

Service Provider information: New, Updates and Changes

Nationwide Provider

Hoyts (update)

Please note there is a new email address to send requests to for CineVouchers. Please use vouchersales@hoyts.co.nz to order CineVouchers.

Driving Miss Daisy (Update)

Location(s): Northland – Whangarei; **Auckland** - Auckland Central Suburbs, Remuera, Epsom/Mt Eden, One Tree Hill, Ellerslie, Blockhouse Bay, Pakuranga (Bucklands Beach/Farm Cove), Howick, Botany, Manukau, Eastern Bays, Devonport/Northcote, Milford, Glenfield, Albany, North Bays, Hibiscus Coast, Hobsonville, Henderson, Titirangi, Papakura, Mangere Bridge, Pukekohe.

Waikato - Hamilton, Cambridge/Te Awamutu, Matamata-Piako; **Bay of Plenty** – Rotorua; **Mid-Central** - Taupo, Gisborne, New Plymouth, Whanganui, Palmerston North (Marton, Feilding, Bulls, Ashurst, Woodville), Hawkes Bay (Napier, Taradale, Hastings, Havelock North).

Wellington - Waikanae North, Kapiti Coast, Mana-Porirua, Wairarapa, Upper Hutt, Lower Hutt, Wellington East, Wellington North, Wellington City; **Marlborough District** - Marlborough, Nelson;

Canterbury - North Canterbury, Harewood, Redwood, Riccarton/Selwyn, Selwyn, St Albans, Cashmere, Wigram; **Canterbury South** - Ashburton, Timaru; **Otago** - Oamaru, Dunedin North, Dunedin South; **Invercargill**

Services Provided: Transport

How to Book: Please call **0800 948 432**

Green Acres (Update)

Location: Nationwide coverage www.greenacres.co.nz

Services Provided: Range of gardening, outdoor services and cleaning from \$60 per hour

How to Book: admin@greenacres.co.nz or Main calling number: 0800 803 200

Hire a Hubby (Update)

Location: Nationwide coverage www.hireahubby.co.nz

Services Provided: Range of options from \$65 per hour

How to Book: office@hireahubby.co.nz or 0800 248 229

Freedom Drivers (New Franchisees)

Whangarei: Angela Barker 09 430 0139, 021 0026 1564, whangarei@freedomdrivers.co.nz

Wellington: Pete Mill 04 971 8596, 021 800 061, wellington@freedomdrivers.co.nz

Upper Hutt: Kristopher Whiting 0800 956 956 (from Landlines), upperhutt@freedomdrivers.co.nz

Howick: Daniel Whaitiri 09 532-8388, 021 929 911, howick@freedomdrivers.co.nz

How to Book: Please contact your local provider

Naturalwear (Update)

Below we have listed the locations that we cover nationwide.

For those that are less mobile we also do home visits by appointment.

Locations: Auckland Showroom: 120 Symonds St, Royal Oak

Operating Hours: Monday – Friday: 9am – 5pm; Saturday: 10 am – 1 pm No appointment necessary

Phone 0800 612 612

By appointment for the following Auckland locations: Takapuna, Albany, West Auckland, East Auckland, South Auckland - Phone 0800 612 612 or 021 434 946

By appointment for the following Upper North Island locations: Orewa, Warkworth, Whangarei, KeriKeri, Kaitaia - Phone 0800 612 612 or 021 434 946

By appointment for the following Waikato, Bay of Plenty and Coromandel Locations: Hamilton, Cambridge, Te Kuiti, Tauranga, The Mount, Te Puke, Papamoa, Waihi, Katikati, Whakatane, Opotiki, Matamata, Morrinsville, Thames, Tairua, Whangamata - Phone 0800 882 892

By appointment for the following Central and Lower North island Locations: Rotorua, Waipukurau, Palmerston North, Feilding, Levin, Foxton, Whanganui, Kapiti Coast, Wellington, Masterton, New Plymouth, Hawera, Hawkes Bay, Gisborne, Taumaranui, Taupo - Phone 0800 622 397

By Appointment for the following South Island Locations: Nelson, Blenheim, Kaikoura, Christchurch, West Coast, Ashburton, Timaru, Dunedin, Oamaru, Invercargill, Wanaka, Queenstown

Service Amount - Pocketed bras for breastforms: \$50 – \$150, Breast prosthesis: \$200 – \$600, Amoena headscarfs: \$70 – \$130, Prepocketed swimwear: \$110 – \$220, Compression armsleeves: \$99– \$220, Also look out for our daily deals online and our end of line sale items.

