

# Alternative Directory

## Daylight Organic Spa – Glenhuntly

Specialists in relaxation & natural care for your skin & body. Open Tuesday – Saturday. We will have you covered from top to toe. Call 9572 5645.

## Ethical Health & Beauty

Mineral cosmetics, natural products visit [www.veganrevolution.com.au](http://www.veganrevolution.com.au)

## Expressive Arts in Counselling

Adults, families, children. Individual & workshops. Parenting challenges, relationships, life stages. Visit [www.seigaiha.com.au](http://www.seigaiha.com.au) or call Gaye: 0409 174 128.

## Holistic on Collins – Melbourne

For all your natural & cosmetic dentistry needs. Call for an appointment today: 9663 7588 or visit [www.holisticoncollins.com.au](http://www.holisticoncollins.com.au)

## Kinesiology

Purely Healthy Health foods, Somerville. Renee Francis. Call: 0401 484 417. [www.consciouskinesiology.com.au](http://www.consciouskinesiology.com.au)

## Lotus Natural Medicine – Frankston South

We care for you – naturally! Acupuncture. SCIO. Nutritional & complementary medicines. Call Therese Dart: 9787 2818 or visit [www.lotusnaturalmedicine.com](http://www.lotusnaturalmedicine.com)

## McTimoney Therapy – Frankston South

A gentle yet highly effective full body treatment. Offering an alternative to many forms of chiropractic & osteopathic care. Call Julian Kibblewhite: 9787 9887 or visit [www.mctimoney.com.au](http://www.mctimoney.com.au)

## Optimal Health Support

For the whole family! Share, Grow, Enjoy! For a free consultation call Wellness Consultants Lyn & Harry Thomas: 5986 8687 or 0407 233 367.

## Gigong by the Beach - Rye

1st - 31st January. 7.00am - 8.00am. Beside Rye pier. By donation. Call Jan: 5985 1203.

## Quantum Healings – Mornington

Pathway to transformation blocks, traumas, & patterns. Call: 0438 336 623.

## Rasta Hair Studio - Mornington

Exclusively uses environmentally friendly Eco Hair Products. Ammonia free & not tested on animals. Call Tony: 5975 4309 or 0404 039 434.

## Rosebud Health Store – Rosebud

Healthy foods for healthy living. Call in for free professional advice & experience increased wellbeing. 879 Point Nepean Road. Call: 5986 1005.

## Wholistic Soul Living

Want to awaken your potential to live your happiest life? For further information visit [www.wholisticsoulliving.com.au](http://www.wholisticsoulliving.com.au)

## Women's Health & Hormones - Rosebud

Balance Your Hormones... Feel Amazing! Naturopath Emma Stimpson. Call: 0401 608 047 or visit [www.balancehormones.com.au](http://www.balancehormones.com.au)

## HELP NEEDED

### Please help Andrew – Hawthorn

Our 3½ yr old son is on the autistic spectrum. A small team helps him to talk & play using the Son-Rise Program®. If you'd like to help please call: 0438 387 327 or email: [tallpaul84@yahoo.com](mailto:tallpaul84@yahoo.com)

## HOME MADE/ORGANIC/ GLUTEN FREE FOOD

### Aum Shanti – Frankston

Gourmet gluten free/organic/vegetarian/vegan café with the best coffee in Frankston. Open: Mon to Sat. 439 Nepean Hwy. Call: 9783 2899.

### BentOn Health – Mornington

Naturopath available & an extensive range of health foods & products. Member discounts coming soon. Call: 5976 4400 or visit Shop 12, Bentons Square, Dunns Rd, Mornington East.

### Eliza Health Food & Gifts - Mt Eliza

Naturopath available & an extensive range of health foods & products. Member discounts coming soon. Call: 9775 2611 or visit Shop 12, 89 Mt Eliza Way, Mt Eliza (inside Ritchie's Centre).

