

BODYRITE

Health, Body and Skin Care Centre

Encompassing
the whole body to create
a healthier you

9256 1800





Awards

Bodyrite & Beauty

are consistent award
winners in skin therapy...



Awards

2005	2006	2007
2008	2009	2010

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About **BODYRITE**

Health - Maintaining a healthy body and mind is of the highest importance. BodyRite's highly qualified and experienced therapists will provide you with the optimum in natural health services and products

Body - A healthy body is an essential part of a healthy lifestyle. BodyRite's team of personal trainers, instructors and therapists are available to listen, guide and provide personalised programmes and services to strengthen, shape, and relax both body and mind.

Skin - Healthy skin is a lifetime investment. At BodyRite our highly qualified skin therapists only use TGA and FDA approved products that are available though a professional skin care centre. All treatments are customised to each individual's specific requirements.

Beauty - All clients deserve the best in beauty treatments. Therefore only the highest quality materials are procured by BodyRite to ensure that any beauty service provided will meet all clients needs.

Health



Naturopathy

The Alternative Health Care

Naturopathy is a holistic method of healing that recognises the body's innate ability to overcome diseases. Throughout the ages man has harnessed the forces of nature for keeping the mind and body healthy and it is these powers that are recognised and stimulated in naturopathy.

At **BodyRite** our Naturopath will treat the underlying causes within the body to achieve optimal health that may have been compromised by lifestyle, genetic predisposition, dietary and other imbalances.

Taking this belief into account a Naturopath will aim to restore vitality through stimulating the body's natural healing mechanisms with extracts and tinctures derived exclusively from plants, or appropriate herbs and supplements in other forms.

Naturopathy prohibits the use of poisonous drugs, serums, invasive surgery, x-ray and radiation for therapeutic purposes and instead uses natural techniques to diagnose and activate the body's own healing powers.

At **BodyRite** our Naturopath will go through your personal medical history, diet, lifestyle and emotions that you may be experiencing to consider all signs and symptoms to develop a total picture of your body's condition. From this information an appropriate treatment plan will be devised for you and with continual support from our Naturopath we will endeavour to achieve your optimal health.

Initial one hour consultation _____ \$80

Follow up half hour consultations _____ \$55