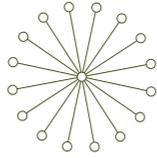


# Manual Therapies

## Relaxation Massage

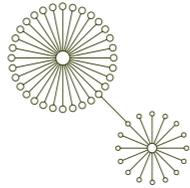
A relaxation treatment is best for muscle soreness, improving circulation, post-exercise soreness, postural imbalances, headaches, and pregnancy massage. The student practitioner will spend approximately 15 minutes asking you questions and gathering information to help them choose the best techniques for you. This may include testing your muscles, observing your posture and moving your joints.



The treatment will commonly consist of soft tissue therapy, myofascial release, stretching, lymphatic drainage and self-care advice. Treatments techniques are often performed on the skin, using oil, and the student practitioner will use towel to drape the body. Modifications to treatment can be requested in consultation with the student practitioner. This treatment level is not ideal for recent, severe injuries.

## Remedial Massage

A remedial treatment is best for persistent work and lifestyle related injuries, repetitive strain injuries, headaches, neck pain, back pain, and joint stiffness and pain in any part of the body. The student practitioner will spend at least 15 minutes asking questions and performing tests for your muscles and joints to allow them to identify the probable cause of your injury and develop the best treatment plan.

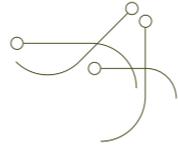


The treatment will commonly include soft and deep tissue techniques, myofascial release, trigger point therapy, active and passive stretching, joint mobilisations and self-care advice. Treatments may be performed either with oil on the skin, or fully clothed, and in sitting and/or lying positions. You will be encouraged to interact in the treatment, so that persistent problems can be addressed more effectively in a team-focused way. This treatment level is not ideal for recent, severe injuries.

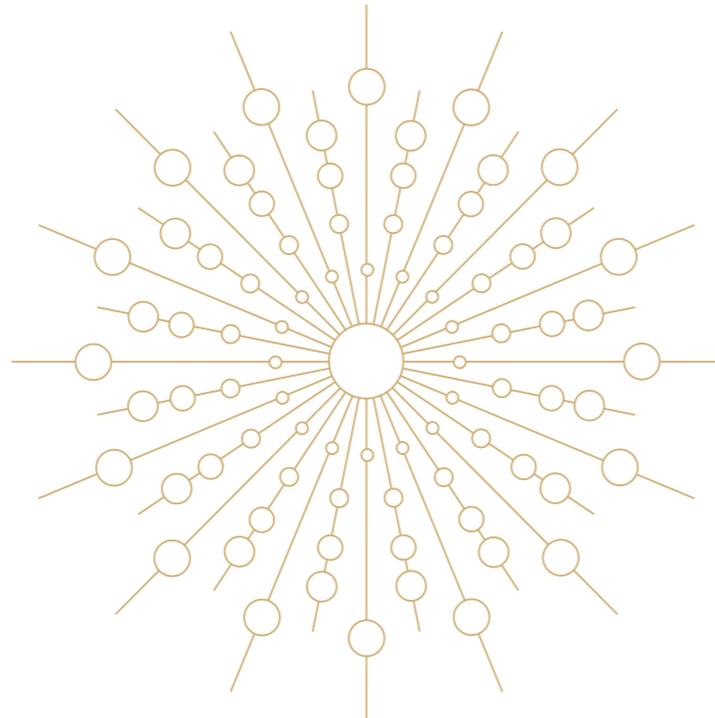


## Tui Na

Tui Na is all about soft tissue therapy, skeletal alignment, and balancing of your "Qi" (life force). It's a branch of Chinese medicine that treats the patient using only the practitioner's hands to bring about a change in the patient's condition. Tui Na is a complete system of medicine, giving it the ability to address both internal diseases and external injuries. Its unique logic and methods of diagnosis and treatment set it apart from all other health sciences.



A visit with a Tui Na practitioner to be the least invasive form of Traditional Chinese Medicine. This style of treatment is performed while you are fully clothed, no herbs are prescribed and no needles are used. Your practitioner is training to be a degree-qualified Acupuncturist.