### Natural Balance - Mornington

Come & see us for your organic fruit & vegetables & bio dynamic meat. Organic café. Main Street. Call: 5975 1914.

### Rye Health Store - Your Health Nutrition Centre

Gluten, dairy & wheat free foods. Safeway Complex, Pt Nepean Rd. Call: 5985 4887.

## HYPNOTHERAPY

### Awaken Holistic Psychotherapy – City & Suburbs

Counselling, hypnotherapy, past life regression. Heal your past, create your future. Call James: 0402 039 263.

### Clinical/Spiritual Hypnotherapist - Mt Martha

Nicola Carter - past life therapist. Visit [www.nicolacarterhypno.com](http://www.nicolacarterhypno.com) or call: 5974 8099.

## MARKETS

### South Gippsland Farmers Market

Memorial Park, Koonwarra. Melways 628 B9. 1st Saturday of each month 8am - 12.30pm. BYO bags. New stallholders call Juliet: 5659 8208.

### Vintage Market – West Rosebud

Indoor market. Full of vintage, retro & recycled treasures. Eastbourne Primary School, Allambi Ave. Sundays 11am - 3pm: Jan 9 & 30, Feb 20, Mar 13. For stall bookings or enquiries call: 5981 1415.

## MASSAGE - THERAPEUTIC

### Advanced Indian Head Massage

Experience the peace, tranquility & relief this massage offers you. Call Sylvia: 0407 046 295.

### Healing Massage for Women - Rosebud

\*Nurturing\* Flowing\* Deeply relaxing. Call Tess: 0449 819 982.

### Mahalo Mel - Mt Eliza & Balaclava

Hawaiian Massage \* Lomi Lomi \* Hot Rocks \* Reiki. Call: 0416 156 972 or visit [www.mahalomel.com](http://www.mahalomel.com)

### Oncology Massage Care – Mornington

Caring for people living with cancer & other chronic illness in a gentle, therapeutic & beneficial way. Call: 0408 569 571.

## MEDITATION

### Meditation & Mindfulness - Rosebud, Mornington, Balnarring

Courses, groups, retreats. Buddhist methods for good health, happiness & wisdom. Call Rhonda: 0414 603 400.

## Meditation - Beaconsfield

Guided meditation groups now available. Release stress & bring tranquility into your life. For details & bookings call Elaine: 0428 436 035.

## Weekend Meditation Workshops - Gippsland

Shanti Relaxation Retreat in Briagolong is offering Weekend Workshops in Meditation. Package includes accommodation, five meditation sessions plus a treatment @ \$426.00 per couple. Singles negotiable. Call Jo: 5145 5528 for details & dates. Meditation CD available for \$10 plus postage.

## MEDIUMSHIP & PSYCHIC DEVELOPMENT

### Greg Riley – Psychic Medium

Psychic/mediumship readings & workshops. Readings cover spirit communication & life direction. Call Greg: 0411 252 872 or visit [www.gregriley.com.au](http://www.gregriley.com.au)

### Mediumship & Psychic Development – Phillip Island & Aspendale

Clairvoyance readings. healing & psychic development classes. Call Meeka: 0422 931 909.

### Romayne - Mornington

Clairvoyant/medium appointments for readings or contacting those passed over. Available seven days a week. Also house clearings. Call: 5975 3995 or 0402 158 644.

### Spiritual Dimensions

Medium & clairvoyance, readings, astrology, numerology, psychic development. Call Maureen: 9703 2831.

## PRODUCTS & SERVICES

### B&G Technologies

Offering a range of web hosting solutions. Contact: 9016 9180 or 0409 324 180 or visit [www.bgtech.com.au](http://www.bgtech.com.au)

### Elycia Coates Photography

All occasions. Newborns to weddings. Call Elycia: 0400 967 204.

### French Lessons - Mornington

Learn to speak French like the French do! Lessons available for both adults & school children in Mornington. Translations also done. Call: 5975 3995.

