

holistic counselling



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counselling and psychotherapy talk therapy

Whilst I am endlessly fascinated by spiritual and energetic healings and I work intuitively with great sensitivity, my psychotherapeutic approach is incredibly pragmatic. Informed by Cognitive-Behavioural (CBT) and Solution-Focused Therapies (SFT), my techniques work on specific issues in practical ways to bring about real visible changes in behaviour. I also use Gestalt and Mindfulness based concepts to work with clients on being present in their lives today, here and now. By being present in our bodies and being true to ourselves in the present moment we can make a difference.

60-MIN SESSION \$140

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somatic bodywork talk and bodywork therapy

Science has clearly shown the connection between mind and body, from psychosomatic diseases to stress headaches. Our mind and body are constantly chatting to each other through hormones, emotions, nerves, neurons and senses. What we think and feel affects our bodies. Similarly, how our bodies operate has a big impact on our emotions, as anyone with chronic pain will tell you.

Somatic Bodywork sessions work with talk and also massage. It is a very effective way of getting to the deep issues, and aims to release any emotional blocks to enable you to move freely in life – physically and emotionally.

90-MIN SESSION \$190

Opening hours

Tuesday to Friday 9 am – 5 pm
Saturday 8 am – 12 pm

Cancellations

Should you need to change your appointment, please provide 24 hours notice. Any cancellation with less than 24 hours notice will be charged in full.

Health funds

Health fund rebates available.

Price changes

All prices are subject to change without prior notice. Please confirm prices and type of treatment when you book.

Please call to make an appointment

02 9713 7709



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28A Lancelot Street
Five Dock NSW 2046

www.tip-to-toe.com.au

holistic counselling + massage remedial sports hot stone pregnancy

By appointment only

02 9713 7709



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massage treatments

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sports massage

A great way to enhance your performance and reduce and prevent injuries, giving you a safe competitive edge and improving your overall well-being.

60 MINS \$125 | 90 MINS \$185

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deep tissue and remedial massage

This treatment is a beautiful deep tissue massage to treat specific musculoskeletal problems and injuries.

60 MINS \$125 | 90 MINS \$185

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pregnancy massage

Using a special side lying posture we can massage you to relieve your aching back and feet, leaving you and your baby revitalised.

60 MINS \$125 | 90 MINS \$185

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relaxation/swedish massage

A soothing, calming and beautiful massage that improves circulation and relieves muscular tension.

60 MINS \$125 | 90 MINS \$185

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gemstone massage

Massage with crystals combines the relaxing benefits of massage with the healing vibrations of crystals. Recommended if you are feeling ungrounded and need to re-balance and re-energise.

60 MINS \$140 | 90 MINS \$180

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ear candling

An ancient remedy for removing toxins and excess wax from the ear canal. Recommended to calm the mind, help relieve symptoms of sinusitis and relax you naturally.

45 MINS \$100

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cupping massage

Chinese cupping massage is a natural therapy of pressure and manipulation of the body's muscular system. This treatment combines cupping with various massage techniques. Recommended to improve digestion, weight control and alleviate muscle pain and tension.

60 MINS \$125 | 90 MINS \$175

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hot stone massage

Using warm or cool basalt, sardonyx and marble stones to amplify the healing benefits of deep tissue massage, combining it with heat and cold therapy. The penetrating heat or coolness of the stones begins to elicit deep relaxation almost immediately. Recommended for melting away the effects of stress, muscle pain and tension.

60 MINS \$145 | 90 MINS \$185

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hot stone massage with crystal chakra balance

Combining the therapeutic qualities of hot and cold stones, and the healing energies of the gemstones in order to balance your chakras, and bring yourself back in harmony on a physical and spiritual level.

60 MINS \$145 | 90 MINS \$200

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indian head massage

This ancient Ayurvedic massage incorporates gentle rhythmic massage and acupressure on specific points to reduce neck and shoulder tension. Recommended for sinusitis, tension headaches, neck and back pain.

45 MINS \$105

