

# Alternative Directory

## Get Psyched - Frankston

Excess weight is a self-nurturing problem. Get Psyched offers a mind/emotional approach to permanent weight loss. Call Deidre: 0412 106 496.

## Lotus Natural Medicine - Frankston South

We care for you - naturally. Call 9787 2818.

## Nutritional Supplements

Want to improve your self esteem, reduce those centimeters & feel more energetic. For a free consultation call wellness consultants Lyn & Harry Thomas: 5986 8687 or 0407 233 367.

## Quantum healings - Mt Martha

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.

## Theta Healing - Balwyn

Letting go of psychological blockages for self-development & well-being. Call Micheline: 9891 6670 or 0412 724 020.

## 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.

## 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)

## HOME MADE/ORGANIC/ GLUTEN FREE FOOD

## Aum Shanti - Frankston

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

## Natural Balance - Mornington

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

## Red Hill Spice Girls

Top quality, freshly ground, pure & natural blends. Call: 9787 7740 or visit [www.redhillspicegirls.com.au](http://www.redhillspicegirls.com.au)

## Rye Health Store - Your Health Nutrition Centre

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

## HYPNOTHERAPY

### Clinical/Spiritual Hypnotherapist - Mt Martha

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

### Clinical Hypnotherapist - Rye

Tony Ahearne. Peninsula Hypnotherapy Center. Fast, safe help. Call: 5985 8575 or 0419 190 542 or [www.tonyahearne.com.au](http://www.tonyahearne.com.au)

### Hypnotherapy @ Home

Take control of your life. Call: Christine 0403 131 481 or [www.hypnotherapyaustralia.net](http://www.hypnotherapyaustralia.net)

## MARKETS

### Children's Market - Est. 1992 - Chelsea

At the Chelsea Heights Community Centre, Beazley Reserve, 160 Thames Promenade on Saturday 17th July. 9am - 1pm. 40 undercover stalls with pre-loved goods, bargains galore! [www.chelseahighscommunitycentre.com.au](http://www.chelseahighscommunitycentre.com.au)

### South Gippsland Farmers Market

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

### Indoor Vintage Market - West Rosebud

Full of vintage, retro and recycled treasures. Eastbourne Primary, Allambi Ave. Stallholders welcome. Call: 5981 1415. Sundays: July 4, Aug 14, Sept 26, Oct 31, Nov 21, Dec 12.

## MASSAGE - THERAPEUTIC

### Advanced Indian Head Massage

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

### Hawaiian Lomi Lomi - Rosebud

Nurturing the sacred self, therapeutic, healing, deeply relaxing. Call Tess: 0449 819 982.

### Mahalo Mel - Mt Eliza & Balaclava

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

## MEDIUMSHIP & PSYCHIC DEVELOPMENT

### Greg Riley - Psychic Medium

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

### Rene Barics - Clairvoyant/Medium, Medium Intuitive/Psychic.

Mediumship readings/workshops & courses. Call: 0410 330 427 or visit [www.soullove.com.au](http://www.soullove.com.au)

### 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 Development - Donvale

Would you like to learn how to communicate with your Angels? Learn about aura's & psychometry, how to work with your intuition, feelings & visions & much, much more! For further information call: 0405 917 998.

## Spiritual Dimensions

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

## Temple of Illumination - Ringwood East

Psychic/Medium Readings. Meditation & Spiritual Development classes. Workshops & New Age products. Crystals, books, salt lamps & more [www.templeofillumination.com.au](http://www.templeofillumination.com.au) Call: 8215 9204

## NUMEROLOGY

### Numerology & Tarot - Carrum Downs

Sara of Life Spirit Connections. Call: 0412 235 935 or [www.lifespiritconnections.com.au](http://www.lifespiritconnections.com.au)

## PRODUCTS & SERVICES

### B&G Technologies

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

### Cascade Celebrations

Let me enhance your day, whether a funeral or marriage ceremony. Call Donna: 0409 595 969.

### For Sale

Allies Therapy ear candling business. Established 15 years. Regular customers. All equipment & training provided. TGA Approved. Offers invited. Call: 5977 6541 or 0409 198 331.

### 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. Visit: [www.redstudio.com.au](http://www.redstudio.com.au) or call: 5976 3032.

### Regenerate Skin & Body - Mornington

We exclusively use the Dr Spiller Bio-cosmetic range of skin products. No acids, harsh chemicals or excessive preservatives. Call us for an appointment on 5975 7007.

### Shop On Line

Sacred Mist. Wicca products. Gifts. Clothing. Visit: [www.sacredmist.com.au](http://www.sacredmist.com.au)

### Silver Heath Chauffer Services

Available at your request. Call Robert: 5974 2303 or 0419 900 335.

## 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 & Seichim Teacher-member Reiki Australia. Call Sheryl Foo: 0405 237 136

## ROOMS FOR HIRE

### Chelsea Heights Community Centre

Some afternoon and evening timeslots available for small, quiet groups at Chelsea Heights Community Centre. Call: 9772 3391 or visit: [www.chelseahighscommunitycentre.com.au](http://www.chelseahighscommunitycentre.com.au)

### Professional Rooms Available - Rosebud

Peninsula Holistic General Practice. 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 7 days 7.30am - 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 [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.lifespiritconnections.com.au](http://www.lifespiritconnections.com.au)

### Mystical Dragon - Carrum

Offering a variety of readings & healings. Our readers are carefully selected to ensure high quality. Call: 9773 8311 or [www.mysticaldragon.com.au](http://www.mysticaldragon.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)