherapy massage can:

- Influence mood and emotions
- Balance hormone production
- Strengthen the immune system
- Reduce pain and inflammation
- Improve digestion
- Improve blood pressure and circulation
- Promote restful sleep

On its own, the benefits of massage are many, however when combined with aromatherapy, those benefits can be dramatically enhanced and multiplied. Aromatherapy is an especially effective treatment for stress and various chronic conditions.

About Knox Podiatry



Rebecca has a passion for improving her patient's foot health. Each new patient undergoes an assessment of their needs including a Doppler ultrasound of their circulation and testing of the nerves in the feet. Rebecca will communicate with other health professionals such as GP or osteopath in order to provide the best possible foot care.

Every age group is welcome and each person is treated as an individual; every treatment is conducted with a fresh set of podiatry instruments which have been sterilised clean to ensure the safety of every patient.

Rebecca holds an Annual Practising certificate and is registered with the New Zealand Podiatry Board.

Rebecca has 10 years Podiatry experience in the fields of Diabetes, rheumatology, paediatrics and biomechanics. Rebecca had a busy clinic in the UK and also worked in the NHS for 8 years.

BOOK AN APPOINTMENT FOR THE TREATMENT OF:

NAILS

Simple nail cutting
Fungal nail infections
Ingrown nails
Damaged or injured nails
All other nail conditions

SKIN

Hard skin or callus
Corns
Verrucae
Fungal infections / Athletes feet / Tinea
All other skin conditions

DIABETES

Diabetic foot health information
Diabetic foot checks
Foot care
Diabetic ulcer treatments
Diabetic footwear and sock information & sales

BIOMECHANICAL

Foot & / or leg pain
Sports injuries or pains
Footwear advice

CHILDREN

Toe Walking
Out-toeing
Ingrown nails
Footwear information

In-toeing
Flat feet
Skin conditions
All other foot / leg problems

To book an appointment please call Knox Podiatry directly on:

022 301 6195 (mobile)
03 478 1030 (answerphone service)

Lest we forget

By John Mills

Lest we forget. According to the dictionary “lest” means ‘for fear that’ or ‘so as not to’. So there is the fear that we may forget those that paid the ultimate sacrifice – the taking of a life.

There may be those who would question my right to comment on Poppy Day and the remembering of the loss of life. Well, I have no more right to comment than anyone else, other than having earned the right to full membership of the RSA having served, been under fire and, may I forgive myself, fired in retaliation. Not my finest hour as a puppet of the state.

I was young, very young, like the boys (not men) who lost their lives in the wars. We owe them enormous gratitude for our way of life and the freedoms we now enjoy. That thought led me on to thinking about had I been unfortunate and lost my life for the states ideology how would I like to be remembered?

Remembrance Day, the poppies always move me. The march and service at the local cenotaph on ANZAC day brings tears of sorrow and loss. They fought for freedom of our way of life, freedom of expression and gave their lives so that we would not have to shed our blood. So that future generations would have a better life.

So you can imagine my great sorrow when I saw on television the “disney” display at a cost to us of eight million dollars to showcase the pain of war when what they fought for is being forgotten. Do we really think that as they look down on us that we have honoured them with waxworks when children in the country go hungry, when freedoms are eroded by big brother, when our rights to feed our families and communities are curtailed by petty council laws, when their great, great grandchildren are being sent to die on foreign soil to uphold the states ideology? The list of atrocities we commit to our own is endless.

If I was one of the fallen, and I nearly was, then I would rather be remembered by my country honouring the freedoms and protecting the vulnerable that I laid my life on the line for, not for the power of the few over the many.

I do not condemn the waxwork show that is all part of democracy and the right of the individual to express themselves as they see fit. But it is also my right to advocate for honouring those brave souls by encouraging us to continue to fight for freedom in our society, to stand up to those in our society that dishonour the loss of life by removing our freedoms through fear using power and control.

Always remember Democracy does not allow you to do what you like. Your freedom ends where mine begins and mine ends where yours begins.

Thanks for letting me share my opinion.

John Mills

Letter from Obion – May 2015

Greetings my Dear Friends

Sheila has returned from her holiday so I am able to pen this letter to you once more.

When I was in human form as a young man, I went in search of my Guru/Teacher. I entered a small village, being thirsty I asked an old lady sitting on her veranda if I could have some water. She pointed to the water and I sat talking to her while I drank the water. She was making a beautiful quilt. After some time I realized she was blind.