Website: www.naturalwear.co.nz, Facebook: facebook.com/nznaturalwear, Instagram: @nznaturalwear

PINC & Steel Cancer Rehabilitation (New Nationwide provider)

Services Provided: Certified Physiotherapists are located throughout NZ from Kaitia to Invercargill. Register for the PINC Program on the website www.pincandsteel.com for the clinic nearest to you. You will receive an email with all the contact information for that clinic and how to make an appointment.

PINC & STEEL Cancer Rehab individual rehab assessment \$120; PINC & STEEL individual sessions \$70; Next Steps group exercise class screen \$60; Next Steps 10 session group exercise classes \$200 for 10 classes; PaddleON group exercise class and screen \$60; PaddleON 8 module exercise classes \$160

Operating Hours: Dependent upon individual clinics. Please check with the individual clinic in your area. Monday to Friday, some clinics work Saturdays

How to Book: www.pincandsteel.com

Auckland and North

Hair Razing Design (Update)

Location: 5 Tui Cres, Maunu, Whangarei

Services Provided: Cut - \$65, Cut / Blow Wave - \$75, Blow Wave - \$40, Set - \$40

Operating Hours: Monday - Friday 8.30am - 5pm, Thursday 9am - 8pm, Saturday 9am - 1pm

How to Book: Phone 09 4387289 or email hairrazingdesign@xtra.co.nz

Naturally 4U (Update)

Naturally 4U is no longer a service provider for Sweet Louise.

Hair Plus (Update)

Hair Plus will no longer be a service provider for the foreseeable future.

Hand in Hand (Update)

Location: Howick Auckland

Hand in Hand is listed in the service directory. Nicola Upson is no longer providing services for Sweet Louise.

Lymph Therapies (Update)

Location: Primary: 33 King Street, Pukekohe, Auckland 2120; Home/hospital service by arrangement

Services Provided: Relaxation/Therapeutic Massage: (30 minutes) - \$40; (60 minutes) - \$80; home/hospital visit (South) - \$100; Lymphoedema Therapy: Lymphatic massage & Initial assessment - \$100; Lymphatic massage (60 minutes) - \$80; Lymphatic massage at home/hospital visit (South) - \$100; **Operating Hours:** Wednesday – Friday: by appointment

How to Book: Phone: 021 142 9338, Email: diane@lymphtherapies.co.nz, Website:

www.lymphtherapies.co.nz; **Cancellation notice:** As soon as possible

Change4lifetime (Update)

Location: 27 Beach Road, Papakura 2113

Services Provided: Reflexology - \$75; EFT (Emotional Freedom Technique) Tapping - \$40

Operating Hours: Monday – Friday 9:30am – 4pm; Saturday on request

How to Book: Phone 021 0818 2611, email carolinesreflex09@yahoo.co.nz,

website <http://www.change4lifetime.com/> **Cancellation policy:** 24-hour notice please

Silverdale Massage Therapy (Updated)

Location: 2157 East Coast Road, RD 3, Silverdale 0993

Services Provided: Lymphoedema Therapy: (30 minutes) \$40, (60 minutes) \$80; Massage Therapy: (30 minutes) \$40, (60 minutes) \$70; **Operating Hours:** Monday 2pm – 6pm; Tuesday 2pm – 7pm; Wednesday 9am – 6pm;

Thursday 8am – 2pm; Saturday by appointment only; **How to Book:** Online at www.silverdalemassage.co.nz or phone 09 421 1686

New Look Beauty & Skin Care Clinic (Update)

Location: 28 Law Street, Torbay, Auckland 0630

Services Provided: Facials – Express Skin Care \$50, Treatment Skin Care \$95. Eye Treatments – eyebrow tint \$20, eyelash tint \$25, eyebrow tint & shape \$35, eyelash & brow tint \$35, eyelash & brow tint and tidy \$45. Hand & Feet – Touch up treatment \$30, Luxury manicure \$50, “Pop In” pedicure \$ 40, Deluxe pedicure \$80. Massage – Relaxing back massage \$45, New Look Signature massage (1 hour) \$65.