# Treatment Pricelist

Treatment Type	Standard	Concession	Endeavour Students
Nutritional Medicine	\$25	\$20	\$15
Naturopathy	\$25	\$20	\$15
Homeopathy (includes remedy)	\$35	\$30	\$20
Acupuncture	\$35	\$30	\$20
Tui Na	\$35	\$30	\$20
Myotherapy	\$35	\$30	\$20
Relaxation Massage	\$35	\$30	\$20
Remedial Massage	\$35	\$30	\$20

### Terms and Conditions

- Prices may be subject to change without notice
- Treatment availability subject to change, please check website for current options
- Children under 13 years of age - \$15 for all treatment types
- Concession (Healthcare card holders/Seniors) price valid on presentation of appropriate proof of ID
- Dispensed items and optional services are provided at additional cost
- Please refer to our website for current cancellation and refund policies - [www.endeavourclinic.com.au/cancellation-policy](http://www.endeavourclinic.com.au/cancellation-policy)

### Adelaide

G/F, 88 Currie Street  
Adelaide SA 5000  
✉ [adelaide.clinic@endeavour.edu.au](mailto:adelaide.clinic@endeavour.edu.au)

### Gold Coast

G/F, Nexus Towers  
105 Scarborough Street  
Southport Qld 4215  
✉ [goldcoast.clinic@endeavour.edu.au](mailto:goldcoast.clinic@endeavour.edu.au)

### Perth

Level 2, 170 Wellington Street  
East Perth WA 6004  
✉ [perth.clinic@endeavour.edu.au](mailto:perth.clinic@endeavour.edu.au)

### Brisbane

Level 1, Transport House  
230 Brunswick Street, Fortitude Valley  
Brisbane Qld 4006  
✉ [brisbane.clinic@endeavour.edu.au](mailto:brisbane.clinic@endeavour.edu.au)

### Melbourne

Level 3, 368 Elizabeth Street  
Melbourne Vic 3000  
✉ [melbourne.clinic@endeavour.edu.au](mailto:melbourne.clinic@endeavour.edu.au)

### Sydney

Level 5, 815 - 825 George Street  
Sydney NSW 2000  
✉ [sydney.clinic@endeavour.edu.au](mailto:sydney.clinic@endeavour.edu.au)

Book online at [endeavourclinic.com.au](http://endeavourclinic.com.au) or phone **1300 859 785**



ENDEAVOUR  
Wellness Clinic

# TREATMENT PRICELIST



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# Our Services

## Nutritional & Dietetic Medicine

A clinical approach to healthcare underpins the philosophy and framework of Nutritional & Dietetic Medicine practice at Endeavour College of Natural Health. This encompasses a whole-system approach to healthcare that considers the physical, emotional, social, economic, and spiritual needs of the individual.

Clinical Nutritionists can aid in the prevention and management of a wide range of complex health conditions, including digestive complaints, stress and fatigue, mood disorders and sleep problems, allergies and autoimmune diseases, cardiovascular disease, female and male reproductive concerns, and other endocrine disorders.

A consultation with one of our student Clinical Nutritionists will involve a comprehensive and holistic assessment of your health, including assessment of nutrient adequacy, food quality, dietary behaviours and lifestyle. Frequently anthropometrics and bio-impedance analysis are used. Our student Clinical Nutritionists will work with you to determine attainable health goals that will optimise your health and wellbeing. Treatment recommendations will be provided on a tailored Treatment Plan and will encompass dietary and lifestyle recommendations, as well as the provision of nutritional supplements, where appropriate.

Your practitioner is training to be a degree-qualified Nutritional & Dietetic Medicine practitioner and once qualified will be a fully-fledged Clinical Nutritionist – enabling him/her to establish a practice in which they can see their own clients, in much the same way as a fully-qualified Naturopath does. A number of private health fund providers also provide rebates for Clinical Nutrition consultations and treatments.

## Naturopathy

Naturopathy is all about finding the innate point of balance within each individual. Naturopaths trust in your body's inherent wisdom to heal itself and acknowledge that all bodies are truly unique. They look beyond symptoms to identify and treat underlying causes of illness by considering you as a whole – mind, body and spirit. Your practitioner will search for the most natural, least invasive and least toxic therapies to address your health concerns.

A visit to a naturopath to take one hour or more. A naturopath will take a very thorough wellness history, asking about your diet, lifestyle, stress, and environmental exposures. They may also conduct a physical examination, take your blood pressure, check your pulse, take photos of your iris and possibly request further laboratory tests if necessary. Alongside prescribed therapies (which may include nutritional counselling, herbal medicine, flower essences and iridology) your practitioner will work to empower you to make the lifestyle changes necessary to achieve and proactively maintain the best possible health. Your practitioner is training to be a degree-qualified Naturopathy practitioner.



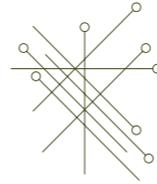
## Acupuncture

Acupuncture originated in China more than 2000 years ago, as one of the therapies that forms part of Traditional Chinese Medicine (TCM). Acupuncture treatment is all about achieving harmony and the normal flow of "qi" in the body, by stimulating acupuncture points and their related meridians and organs to activate and enhance the body's own healing abilities. At the core of the practice of TCM is a unique and wider view of holism, viewing the human body as connected with nature and the environment around it. By balancing the human body's distinct yet interdependent functions, practitioners aim to eliminate disease and promote best possible health.

