

Solar Springs Pop-Up

WELLBEING MENU

HEALING

Duration Price

TRADITIONAL CHINESE MEDICINE BY ALISON HARRIMAN

Traditional Chinese Medicine is a holistic, natural health care system that stimulates the body's own healing mechanisms. Alison's treatments are based on your individual healthcare needs which may include acupuncture, cupping, moxibustion and Chinese herbal formulas, together with lifestyle and dietary advice.

Initial	\$150
85 min	
Sub	\$120
55 min	

COSMETIC ACUPUNCTURE BY ALISON HARRIMAN

Cosmetic acupuncture is a natural way of softening fine lines and wrinkles, it is a gentle non-surgical and medication-free face lift, that has up to 3 months effect. Treatments include deep wrinkle acupuncture and gua sha application using fine oils and jade to gently massage the skin to brighten complexion.

85 min	\$300
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KINESIOLOGY BY HARRIET WILLIAMS

Kinesiology is a beautiful way of letting go of what's holding us back. It's designed to help us get to know ourselves on a personal level, heal and create the existence we truly desire. Harriet taps into energy from the mind, body, and soul, pulling them together and creating a new path for a well-balanced life.

Initial	
85 min	\$170
Sub	
55 min	\$140

CONNECTION

INTUITIVE ACTION ASSESSMENT BY JESSICA BANCROFT

Jess works with you to identify what's holding you back from taking empowered intuitive action in your life. Dive into self discovery with a combination of breathwork, meditation, and one on one counseling to create a deeper understanding and love of self.

55 min	\$120
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REBIRTHING BREATHWORK BY FARRIEDA SMIT

Rebirthing Breathwork is an active breathing process that inspires access to your full potential for joy, aliveness and peace in life. Farrieda will guide you through the theory and experience of this technique and allow space for reflection.

55 min	\$120
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MOVEMENT

Duration Price

PRIVATE YOGA BY SOPHIA TILLEY

Sophia loves the sense of connectedness yoga brings and aims to enhance this in her yoga sessions. Whether your preference is vinyasa flow or yin, sessions can be modified to suit your needs. Sophia is also certified in prenatal and kids yoga.

55 min \$120

PERSONAL TRAINING BY NATALIE CARTER

Nat will tailor a personalised workout to suit your goals and ability. This whole body focused workout will aim to push you outside your comfort zone and show you what you are truly capable of. Fat loss, strength building, core focus, posture improvement are just some of Nat's specialities.

55 min \$160
30 min \$120

POTTERY MASTERCLASS BY BRUCE PRYOR

Bruce offers a one on one 'Masterclass in Throwing'. This two hour session is designed to provide a detailed insight into making/'throwing' pots on the wheel. For an absolute beginner, this is an amazing opportunity to be guided personally by one of Australia's most competent Craftsmen.

120 min \$200

NUTRITION

NUTRITION BY SAMI BLOOM (VIDEO CALL)

Sami draws upon both science and holistic principles to treat each individual case in a way that is effective, sustainable and enjoyable. Sami's philosophy is deeply rooted in whole food, plant-based nutrition and using food as the wonderful medicine that it is! She takes an investigative approach to each client and will always tailor treatment plans to the individual, their specific concerns and personal goals, with an emphasis on diet and lifestyle, and utilising supplementation where necessary.

75 min \$165
initial
30 min \$88
Sub