

## Our Practitioners

Expertise, Excellence, Experience

Put your health in safe hands

The masters and teachers of their craft



**Desiree Latour** is a dedicated and passionate facilitator in natural



**Gabrielle Engstrom** has a wealth of knowledge in Alternative Medicine.

therapies. She is qualified in a host of natural therapies including herbalism, aromatherapy and massage. In addition, she is a qualified yoga and meditation teacher.

Desiree will custom design the treatment session for you depending on your needs. It will be a combination of physical body care, such as massage and hypnosis or meditation techniques to aid with psycho-emotional problems. It's a healing delight of the senses. Find your way back to life harmony.

She has travelled extensively and learned many varied life improvement techniques and incorporates them into her treatment program. As part of her naturopathic solutions,

Gabrielle will use powerful tools such as iridology, tissue salt analysis, and SCIO bioscan (biofeedback). Gabrielle is a guru in helping her clients to master stress. In her naturopathic treatments she always includes different massage techniques to speed up the healing process.



**Gwendoline Ford** is a Clinical Hypnotherapist with Diplomas in Aromatherapy, Hypnotherapy, Natural Therapies and Training and Assessment, among other qualifications. She is the Principal of Health and Harmony Colleges and a certified member of the HypnoFertility™

Foundation. Gwen is one of the few practitioners qualified in Fertility by Hypnosis in Australia. Gwen specialises in Hypnotherapy for Life Mastery and Motivation. With a 15 year background in Natural Therapies, Gwendoline will provide holistic strategies for you to overcome everyday challenges and get the best out of life.

**Health fund rebates available**

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# Health & Harmony Clinic

*Relax...your mind  
Rejuvenate... your body  
Reconnect... with your spirit*

Reiki  
Reflexology  
Life Coaching  
Aromatherapy  
Detox and Cleanse  
Weight Loss and Nutrition  
Fertility by Hypnosis  
Stress Management  
Hypnotherapy  
Quit Smoking  
Naturopathy  
Massage  
Shiatsu



## The very best of Natural Therapies

### Welcome to the Health and Harmony Clinic

Our tranquil oasis located in the heart of Woolloongabba, will surprise you with its aromatic embraces and the mastery level skills of our therapists.

We handpicked the very best Natural Therapy Services to provide you with outstanding health solutions. We truly believe that the synergistic blend of therapies that we have to offer will pacify your mind, relax your body and uplift your spirit, taking you to a better balanced lifestyle.

### Naturopathic Solutions \$120

Session Duration.....90min

This session will start with the overall health assessment. Such powerful tools as SCIO bioscan, Iridology and Tissue Salt Analysis will be used among others to identify the roots of the ailment. Treatment can include therapeutic massage, counselling and energy balancing. You will receive nutritional recommendations, have a herbal remedy and/or mineral & vitamin supplement to take home as well as a personalized toolbox of healthy lifestyle suggestions.

### Counselling \$120

Session Duration.....90min

Have you divorced? Lost your job? Are you stressed? Depressed? Your children left home? Simply don't know what to do? You don't have to do it on your own! We are here to listen and help you through your life challenges... with positive thinking, life and spiritual direction guiding you to your **happy self**.

### Reiki \$60

Session Duration.....60min

Rebalance your energy... Realign your chakras... Build a protective shield to sustain an excellent energy level during the entire day. **Be vibrant!**

### Holistic Pulsing \$60

Session Duration.....60min

Releases past emotional traumas, initiates relaxation responses, triggers self healing resources. **Restore...**

### Lymphatic Drainage \$75

Session Duration.....60min

Fluid Retention? Frequent flier? Need to get things moving? This is the one for you...**Detox!**

## Relax.... Rejuvenate..... Breathe.....

### Relaxation Massage \$60

Session Duration.....60min

Drift away into the blissful state of no mind with this full body indulgence. **You deserve it!**

### Aromatherapy Massage \$75

Session Duration.....60min

Relax your body and mind in the liquid cloud of custom tailored fragrance of only the very best essential oils blend. The therapeutic benefits of the aromatherapy massage are enormous... **Enjoy!**

### Remedial Massage \$75

Session Duration.....60min

Have you had an injury that still bothers you? Or your back is sore from driving or sitting in front of the computer all the time? Then this massage is your saviour. Remedial Massage holistically treats the whole body. It stimulates the blood supply allowing toxins in the muscles to be removed, calms down the nervous system, easing away pain and discomfort and improves joint mobility through toning and relaxing the muscles. Your therapist will also recommend a personalized set of stretches so that you can avoid having the same problem again. **Look after yourself!**

### Sports/Deep Tissue Massage \$75

Session Duration.....60min

Do you exercise a lot? This massage will relieve pain and deal with muscles in spasm, increasing lymphatic flow and stimulating circulation. **Be fit!**

### Reflexology \$70

Session Duration.....60min

Simply mind-melting experience with therapeutic values hard to overestimate...**Relax...**

### Pregnancy Massage \$75

Session Duration.....60min

Blissful experience for future mummies with big tummies. We will use a special blend of nourishing oils to prevent your skin from stretch marks and help you with the fluid retention in your limbs and pain in your back. You will look within and connect with your baby. **Be blessed!**

Passionate about Natural Therapies? We can offer you easy home study courses, setting you on the path to a rewarding and lucrative career as a practitioner. Visit [www.healthandharmony.com.au](http://www.healthandharmony.com.au)

## Empower your mind... Master your fear

### Hypnotherapy \$120

Session Duration.....60min

Hypnotherapy sessions release negative emotions suppressed in the sub-conscious mind and restore natural health and harmony.

It will help you to:

- Stop Smoking
- Lose Weight
- Manage Stress and Anxiety
- Conquer Insomnia, Fears and Phobias
- Stop Substance Abuse
- Recover from Post Traumatic Stress Disorder

It will restore:

- Confidence and Motivation
- Sexual Health
- Academic Performance

And can do so much more... just talk to your therapist...

**Imagine** enlisting your subconscious for achieving your goals.

### Creative Lifestyle Coaching \$120

Session Duration.....60min

Are you feeling stuck in your career or personal life? Do you know what you would like to do or who you would like to be but don't know how to get there? Then lifestyle coaching is for you. It will help you to achieve your goals in the quickest possible way.

Because you already know all the answers. It is just the matter of tapping into them. And that's what your life coach will do for you — help you **find the answers**.

### Yoga Therapy Individual \$50

Session Duration.....60min

Get your body flowing and moving easily through custom designed Hatha Yoga classes. Or have a session of the most fun yoga of all—Laughter Yoga! It combines deep, controlled breathing and stretches with various types of simulated laughter. **What a joy!**

Group bookings available upon request.

**Free whole body vibration session with any treatment.**