About the Think Wellbeing Centre

The Think Wellbeing Centre offers a unique and holistic approach to health in natural therapies, beauty therapy, counselling and psychotherapy under one roof.

This is a student centre offering the latest approach and techniques at affordable prices. All sessions are supervised by qualified and experienced practitioners.

Treat your whole self to a range of health and wellbeing services at The Think Wellbeing Centre, Pyrmont Campus.

Reception Hours

Monday - Closed
Tuesday - Friday (9am - 6pm)
Saturday (9am - 4pm)

* Please note: Due to the academic calendar, not all treatments are available at all times. Please contact the Think Wellbeing Centre for availability.

Contact Us

Level 1, 235 Pyrmont Street, Pyrmont, NSW 2009, Tel. 1300 738 256 or email wellbeingpyrmont@laureate.net.au

For availability and to book please call 1300 738 256
email: wellbeingpyrmont@laureate.net.au
**Body Composition**

Commonly used is technology that accurately measures your body mass index, muscle mass, body fat and hydration levels. This testing is most commonly used for clients with a focus on weight loss or gain, obtaining peak physical performance, managing chronic disease risk and managing health proactively. Body Composition analysis takes 15 minutes and is best used in conjunction with a full complementary medicine consultation where the practitioner can explain results and help you to achieve your health goals. Body Composition Analysis is a free service.

**Iridology** (15 mins)

Iridology may be used in conjunction with a naturopathic consultation to assess holistic health. Iridology examines the iris, pupil and sclera of the eye. *A fee of $10 applies for a colour print of your iris.

**Nutrition consultation**

Clients receive dietary & lifestyle recommendations, including specific nutritional supplementation.

- **Initial consultation 2 hours** $15
- **Follow up 1 hour** $7

*additional charges apply for supplementation

**Naturopathy consultation**

Clients are treated with dietary advice, herbal tonics, flower essences, herbal teas and nutritional supplementation.

- **Initial consultation 2 hours** $15
- **Follow up 1 hour** $7

*additional charges apply

**Aesthetic Treatments**

**Facial treatments**

- ANCB Facial (Basic facial) 1hr $30
- Intensive Facial (with electrical equipment) 1.5hr $40
- Relaxation Facial (Facial & Back massage) 1.5hr $40
- Microdermabrasion Treatment (with electrical equipment) 1.5hr $35

**Waxing**

- All individual waxing treatments $10
- Full Leg, Bikini, Half Leg, Arm, Eyebrows, Back, Chin, Chest, Lip, Underarm

**Waxing Packages**

- Half Leg, Bikini & Underarm 1hr $30
- Brows, Chin and Lip 1hr $10

**Tinting**

- Brows, eyelashes or both 10min $10
- Define package Brow Shape (wax) 30min $10

**Manicure and Pedicure**

- Eyelash & Brow Tint 45min $10

**SpaRoom and Beauty Treatments**

- Body Exfoliation, Mud & Stream Treatment 1.5hr $45
- Hydro Active Mineral Salt Bath & Relaxation Massage (limited appointments only)

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**Australian National College of Beauty**

Our range of services offers the latest in innovative results focused on beauty treatments to address our clients concerns.

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**Australian College of Natural Therapies**

Treat yourself holistically with our natural therapies consultations, which are supervised by experienced Naturopaths, Nutritionists and Western Herbal Medicine Practitioners, ensuring the highest standard of quality.

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**Natural Therapies**

Consultations include a holistic and comprehensive health assessment whereby students consult with qualified supervisors to develop a treatment plan.

Please allow 2 hours in total for your initial appointment and treatment plan.

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**SpaRoom and Beauty Treatments**

- Manicure and Pedicure Packages (limited appointments only)
- Waxing Packages (limited appointments only)

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**Jansen Newman Institute**

JNI is a highly respected counselling, psychotherapy and community services college. The JNI services at The ThinkWellbeing Centre will guide you through your life transitions and provide you with powerful coping mechanisms to help you manage any challenges you may be facing. Our goal is to work with you to seek solutions and change.

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**Counselling & Psychotherapy Sessions - Student Centre**

All student interns are carefully selected by the Jansen Newman Institute faculty to ensure that you get the highest quality counselling experience possible. Your confidentiality is always assured. Sessions are available for individuals, couples and families.

- **50min $30 (subject to individual circumstances)**

Due to the nature of our clinic, if you are interested in booking a counselling or psychotherapy session, please contact our reception on 1300 738 256 or email wellbeingpyrmont@laureate.net.au to register your interest and complete a Client Intake Form. Once we have received this, we will contact you to arrange an appointment with an appropriate Counsellor.