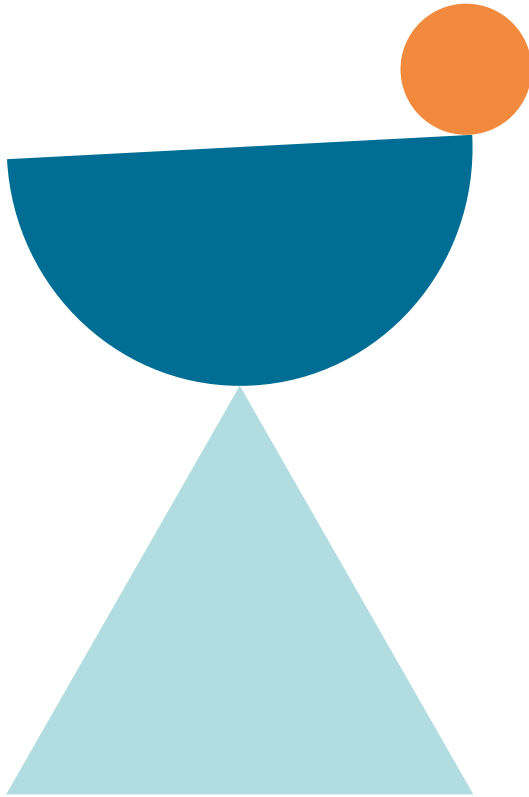


# Find your Balance



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.



@thepracicewellbeing

## Counselling

The counselling services at The Practice Wellbeing Centre will guide you through your life transitions and provide you with coping mechanisms to help you manage challenges you may be facing. Our goal is to work with you in a non-judgmental environment where we listen fully and allow you space to explore presenting issues or challenges.

We will support you in finding solutions and create positive change. All student interns are selected by the faculty to ensure that you get the highest quality counselling experience as possible.

## 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.

## Body Composition Analysis (BIA)

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.

## 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

### Counselling

Full fee 50 mins \$10

Concession, Torrens/Think Students & Staff 50 mins \$5

### Naturopathy, Western Herbal Medicine, Clinical Nutrition

Full fee

First visit 90 mins \$20

Follow-up 60 mins \$10

Concession, Torrens/Think Students & Staff

First visit 90 mins \$10

Follow-up 60 mins \$5

### Dispensed Remedies

Recommended retail prices are charged on dispensed items.

Discounts apply for the following categories:

Concession, Torrens/Think Students & Staff 10% off

**Body Composition Analysis** 30 mins \$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 Practice for availability.*

## 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

Clinical Nutrition practitioners use a range of dietary and lifestyle modifications and nutritional supplementation therapy and body composition analysis for the prevention and management of a wide range of health conditions.

## 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.

# Make an appointment today

## Opening times

Monday - Saturday

## Where:

Level 1, 17-51 Foveaux Street,  
Surry Hills, NSW 2010

## Call us:

1300 738 256

## Email:

[thepracticesydney@torrens.edu.au](mailto:thepracticesydney@torrens.edu.au)

[torrens.edu.au/the-practice](https://torrens.edu.au/the-practice)



It's time  
to focus  
on what  
matters



STUDENT LED CLINIC