### Fortunate Moments

Designed to inspire. A six card set featuring beautiful photography & inspirational verse. To order call Richard: 0413 674 729 or visit [www.fortunatemoments.com](http://www.fortunatemoments.com)

### Hill Real Estate – Berwick

Thinking of selling? Talk to us first. Call: 9707 3322.

### Little Red Shoe Design

Design of all printed materials. Call Kate: 0402 056 395 or visit: [www.littleredshoe.com.au](http://www.littleredshoe.com.au)

### Newgraphix – Graphic Design

For all your advertising needs. Call: 0437 588 599.

### Red Studio Graphic Design - Mornington

A personalised, professional graphic design service. Call: 5976 3032 or visit [www.redstudio.com.au](http://www.redstudio.com.au)

### Sacred Mist Retail & Wellbeing Centre - Malvern

Opening 10th January 2011. Spiritual Giftware, Specializing in Wicca & Pagan Products. Grand Open Weekend Saturday 15th & Sunday 16th January from 10am. Meet our Consultants & Practitioners. Special Discounts on Selected Products & 10% off Workshop Bookings. 67 Glenferrie Road. Call: 0411 260 339 or visit [www.sacredmist.com.au](http://www.sacredmist.com.au)

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## REFLEXOLOGY

### Roving Reflexology

Mobile service, health fund rebate. Call: 9766 0248 or 0401 851 727.

## REIKI

### Mornington Peninsula Reiki Centre – Bittern

Jin Kei Do (Eastern tradition). Jim Frew. Reiki master, teacher & practitioner. Call: 5983 9971.

### Reiki Therapy

Usui Shiki Ryoho Reiki Master & Seichim Teacher- Member Reiki Australia. Call Sheryl Foo: 0405 237 136.

## ROOMS FOR HIRE

### Bodhi Tree Therapies – Mount Eliza

Room space for rent – half day, full day, evenings or weekends. Suitable for natural therapists. Must provide proof of Association membership & insurance. Please call: 9775 2517 or 0407 768 223.

Professional Rooms Available – Rosebud Peninsula Allied Health Practitioner. Would suit complimentary therapist such as Psychologist, Osteopath, Holistic GP. Please contact: [reception@peninsulaholistic.com.au](mailto:reception@peninsulaholistic.com.au)

## SPAS

### Peninsula Hot Springs

Natural hot mineral pools. Massage day spa, café & gift shop. Open seven days: from 7.30am to 10pm. Call: 5950 8777.

### Red Hill Spa

Need to renew, revitalize & relax? Then call the fabulous team at Red Hill Spa on 5931 0088 or visit [www.redhillspa.com.au](http://www.redhillspa.com.au)

## TAROT

### Astrology, Tarot & Numerology

Contact Sara on 0412 235 935 for readings, courses & charts/profiles. Professional member of the Tarot Guild of Australia. Visit [www.lifespirtconnections.com.au](http://www.lifespirtconnections.com.au)

## YOGA

### Ananda Hatha Yoga & Reiki Centre - Mornington

Small, friendly classes, serene surroundings. Traditional Hatha Yoga. Call Lesley: 5976 2754.

### Dharmaheart Yoga & Meditation Centre – Meeniyon

Yoga Classes Meeniyon, Fish Creek & Leongatha. Call Shantima: 0428 320 571 or visit [www.dharmaheart.com.au](http://www.dharmaheart.com.au)

### The Yoga Room - Mornington

Ashtanga Classes Daily. Beginners Welcome. Call: 5977 1067 or visit [www.yogaroom.net.au](http://www.yogaroom.net.au)

### Yoga & Meditation with Shanti - Chelsea

Six week courses beginning February 2011. Chelsea Heights Community Centre. Bookings Essential. Call Shanti: 0418 246 878.

### Yoga In The Park – Mornington Peninsula

Organic yoga for all ages commencing every morning from 27th December. For more information, visit: [www.yogainthepark.net.au](http://www.yogainthepark.net.au) or call: 0423 161 503.