

ALCHEMY IN MOTION MARCH NEWSLETTER

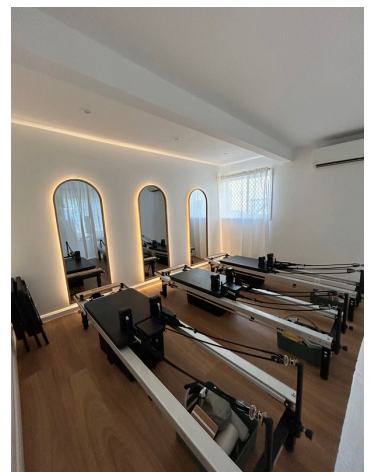


WE HAVE MOVED!

35 MARY ST, NOOSAVILLE

In February we moved into our brand new clinic in Noosaville!

Since then, we have welcomed new clinicians to the team (with more to come over the next month) in addition to releasing brand new and exciting services for our clients and the community to benefit from and enjoy.



NEW TEAM MEMBERS

RAIMEE LOWER - PHYSIOTHERAPIST

Raimee is a physiotherapist with a special interest in women's and men's pelvic health in addition to musculoskeletal injuries and concerns. Raimee has a Bachelor of Physiotherapy with First Class Honours in addition to postgraduate training in Pelvic Health. She is practicing out of our Noosa clinic every **TUESDAY** and **THURSDAY** and her first day is **Tuesday 18th March**.



MAGDALENA LYLE - FASCIAL STRETCH THERAPIST & BOWEN THERAPIST

Magdalena is a manual therapist with over 10 years experience in Fascial Stretch Therapy and Bowen Therapy. Magdalena has additional training and qualifications in cupping and scar tissue management. She is practicing out of our Noosa clinic every **TUESDAY**, alternating **WEDNESDAY** and **SUNDAY**. Her first day with us is **Tuesday 18th March**.



MAY MENRA - BEAUTY & MASSAGE THERAPIST

May is a highly qualified beauty and dermal therapist with over five years of experience in Denmark, Germany, Australia, and Argentina. She holds degrees in Nutrition and Dance Therapy, enabling her to adopt a holistic and integrative approach to skin health and overall well-being. May will be practicing from our Noosa clinic every **WEDNESDAY**, **FRIDAY** and **SUNDAY** and her first day with us is **Wednesday 2nd April**.



NEW SERVICES

FASCIAL STRETCH THERAPY

Fascial Stretch Therapy (FST) is a gentle, non-invasive therapy designed to stretch fascia, which is the connective tissue that surrounds muscles, bones, and organs. By targeting the fascial system, this modality helps release restrictions and improve overall mobility, flexibility, and alignment. FST works by applying a combination of movement and gentle stretching techniques to improve joint range of motion and muscle elasticity, leading to reduced pain, increased circulation, and enhanced physical performance.

FST can be used to help manage:

- Persistent pain
- Generalised muscle tension and joint stiffness
- Postural imbalances
- Musculoskeletal pain including lower back pain and sciatica
- Sports injuries

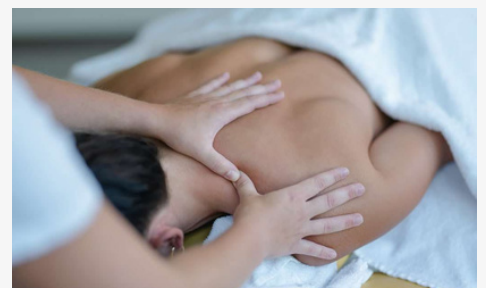
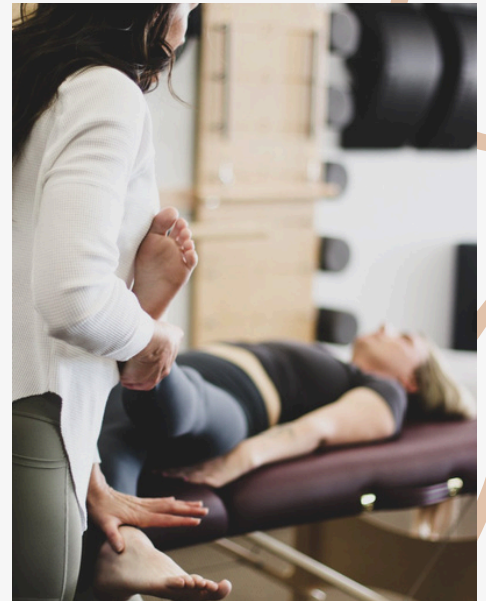
BOWEN THERAPY

Bowen Therapy is a gentle, hands-on technique that involves precise movements on specific points of the body. The therapist uses their fingers and thumbs to apply light pressure in specific patterns, stimulating the body's autonomic nervous system to encourage healing. This therapy aims to reset the body's natural balance, alleviate muscle tension, and promote overall well-being.