Operating Hours: Monday – Closed; Tuesday, Thursday, Friday – 10:30am – 6pm; Wednesday – 10:30am – 7pm; Saturday 10:30am – 1pm (Varies due to bookings)

How to Book: 021 026 11104

Liz Currey (Update)

Location: 47 Edmund Street, St. Heliers, Auckland 1071

Services Provided: Reiki session at clinic (1 hour) - \$70; Reiki session home or hospital visit (1 hour) - \$85

Operating Hours: Monday – Friday 10am - 4pm

How to Book: Phone 09 585 2103 or 021 871 208

Cancellation Policy: 24 hour notice needed

Photographers Inc (Update)

Location: 37 George Street, Newmarket, Auckland 1023

Services Provided: Beauty makeover and Family portrait photography – Session Fee \$185, Makeover fee \$140 – Photography packages variable. Please inquire for pricing.

Operating Hours: Monday – Saturday by appointment

How to Book: Email info@photographersinc.co.nz or phone 09 360 1669 or 021 022 19653

Grace Acupuncture (Update)

Location: 6 Ponderosa Drive, Oteha, Auckland

Services Provided: Acupuncture – 1st visit \$80; Acupuncture follow-up \$60.

Operating Hours: Monday to Friday

How to Book: grace.acu@gmail.com or 021 226 2625

Waiheke Physio & Pilates (New Provider)

Location: 21E Belgium St, Ostend, Waiheke Island

Services Provided: Physiotherapy Services (soft tissue mobilisations & massage, joint mobilisations, exercise rehabilitation) and Pilates: \$60 per 30 minutes; **Operating Hours:** Monday – Friday: 8am – 6pm; Weekends on request; **How to Book:** Phone: 09 372 8281, Email: info@waihekephysio.co.nz, Website: www.waihekephysio.co.nz

Hair on Demand (New Provider)

Location: Mobile Hair Salon servicing East and Central Auckland

Services Provided: Women's Hair cut: East area \$60, Central area \$80; Women's Hair cut and blow wave: East \$90, Central \$110; Women's Hair style: East \$50, Central \$70; Men's Hair cut: East \$50, Central \$70; Head massage (30 minutes): East \$60, Central \$80

Operating Hours: Tuesday, Wednesday, Friday: 9:30am – 3:00pm; Tuesday: 4:30pm – 8:00pm; Every second Saturday: 10:00am – 4:00pm; **How to Book:** Call or text: 022 418 8729, Website: <http://hairondemand.kiwi>;

Cancellation Notice: Please call or text 24 hours prior

Baker & co. (New Provider)

Location: 235 West Tamaki Rd, Wai O Taiki Bay

Services Provided: We are a cafe and offer a variety of cabinet food, menu items or coffee to dine in or takeaway. We also offer catering services, frozen meals & whole cakes to order. Coffee: \$5, Food (Breakfast & Lunch): Price varies, Cakes: Price varies

Operating Hours: Bakery/Cafe - Monday – Friday: 7am – 3:30pm; Saturday: 8am - 3pm, Closed Sundays and Public Holidays

How to Book: If booking for cakes, Phone: 09 575 2420; email: hello@bakerandco.co.nz; Website: www.bakerandco.co.nz

Kaipara Cleaning Co. (New Service Provider)

Location: 26 Te Pahi River Drive, RD 1, Paparoa 0583 (Kaipara District 50km radius of Paparoa)

Services Provided: Pest control, Carpet and upholstery cleaning, Exterior cleaning – home, decks, pathways and drive, Interior – Ceilings, walls, windows inside and out, floors. One-off or routine servicing can be provided. We can give you an estimate for any job. Prices variable

Operating Hours: Monday - Friday (Weekends by arrangement)

How to Book: 021 114 6729 or kaiparacleaningco@gmail.com

Warkworth Acupuncture (New Service Provider)

Location: Kowhai Health and Medical Centre, 3/5 Alnwick Street, Warkworth

Services Provided: Acupuncture – Initial consultation and treatment (1 hour) \$80; Follow-up treatment (for Sweet Louise) (1 hour) \$50 (usually concession \$250 for 5 sessions paid in advance)

Operating Hours: Monday – Thursday: 9am – 5pm; Tuesday and Thursday early and late by appointment

How to Book: Phone: 021 557 272 or email: contact@warkworthacupuncture.nz

Linda Shaw BodyTalk (New Service Provider)

Location: Kowhai Health and Medical Centre, 3/5 Alnwick Street, Warkworth

Services Provided: BodyTalk First session (90 minutes) \$100; BodyTalk Follow-up sessions (1 hour) \$75; BodyTalk ACCESS session (30 minutes – 5 set techniques) \$35