I asked her how she could make such a beautiful quilt and how God could allow this and she told me; but “I am God.”

Ponder on the story of the blind lady I met on my search for enlightenment! What did she mean when she said “I am God” For those who worship God through a belief or religion I must very quickly say the lady and myself are not being disrespectful to you, on the contrary.

How was it for me when I too became aware that I too was God, when I died and left my skinny body, which was lying, in the cave? I also know that my awareness of this, I am God, I had had for some time prior to my physical death yet had not truly believed it in every cell of my being. As I made the transition from body to ethereal life, I knew that what I had denied was in fact true.

Every single living form is given life energy by God, the “I AM” by you and I. We are not form; we are life energy. This may be hard for some people to accept but I say that is okay. Just please do not dismiss it, rather search for what I and others before and after me have discovered. We are eternal life. We do not have to die to find this because it is right there inside everyone.

Words are nothing. Life is everything and beautiful. Just be.

Your dear friend

Obion



On Ducks And Other Things!

Every so often I get the chance to express myself through this forum. Okay, I will be honest, I get the chance every month as I put this newsletter together.

Astrid, our new Massage Therapist and Aroma-therapist, gave me food for thought. It may have had something to do with the lolly pizza she also gave me but mainly it was her excitement at having been out duck shooting this last weekend. As many would know it was not the ideal duck shooting weather as the sun shone brightly and the ducks, those that were around, flew high. She assures me though that she had fun getting lost in the mist that settled over the vast wet land called Waihola and being marooned in the shallow water while the retrieving dog cleaned itself off on her lap.

Most of you would know that when I eat meat it comes in cellophane from the supermarket and has no relation to any animal alive or deceased. I am in complete denial and will happily remain so. I do take solace in the fact that in the channellings I listen to, be it The Group with Steve Rother, Obion with Sheila Wall or Kryon with Lee Carroll, our eating meat is a choice. It would be vibrationally better not to but there is no right or wrong in our God consciousness.

I digress, oh yes, ducks. Hazel Eatwell, our Body Talk therapist, (Body Talk is an amazing diagnostic tool; Hazel says I am not allowed to call it a diagnostic tool for legal reasons, so you did not hear it from me but I use it regularly and have caught potential problems early enough that I could nip them in the bud so to speak), over heard our conversation and made the observation that while in Aramoana over the weekend the side of the road was wall to wall ducks. How did the ducks know that the duck-shooting season had begun?

We, like the ducks, are part of nature, the universal energy. So if the ducks can avoid being shot by listening to their "gut" feel and stay away from the mai mais, then do you not think that the universal energy is taking care of you too. If we listened to our inner voice then we would avoid danger, we would be guided to do what is right. It is only our ego that gets in the way, making white noise and thereby blocking out that inner guidance. There are many ways to hear that inner voice. I could be flippant and say – just listen. But if that is hard for you, try mindfulness otherwise known as meditation.

If you wish to learn mindfulness, oops sorry, meditation, I hold classes every Monday night at 6pm. That's me for this month, be kind to everyone but most importantly be kind to yourself.

John Mills



Fran Grindlay
Ear Health Otago Southland Ltd
Coming to Mosgiel Holistic Centre
Thursdays from 16 April

Fran Grindlay from Ear Health Otago Southland Ltd has been caring for ears from her base in Hillside Road Dunedin for 11 years and over that period has slowly added specially trained registered nurses to help operate clinics in Dunedin, Mosgiel, Balclutha, Gore, Invercargill, Oamaru, Alexandra, Cromwell, Wanaka and Queenstown.

Ear Health will now be running weekly clinics from the Mosgiel Holistic Centre in Church Street, providing microsuction for ears.

Microsuction has been used by Hospital E.N.T Departments and by E.N.T Specialists for some years and is believed to be the safest and healthiest method of clearing the ear of wax and debris. It is a particularly wise treatment for infections and inflammatory conditions such as dermatitis of the ear canal.

Advice is also given on care of the ears and other ear conditions such as eustachian tube dysfunction, glue ear, Surfers and swimmers ear, etc.

Many people are finding access to this treatment in the community very convenient and being able to self refer is a real benefit. Any condition requiring medical treatment is referred to a Doctor or specialist.

