

Service - Wholist Wellbeing	Duration (minutes)	Price (AUD)	More Information
Acupuncture			
Initial Acupuncture Consultation	60	\$140	This is your first visit. It is a thorough assessment and evaluation as well as treatment. It is an opportunity to discuss your needs and to set goals of what you want to achieve together over the course of your treatment. Part of your analysis will be your diet and lifestyle, tongue and pulse diagnosis and mobility testing (if applicable).
Standard Acupuncture Consultation	60	\$120	Standard Acupuncture Consultation is a follow up or ongoing consultation with your acupuncture practitioner. They typically last for 60 minutes and allow you and your practitioner to work together on the goals you set for your health in your initial consultation.
Massage			
1 hour Remedial Massage (private health rebate)	60	\$145	Remedial massage which may be claimable on private health insurance
90 min Remedial Massage (private health rebate)	90	\$185	Remedial Massage which may be claimable on private health insurance
Osteopathy			
Osteopathy Initial Consultation	60	\$170	First visit with an osteopath - involves a discussion of your signs and symptoms and medical history and the beginning of your treatment with the practitioner
Osteopathy Standard Consultation	40	\$133	Osteopathy standard follow up consultation
Osteopathy Standard Consultation - Alexandra	30	\$133	Osteopathy standard follow up consultant with Alexandra
Osteopathy Standard EXTENDED Appointment (Sarah approved ONLY)	60	\$170	LONG Osteopathy Follow up consultation with Sarah. These appointments are for Sarah's patients ONLY, after discussion with her.
Psychotherapy			
Psychotherapy	60	\$150	Holistic Counselling considers the importance of well-being through mind, body, and spirit. Sarah uses her osteopathic and counselling expertise for a trauma-informed somatic-based therapeutic approach to mental and physical health concerns. This includes pain management, low mood, anxiety, medically unexplained symptoms, stress, and more.
Reflexology			
Reflexology Lymphatic Drainage Initial Consultation	50	\$115	
Reflexology Lymphatic Drainage - Standard Appointment	50	\$115	

Service - TCM Dermatology	Duration (minutes)	Price (AUD)	More Information
Dermatology Initial Consultation	-	\$150	-
Dermatology Standard Consultation	-	\$110	-
Service - TCM Therapy	Duration (minutes)	Price (AUD)	Included Operations
Children Massage (Paediatric Massage)	45	90	Massage, Gua Sha/Moxibustion/Herbal Application
Children's Height development (3-6 years)	60	140	Massage, Moxibustion, Phototherapy
Children's Height development (>6 years)	90	240	Stretch Training, Massage, Acupuncture, Moxibustion, Phototherapy
TCM Tuina	30	80	Massage/Cupping
Advanced TCM Tuina	60	145	Massage, Cupping, Chiropractic Adjustment
Women's Anti-Aging Treatment 1	60	145	Back Massage, Back Gua Sha, Moxibustion, Acupuncture
Women's Anti-Aging Treatment 2	90	185	Back Massage, Abdominal Massage, Gua Sha Facial Massage, Moxibustion, Acupuncture
Sleep and Stress Relief Treatment	60	150	Scalp Massage, Back Massage, Lymphatic Drainage Massage, Moxibustion, Acupuncture, Singing Bowl Therapy
Comprehensice Pregancy Care (Madarin Speaking Patients Only)	60	150	Acupuncture, Moxibustion, Guasha, Scalp Massage
Comprehensice Pregancy Care (Madarin Speaking Patients Only)	90	185	Acupuncture, Moxibustion, Gua Sha, Scalp Massage, Prenatal Massage, Singing Bowl Therapy
Postpartum Care 1	60	150	Acupuncture, Moxibustion, Gua Sha, Scalp Massage
Postpartum Care 2	90	185	Acupuncture, Moxibustion, Gua Sha, Scalp Massage, Breastfeeding Support (Lactation), Chiropractic Adjustment
Postpartum Recovery 1	60	150	Acupuncture, Moxibustion, Pelvic Realignment
Postpartum Recovery 2	90	185	Acupuncture, Moxibustion, Pelvic Realignment, Visceral Release Realignment/Rectus Abdominis Repair/Slim Waist