Operating Hours: Wednesday 12noon – evening; Thursday 8am – 12noon; BodyTalk home services (at client's own home) available on request

How to Book: Phone: 0220 546 320 or email linda@lindashaw.co.nz

Karen Williamson Photography (New Service Provider)

Location: Photography shoots on location in natural light. Warkworth and surrounds south to Puhoi, North to Te Hana, West to SH16 and east to Leigh

Services Provided: Portrait photo shoot per 1 hour \$75; Printing A3 archival inks per print \$35; Printing A4 archival inks per print \$25; Photo file sharing via Google Docs/Drive Free; Associated travel costs 0.72/km

Operating Hours: Monday to Saturday 9am – 6pm (flexible)

How to Book: Phone: 027 636 5610 or www.karenwilliamson.co.nz

Footloose Reflexology (New Service Provider)

Location: Soul Centre, 18 Huia Road, Titirangi, Auckland

Services Provided: Reflexology, Massage, Reiki – 1 hour \$80; 45 minutes \$65; 30 minutes \$45

Operating Hours: Monday - Friday 8am – 11am; other times by arrangement

How to Book: Phone: 021 025 32785 or email: kerry@footloosereflexology.co.nz

Top Notch Massage Therapy (Update)

Locations: 97 Don Buck Rd, Massey 0618; 295 Hobsonville Rd, Hobsonville 0614

Services Provided: Therapeutic Massage - 45 minutes: \$55; 60 minutes: \$75; 90 minutes: \$105. **Operating**

Hours: Mon – Fri: 9am – 9:15pm

Sat - Sun: 9am – 2:15pm

How to Book: Phone 021 181 8380; online www.topnotchmassage.co.nz

Elite Feet Podiatry (New Service Provider)

Location(s): 9a Falls Street, Warkworth; Coast to Coast Medical, 220 Rodney Street, Wellsford; Kawau Bay Health, Dalton Road, Snells Beach

Services Provided: General Podiatry Care – 30 min appt (toe nails, corns, calluses etc) \$70; General Podiatry Care home visit \$75; Biomechanical assessment – 45 min appt (analysis of gait and treatment plan) \$80; Biomechanical follow up and treatment (30 -45 min appt, orthotics if required are extra charge) \$60; 20 min follow up appt – for general podiatry or biomechanics \$50

Operating Hours: Monday – Friday 8am – 5pm

How to Book: Mobile: 021 036 3702; email: info@elitefeet.co.nz

Warkworth MediSpa (New Service Provider)

Location: 45 Whitaker Road, Warkworth

Services Provided: Beauty treatments that will have you totally relaxed and revitalized. You can experience the very best in modern beauty and cosmetic treatments.

Express facial \$75.00; Classical Facial \$95.00; Deluxe Manicure \$77.00; Delux Pedicure \$82.00; 30 min massage \$60.00; 1 Hour massage \$95.00; Hot Stone Massage (40 mins) \$70; Pure Fiji Island wrap (1.5 hours) \$153

Operating Hours: Mon – Fri 8:30 – 5pm; Saturday 8:30 – 2pm

How to Book: Business Phone 09 425 7720; Business Mobile 0212694219; Email Address info@warkworthmedispa.com

Cancellation Policy: Please provide 24 hour notice

Waikato & BOP

Zoe Alford, Counsellor (Update)

Location: 11 Richardson Ave, Whataupoko, Gisborne

Services: Counselling session (1 hour) - \$125. **Operating hours:** Wednesday, Thursday, Friday by appointment. **How to Book:** By phone 021 163 9240; by email zoe.alford@me.com **Cancellation:** Please give 24hrs notice of cancellation

Harmony Health (Update)

Harmony Health is no longer providing services for Sweet Louise.

Raewyn Wallace Therapies (Update)

Location: 14 Halyard Close, Flagstaff, Hamilton

Services Provided: Oncology Massage (60 minutes) - \$75; Oncology Massage (45 minutes) - \$60; Lymphatic Enhancement (60 minutes) - \$75 **Operating Hours:** Monday - Friday

How to Book: By Phone 07 854 5020 or 027 602 8103 or by Ezybook on website www.raewynwallacetherapies.com. Reasonable cancellation notice is acceptable.