The cost of treatment is \$48.00 for an adult, \$38.00 for students, children and patients under ACC for hearing aids. Treatment is free for War Pensioners with hearing aids.

If you have any questions or wish to make an appointment
'phone Fran on 455 0801, 027 5550800 or 800 550801. Fax 03 455 0809.

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Dr Usui Sensei 1865 – 1926

Mikao Usui was the originator of what we today call Reiki. He was born on august 15th 1865 in the village of 'Taniaimura' in the Yamagata of Gifu prefecture Kyoto.



Tai Chi with Keiko Imagi

Keiko Imagi teaches Tai Chi and Qi Gong
at the Mosgiel Holistic Centre.

Keiko has been studying Tai Chi for 13 years, teaching Tai Chi and Qi Gong
in Dunedin and Auckland since 2008

Tai Chi Principals

Relaxation of Body and Mind

By removing stiffness and tension from the body by the means of correcting posture and the stretching out of joints, muscles and limbs.

The mind can be calmed by correct breathing techniques, focussing on the movements of Tai Chi so that day-to-day worries are left aside. In Tai Chi the word “relax” is frequently used but it does not mean “collapse” as in throwing oneself down on the sofa in a floppy heap.

There are many aspects to Tai Chi and we will be concentrating on the relaxation of the body, increasing flexibility, improving balance and co-ordination and also the cultivation of a quiet mind.

This is a wonderful Chinese fitness system that treats the body in the holistic manner and focuses on three aspects: Jing (essence); Chi (vital energy); and Shen (spirit).

Tai Chi is a physical exercise beneficial to health, wellbeing, balance, harmony, mental equilibrium and the promotion of internal strength. It is very enjoyable too. Tai Chi is also an art, which is creativity. Tai Chi is relaxation, which gradually brings many benefits with practice and patience. Do not worry about achieving technical expertise or perfection in your movements – unless you wish to be a world champ!

Tai Chi is on every Thursday evening from 5 pm
To Join Tai Chi classes phone Keiko on 021 032 8544



TRE (Trauma & Tension Releasing Exercises)

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from everyday circumstances of life, from difficult situations, immediate or prolonged stressful or traumatic life experiences.

Lynette will help you discover how to release stress & tension for the rest of your life using your body's own innate shaking & tremor mechanism in order to:

- Feel more peaceful, centred & grounded
 - Improve sleep
- Resolve trauma (without having to recall or talk about it)
 - Improve relationships
 - Improve flexibility and core stability
 - Improve creativity
 - Enhance sports recovery
- Deepen meditation and relaxation

TRE can benefit people from all walks of life including meditators, sports people, soldiers, emergency services personnel, students and anybody who would like to live with less stress and more freedom in their lives.

Lynette conducts one-on-one or group consultations.

Please phone Lynette on 03 4893677

***@ Mosgiel Holistic Centre
12 Church Street, Mosgiel***

***Lynette Mills
Accredited TRE Practitioner***

Telephone: 03-4893677 or 0277223118

www.mosgielholisticcentre.co.nz



Your Therapists



Lynette



Gary



Hazel



Astrid

MASSAGE & MORE

Therapeutic/Relaxation

Remedial Massage

Sports Massage

Specific Pain Relief

Deep Tissue

Thermal Hot Stone Massage

Facials

Lymphatic Drainage

Reflexology

Reiki

Cranio Sacral Therapy

Body Talk / Kinesiology

EFT – Emotional Freedom Technique

Indian Head Massage

Bach Flowers

TRE – Trauma/Tension Releasing Exercises

* PRICE LIST *

½ Hour Treatment	\$40.00
¾ Hour Treatment	\$60.00
1 Hour Treatment	\$75.00
1 Hour Aromatherapy	\$80.00
1 Hour Facial.....	\$80.00
1 ¼ Hour Treatment	\$90.00
1 ½ Hour Treatment	\$105.00
1 ½ Hour Aromatherapy	\$115.00
1 ½ Hour Facial.....	\$115.00
1 ½ Hour Hot Stone.....	\$125.00

Thermal Hot Stone Massage

Special Price \$110.00

GIFT VOUCHERS AVAILABLE

(03) 4893677

12 Church Street, Mosgiel, 9024

Contact Details:

**12 Church Street, Mosgiel, 9024
(03) 4893677**

www.mosgielholisticcentre.co.nz