Acupuncture and TCM are internationally recognised treatment options that can also effectively complement conventional medicine treatments. In 2012 TCM was incorporated into AHPRA, the national body that regulates health practitioners in Australia alongside General Practitioners, Physiotherapists and Psychologists.

A visit with our students to involve a comprehensive health assessment and treatment utilising the TCM framework conducted under the supervision of experienced acupuncturists. A consultation includes the collection of your medical history, investigation of your presenting condition/s, and a physical assessment including the TCM methods of tongue and pulse diagnosis. An acupuncture treatment involves the use of fine, sterile, single-use, medical-grade stainless steel needles which are inserted through the skin at specific points (i.e. "acupuncture points") which run along the body's meridians. According to Chinese medicine philosophy, meridians are a set of pathways in the body along which qi/energy flows.

A typical acupuncture treatment may also include the use of needle-free laser acupuncture, electro-acupuncture, gently heating areas of the body using the herb moxa (i.e. the pressed "wool" of the mugwort plant), cupping, gua sha (i.e. light "scraping" with the back of a dedicated instrument for that purpose), Chinese exercises such as qi gong or tai chi, Chinese herbal prescriptions, and dietary & lifestyle advice.



## Homeopathy

Homeopathy is all about gentle and holistic healing. The difference between homeopathy and other forms of treatment is that homeopathy does not treat the disease but the person who is experiencing the illness – you. Homeopathic remedies use plant, mineral or animal substances to stimulate the body's ability to heal itself and strengthen overall constitution.

A visit to a homeopath to be run between one hour and one hour and a half. During your initial visit the student homeopath will seek a clear understanding of your individual symptoms and circumstances, including details of past and present symptoms, both physical and mental-emotional, to assist in the selection of the homeopathic medicine most suitable for you. The better the homeopath understands you as a whole individual patient, the better they can match the most similar 'Remedy picture' for your condition from the homeopathic pharmacy (Materia Medica).

You might visit a homeopath for hay fever, bronchitis, digestive complaints, PMT, menopausal flushes, anxiety, panic attacks, depression, rheumatoid arthritis, urinary tract infections, candidiasis, migraines, skin diseases or paediatric problems. Homeopathic remedies are specially prepared and can be used in conjunction with other medicines or treatments, and in the treatment of pregnant women, babies, children and nursing mothers.

## Myotherapy (Basic Treatment)

A basic Myotherapy treatment is best for muscle soreness, improving circulation, post-exercise soreness, postural imbalances, headaches, and pregnancy massage. The student practitioner will spend approximately 15 minutes asking you questions and gathering information to help them choose the best techniques for you. This may include testing your muscles, observing your posture and moving your joints.

The treatment will commonly consist of a combination of various massage techniques, stretching, trigger point therapy, lymphatic drainage and self-care advice. Treatments techniques are often performed on the skin, using oil, and the student practitioner will use towel to drape the body. Modifications to treatment can be requested in consultation with the student practitioner. This treatment level is not ideal for recent, severe injuries.



## Myotherapy (Intermediate Treatment)

An intermediate Myotherapy treatment is best for persistent work and lifestyle related injuries, repetitive strain injuries, headaches, neck pain, back pain, and joint stiffness and pain in any part of the body. The student practitioner will spend at least 15 minutes asking questions and performing tests for your muscles and joints to allow them to identify the probable cause of your injury, and develop the best treatment plan.

The treatment will commonly include a combination of various massage techniques including myofascial release and trigger point therapy, joint mobilisation, cupping, stretching and self-care advice. Treatments may be performed either with oil on the skin, or fully clothed, and in sitting and/or lying positions. You will be encouraged to interact in the treatment, so that persistent problems can be addressed more effectively in a team-focused way. This treatment level is not ideal for recent, severe injuries.

## Myotherapy (Advanced Treatment)

An advanced Myotherapy treatment is best for work and lifestyle related injuries in any part of the body, repetitive strain injuries, long-lasting and persistent or chronic pain and discomfort, sport performance, nerve type pain (sciatica, carpal tunnel etc.), and recent acute injuries requiring rehabilitation. The student practitioner will spend at least 15 minutes asking questions, identifying goals, and assessing your muscles, joints and nerves to better understand the cause of your complaint. Treatment plans will vary significantly, depending on the probable cause of injury, but may include a combination of techniques from the other levels of treatment as well as dry-needling, joint mobilisation, treatment for nerves, exercise and movement therapies, and self-care advice to ensure that optimal function is regained.

Advanced Myotherapy treatments are highly goal oriented, so that improvements can be measured each session. Some treatments will be performed on skin with oil, and many will be performed fully or partially clothed, and often with active participation by the client.