Feet First Tauranga (New Provider)

Location: 84 Rexford Heights, Pyes Pa, Tauranga

Service Provided: Foot Reflexology: 30 minutes - \$30, 45 minutes - \$45, 60 minutes - \$50.

Operating Hours: 7 days - flexible hours. **How to Book:** Call or text 027 279 3992 or 07 571 6989, email feetfirsttga@gmail.com

Hamilton City Pool – Waterworld (Update)

Location: Garnett Ave, Te Rapa Hamilton, 3200.

Booking Info: Bookings can be made by phone 07 958 5864.

Service Amount: Pool- Adult \$6, Senior \$3, Disabled (Caregiver free) \$3; Hydrotherapy Pool – Adult \$6.50, Disabled (Caregiver free) \$6.50; Concessions - Adult (10 Sessions) \$54, Disabled (10 Sessions) \$28, Hydrotherapy pool (10 Sessions) \$60; Childcare (when using facilities - Bookings essential) - Per hour \$5.00 - Please see website for full list of prices. www.hamiltonpools.co.nz

Driftwood Day Spa (New Provider)

Location: 227 Gladstone Rd, Gisborne 4010

Services provided: Seed + Soul Facial - \$45; Beach Feet (foot soak, scrub, massage) - \$45; Hair conditioning treatment - \$25; Guided Meditation - \$25.

Operating Hours: Monday - Friday 10am - 4pm; Saturday 10am - 2pm.

How to Book: Phone 06 863 0991, Mobile 0210 627 165; Email driftwood@outlook.co.nz; Website driftwood.wordpress.com; Facebook <https://www.facebook.com/DriftwoodGisborne/>

Cancellation Policy: Please provide 24 hour notice.

Snipz Hair Design (New Provider)

Location: 300 Mary Street, Thames 3500

Services Provided: All aspects of hair design and beauty care. Dry cut - \$35; Wash, cut blow wave - \$55; Colouring, Styling, Perms, Hair ups, extensions, foiling, chemical straightening, eyebrow/lash tinting, waxing available – Prices vary

Operating Hours: Monday – Friday 9am – 5pm; Late night Thursday 9am – 7:30pm

How to Book: Phone 07 868 9766 or 027 469 1868

Choices Counselling (New Provider)

Location: 32 Boon Street, Whakatane

Services Provided: Counselling \$92/hour

Operating Hours: Monday – Friday: 9am – 3pm (Thursday 9am – 5pm) Other times by negotiation

How to Book: Phone or text: 027 825 5465

Cancellation Policy: Please give as much notice as possible

Matamata Chiropractic (Update)

Jackie Verheijde has moved from Matamata and now offers her massage services in Taihape.

Location: 82 Paengaroa Road, Taihape

Booking Info: Bookings can be made by phone 06 9289617 or 0272551996.

Evolve Therapeutic (Update – Formally Aetiology)

Location: 104 Freyberg Street, Otumoetai, Tauranga 3100

Services Provided: Oncology massage provided specifically for clients with a diagnosis of cancer whether current or past, also for palliative care. Home visits can be arranged if too unwell to travel - Initial consult: \$80, \$70/hr thereafter

Operating Hours: Monday - Friday

How to Book: 021 055 6395

Cancellation Policy: No penalty for late cancellation.

Annette's Electrolysis & Beauty Clinic (New Provider)

Location: 126 Tamamutu Street, Taupo, 3330

Services Provided: Eye Enhancement from \$26 - \$95; Cosmetic Tattooing from \$400 - \$500; IPL Skin Rejuvenation from \$40 - \$390; IPL Hair Removal from \$90 - \$320; Electrolysis from \$34 - \$99; Waxing from \$26 - \$90; Hand/Foot Treatments from \$26 - \$119; Facials from \$80 - \$200.

