



New Beginning Health & Wellbeing

Vanessa Foley has worked in the natural therapies industry since 2000 and presently works in private practice from rooms with Immortal Fitness personal training studio. Vanessa recently launched New Beginning Health & Wellbeing and as a result the focus of her work will now be on educating others to take charge of their own health using natural methods. Vanessa's services include:

- Nutritional Consultations
- Food & Lifestyle Coaching
- Goal Setting Sessions
- Health & Wellbeing Seminars & Workshops
- Health & Wellbeing Packages
- Whole food Shopping Tours
- Cooking Workshops
- Reiki Treatments
- Reiki Level One & Two Workshops
- Ear Candling
- Holistic Bodywork Treatments (in conjunction with Health & Wellbeing Packages)

Vanessa is passionate about educating others regarding the benefits of a healthy lifestyle which include improved vitality, energy and the ability to cope with the stresses of modern day life. So whether you are fit and well or experience health issues Vanessa believes it is important to take the time out to care for yourself. All treatments and consultations are individually tailored since what is required will vary from person to person — we are all unique and have different requirements. Although Vanessa will largely be handing the massage element of her practice over to other practitioners and will no longer be actively seeking new massage clients, she is more than happy to assist in finding appropriate practitioners for people seeking massage treatment or to answer any queries.

Treatments and rates:

Massage – Remedial & Relaxation

Half hour treatment \$45.00

One hour treatment \$70.00

Food & Lifestyle Coaching Consultations

One hour consultation \$80.00

Ongoing food awareness and lifestyle coaching (including food plan).
Please arrange your free 30 minute consultation to discuss available food coaching packages and rates.

Reiki

Half hour treatment \$45.00

One hour treatment \$70.00

Reiki Training

Level One \$295.00

Level Two \$450.00

Ear Candling

One hour treatment \$65.00 (includes sinus massage and the cost of handmade organic ear candles)

Gift vouchers are available for all services and packages may be tailored to incorporate several modalities for an all inclusive and discounted rate.

For bookings or enquiries, please contact **Vanessa on 0402 218 061.**