Operating Hours: Flexible

How to Book: Phone: 07 377 0363 or 021 077 4452 or Email: annettestaupo@xtra.co.nz

Cambridge Foot Clinic Ltd (New Provider)

Location: 50b Alpha Street, Cambridge 3434

Services Provided: Podiatry Services including New consultations \$58; Standard consultation (Nail and Skin) \$55; Simple Skin (10 minutes) \$35; Biomechanical consultation \$75

Operating Hours: Monday – Wednesday: 8am – 6pm; Thursday/Friday: 8am - 5pm

How to Book: Call 07 823 4042, Email admin@cambridgefootclinic.co.nz or pop into the clinic

Cancellation Policy: Contact as soon as possible

Path to Vitality (New Provider)

Location: 1200 Hinemoa Street, Rotorua 3010

Services Provided: Swedish Massage (1 hour): \$90; Swedish Massage (90 minutes): \$120; Reiki (90 minutes): \$120

Operating Hours: Tuesday, Wednesday & Friday: 10am – 6pm; Thursday: 10am – 8pm; Saturday: 10am - 2pm

How to Book: Phone: 07 460 1575; Website: www.pathtovitalityclinic.co.nz

Iko Clinic (New Provider)

Location: Mirror Image, Rangatira shopping Centre, 6 Mansell Road, Taupo

Services Provided: Relaxation massage (60 min) \$75/(90 min) \$95; Deep tissue massage (60 min) \$75/(90 min) \$95; Lymphatic Drainage massage (60 min) \$75/(90 min) \$95; Reiki (60 min) \$55; Theta/Inner Child/ Other (60 min) \$75; A.I.S. stretch (60 min) \$75/(90 min) \$95; Hot Stone massage (60 min) \$85; Chair massage (15 min) \$20.

Operating Hours: Monday – Friday 9am to 2.30pm. Other times by appointment

How to Book: Phone 021 158 3258; email soulbodyhealing@outlook.com

Tease Botanix Hair & Beauty Rooms (New Provider)

Location: 21 Graham Place, Bellevue, Tauranga 3110

Services Provided: Back, shoulder & neck massage \$40; Facials (various) from \$75 - \$155; Haircuts \$55 - \$80; Colours from \$95; Manicures from \$35; Pedicures from \$45; LED treatments \$60

Operating Hours: By appointment only (Flexible hours)

How to Book: Phone 07 570 0971 or 027 551 7011, email teena@teasebotanix.co.nz, website www.beautyrooms.co.nz

Cancellation Policy: 24-hour notice required to enable another client to fill vacated appointment. Cancellation due to illness, etc, flexibility and understanding prevails here.

Mid-Central

Te Manawa Massage Therapy (New Provider)

Location: 35 Hastings St, Napier, Harstons Building, Level One

Services Provided: Massage/oncology massage (30 minutes) - \$40; Massage/oncology massage (45 minutes) - \$55; Massage/oncology massage (60 minutes) - \$75; Foot massage incl. Foot bath - \$55

Operating Hours: Monday – Friday: 10am – 5pm; Saturday: 10am - 2pm

How to Book: www.temanawamassage.co.nz, Email: temanawamassage@gmail.com, Phone: 027 345 0993

Shona Lee Physiotherapy (New Provider)

Location: Health 2000, 63 Vivian Street, New Plymouth 4310

Services Provided: Lymphatic Massage: \$70 per session; Lymphoedema treatment: \$70 per session; Breathing and relaxation training: \$70 per session; Feldenkrais Method lessons: \$70 per session

Operating Hours: Monday – Friday: By appointment; **How to Book:** Phone/Text: 021 029 27976; Email:

shona.lee@vodafone.co.nz

Serenity Massage Therapy (New Provider)

Location: 371 Gloucester St., Taradale

Services Provided: Swedish Relaxation Massage (60 minutes) - \$60, Remedial massage (60 minutes) - \$60, Lymphatic Drainage (60 minutes) - \$60, Mini-massage (30 minutes) - \$40

Operating Hours: Monday – Thursday: 9am – 7pm; Friday: 9am – 6pm; Saturday: 10am - 5pm

How to Book: Website: www.serenitytherapy.co.nz or Phone: 027 746 5034

Aroam'n Reflexology (Update formally Karomatics)

Location: Mobile Service in Napier and Hastings Districts

Services Provided: Reflexology 30 – 60 minutes (incl. Aromatherapy oils) \$45 - \$80; Aromatherapy creams or spritzers \$15 - \$20; Healing touch balancing 30 – 60 minutes \$45 - \$80; Combination of Reflexology & Aromatherapy with Healing touch (1 hour) incl. take-away mix of oils \$85; Travel allowance may be included depending on destination \$20 - \$30

Operating Hours: Flexible by appointment; **How to Book:** aroamnkaren@gmail.com or 027 419 7640

Wigs by Haircreations (Update)

Carmel Drysdale is no longer providing wig services for the Palmerston North area.

Napier City Massage Therapy (Update)

Location: Level 1, Tourism House 3/82 Dickens Street, Napier South, Napier.

Booking Info: Please book by phone or email 06 833 6162, amanda@napiermassage.co.nz or online <http://www.napiermassage.co.nz/>

Service Amount: Relaxation, Oncology, Therapeutic Massage or Dr. Vodder Method Lymphoedema Management. 30 minutes - \$55 per session; 5x30 minutes concession pack - \$250.

60 minutes - \$90 per session; 5x60 minutes concession pack - \$400.

Kinesiotaping (\$0.50 per 1 inch block) and Bandaging quotes available.

Operating Hours by appointment: Monday - Friday 9am - 6pm; Saturday 9am - 3pm.

Cancellation Policy: 24 hour notice is required and a charge of \$40 will be applied for late cancellations.

ReflexionsNZ (New Provider)

Location: 69 Pitama Road, Awapuni, Palmerston North 4412

Services Provided: Counselling (individual and relationship) - \$100; Reflexology (1 hour) - \$70; Reflexology (30 minutes) - \$40; Reflexology Lymphatic Drainage (45 minutes) - \$50; Facial Rejuvenation (Natural Facelift massage) - \$80

Operating Hours: Monday: 4.30pm - 7pm; Wednesday: 8.30am - 7pm; Friday: 8.30am - 5pm; Saturday: 8.30am - 12.30pm

How to Book: Phone: 021 086 85097; Email: karen@reflexionsnz.co.nz;

Facebook: <https://www.facebook.com/reflexionsnz/>

Cancellation Policy: 24 hour notice required

Purple Petals (New Provider)

Location: 5 Paul Street, Wairoa 4108

Services Provided: Florist Services, Skincare products, Gifts – Prices variable

Operating Hours: Monday – Friday: 9am - 4pm

How to Book: Visit store location, Phone 027 404 2921, or www.Direct2Florist.com

Vanessa Lei Photography (Update)

Location: 1/155 The Square, Palmerston North 4412

Services Provided: Portrait sitting in studio or at an outdoor location. Individual portraits or group portraits with friends and/or family. Be pampered with a portrait sitting including make-up and hairstyling. Light refreshments throughout sitting.

Portrait sitting includes (2) 5x7" portraits unframed - \$100; Framed 5x7" portrait - \$100; Framed 20x16" portrait - \$300; Pamper portrait sitting, includes hair, make-up, refreshments and 5 images on CD plus (2) 5x7" prints unframed - \$400.

Operating Hours: Monday – Saturday 8:30am - 5pm

How to Book: Phone: 027 243 0187 or email: vlbphotography@inspire.net.nz

Bay Feet (New Service Provider)

Location: 7 Pembroke Street, Taradale, Napier 4112

Services Provided: Home visits – including nail care, management of ingrown toe nails, fungal/thickened nails, calluses/corns/cracked heels, ulcer management, pressure relief. \$60

Clinic – including nail care, management of ingrown toe nails, fungal/thickened nails, calluses/corns/cracked heels, ulcer management, pressure relief. \$50

Simple insoles and/or pressure relief pads \$85 - \$110; Gel pads \$10 - \$30

Operating Hours: Tuesday – Friday 10am – 3pm; Saturday by appointment

How to Book: Phone: 06 845 4774 or 021 814 723; Website: <https://www.bayfeet.co.nz> or Facebook: <https://www.facebook.com/bayfeet.nz/>

Wellington

Genaya Naisbitt Reiki Practitioner (New Provider)

Location: 6 Edgewater St, Waikanae 5036

Services Provided: Reiki - \$70 per hour; Relaxing therapeutic massage - \$70 per hour; Massage & Reiki - \$70 per hour, Mobile (in the Wellington area) Massage & Reiki to home or hospital - \$85 per hour; **Operating**

Hours: Monday – Friday: 10am – 2pm; Tuesday evening: 7pm – 9pm; Saturday: 10am – 3pm; **How to Book:** By phone or text 021 826 342, Facebook: Genaya Naisbitt Reiki Practitioner

Here2Help Kapiti (New Provider)

Location: 94 Huia Street, Waikanae 5036

Services Provided: Gardening \$30 +GST/hour; Cleaning \$30 +GST/hour; Odd jobs (ie, painting, sorting, tidying, etc) \$30 +GST/hour

Operating Hours: Monday – Friday: 8:30am - 5pm

How to Book: Phone/text: 021 240 1271; email: here2helpkapiti@gmail.com; website: www.here2helpkapiti.co.nz

Lene Petersen Reflexology (Update)

Location: 67 Old Karori Road, Karori, Wellington 6012

Services Provided: Reflexology - \$95

Operating Hours: By Appointment

How to Book: Phone: 01 844 394 or email: lene.p@xtra.co.nz, Website: <https://www.naturaltherapypages.co.nz/therapist/1159>

Bobbie-Joe Wilson (Update)

Bobbie-Joe Wilson is no longer providing massage services for the Wellington area.

Life Choice Coaching (Update)

Life Choice Coaching is no longer offering services for Sweet Louise for the foreseeable future.

Di Graham Reiki (Update)

Location: Mobile service - hospital and home visits. All Wellington Suburbs.

Service Amount: 1 hour Reiki treatment \$70.00. Home/hospital visit \$85.00.

How to Book: 027 4601313 or 09 9343083, Email digraham@clear.net.nz.

South Island

Arbonne (New Provider)

Location: 77 Winters Road, Redwood, Christchurch

Services Provided: Advice on skincare: \$0, Advice on Make-up along with colour matching on foundation: \$0, Arbonne Products range between \$15 - \$290

Operating Hours: Mon – Sun: 9am - 9pm; **How to Book:** Phone/Text: 027 893 2986, Email: caz2873@gmail.com, Website: www.carolynphillips.arbonne.com

Sole Purpose Reflexology (New Provider)

Location: 103 Dunns Avenue, Pines Beach, Kaiapoi, Christchurch

Services Provided: 1 hour Bliss Treatment \$40; 30 minutes x2 people \$50; Mother & Baby (30 minutes) \$25.

Operating Hours: Tuesday - Thursday: 5pm - 7pm; Saturday: 10am – 4pm. **How to Book:** Text: 021 246 6787 or Messenger via Facebook <https://www.facebook.com/103pinesbeach/>

Body Waves (New Provider)

Location: 27 Admiralty Place, Waikawa, Picton 7220

Services Provided: Massage Therapies including Oncology Massage and Lymphatic Drainage/Lymphoedema Treatments. Reiki, Reflexology, Indian Head Massage, Aromatherapy, Lymph Drainage Therapy, Manual Lymphatic Drainage, Reflexology Lymph Drainage – Each \$65 per hour

Operating Hours: By appointment – can include evening/weekend

How to Book: Email: bodywaves@hotmail.co.nz or Phone: 021 0261 8208

Astonish Hair and Beauty (New Provider)

Location: 13/544 Memorial Avenue (Spitfire Square), Christchurch Airport, Christchurch 8053

Services Provided: Hair Services: Wash, cut & blow wave – short hair \$55, long hair \$59, re-style \$65; Shampoo & cut – short \$45, long \$48; Basic blow wave – short \$30, medium \$35, long \$45; Colours from \$65. Beauty Services: Facials – Petite (30 minute) \$55, Signature (45 min) \$85, Indulge (60 min) \$115; Massage – 1 hour massage \$80, Back massage \$40, Back, neck & shoulder \$60; Tinting from \$15; Nails from \$25; Pedicures from \$40; Makeup services from \$60

Operating Hours: Monday by appointment, Tuesday – Thursday 9am – 8pm, Friday 9am – 5pm, Saturday 9am – 4pm

How to Book: Call 03 358 2007 or 021 866 819 or via Facebook message

<https://www.facebook.com/Astonishhairandbeauty/>

Cancellation Policy: 24 hour notice required or cancellation fee may apply

Breathe Relax Reflexology (New Provider)

Location(s): 637a Springs Road, Prebbleton, Christchurch and The Herb Clinic, 223 Kilmore Street, Christchurch Central

Services Provided: Reflexology (60 min) \$60; Reiki & Reflexology (60 min) \$60; Ear, Hand, Leg & Foot reflexology (90 min) \$100; Zu Qigong (60 min) \$60; Reflexology taster (30 min) \$30; Home treatment (60 min) \$80 - Mobile service within 20 kms of city.

Operating Hours: Monday, Wednesday – Friday (Prebbleton clinic) 9am – 6pm; Tuesday & Saturday (The Herb Clinic) 9am - 6pm

How to Book: Website: www.breatherelaxreflexology.co.nz; Phone 027 526 2243 (Bobbie) or 03-365 3011 (The Herb Centre)