Bowen Therapy can treat a wide range of conditions, including:

- Musculoskeletal issues such as back pain, shoulder tension, and headaches.
- Stress-related conditions
- Emotional imbalances
- Digestive issues

Bowen therapy is known for its calming effects on the nervous system, leading to deep relaxation and an overall sense of balance.



NEW SERVICES

BEAUTY & DERMAL THERAPY

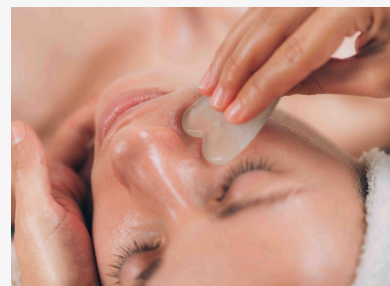
We are very excited to announce that we have expanded our wellness services to now include beauty and dermal therapy treatments. We want to offer our clients an opportunity to be able to access amazing, highly effective health care while feeling nurtured, pampered and beautiful all at the same time.

We are passionate about helping clients achieve balance and confidence through personalised treatments that integrate skin health, body care and mindful nutrition to enhance an overall sense of wellbeing.

We have hand selected a range of botanical, clinically proven skin care products from Synthesis Organics - an incredible skin care company based in Byron Bay.

FACIALS

- **Balancing 45 mins**
 - **A gentle yet effective treatment designed to restore harmony to your skin.** This facial begins with a double cleanse, followed by an exfoliation to remove impurities and refresh your complexion. The experience is completed with nourishing skincare and a soothing head and neck massage, leaving your skin feeling balanced, hydrated, and revitalised. Ideal for those seeking a quick skin refresh and deep relaxation.
- **Revitalising 60 mins**
 - **A deeply rejuvenating facial that awakens dull, tired skin.** This treatment starts with a double cleanse and exfoliation to gently renew the skin, followed by a lymphatic drainage massage to reduce puffiness and enhance circulation. A customised mask and LED therapy work together to promote radiance and skin renewal, while a head and neck massage ensures complete relaxation. Perfect for boosting glow and restoring vitality.
- **Illuminating 90 mins**
 - **Indulge in a luxurious facial that rebalances both skin and mind.** After a deep double cleanse and exfoliation, this treatment features a 20-minute Gua Sha facial massage using a healing stone that glides over the skin with lymphatic drainage techniques to visibly lift, tone, brighten, and revitalise the complexion. This soothing massage helps release tension, stimulate circulation, and sculpt the skin naturally. A nourishing mask and LED therapy enhance skin luminosity, while an extended massage of the scalp, neck, décolletage, shoulders, arms, and hands promotes deep relaxation and a sense of well-being. This is the ultimate ritual for radiance, both inside and out.



NEW SERVICES

RELAXATION MASSAGE THERAPY

We are so excited to release a brand new relaxation massage service to compliment our wide range of manual therapy offerings. Our holistic treatments are designed to deeply relax both the body and mind, enhancing your sense of well-being. These massages reduce stress and support the body's natural recovery and repair processes. With a focus on relaxation, nourishment, and balance, our treatments help eliminate stress from both the mind and body, promoting overall wellness and a renewed sense of equilibrium.

RELAXATION MASSAGE TREATMENTS

- **Express** 30 mins
 - This targeted massage alleviates tension and enhances circulation in key areas: scalp, face, neck, and shoulders. Our opening ritual helps centre you in the present moment, reducing stress and promoting a sense of well-being.
- **Essential** 45 mins
 - A comforting session focusing on the scalp, neck, and back to release accumulated stress. These treatments are designed to provide a comprehensive relaxation experience, integrating practices that nurture both body and mind, fostering holistic balance in your daily life.
- **Complete** 60 mins
 - Relax, unwind, and feel completely at ease with our full-body relaxation massage. We create a soothing environment that encourages mindfulness and a strong mind-body connection. Experience a combination of techniques that will immediately help you release stress, improve blood flow, and leave you feeling balanced, calm, and revitalised.
- **Pregnancy Complete** 60 mins & 90 mins
 - Enjoy a nurturing full-body massage using organic coconut oil, carefully designed to ease pregnancy-related tension and promote relaxation. Our organic coconut oil nourishes your skin while adapting to the changes your body is going through. We provide spacious, treatment beds for your comfort, with pillows that allow you to rest in a comfortable position. We'll gently wake you at the end!

ALCHEMY INDULGENCE PACKAGE

Treat yourself to pure indulgence with our Alchemy Indulgence Package – a luxurious combination of a 60-minute Revitalising Facial and a 45- minute Essential Massage . This holistic treatment is designed to rejuvenate your skin and dissolve stress, bringing you into perfect harmony between body and mind. Let go of tension as you relax deeply, allowing our calm and nurturing atmosphere to rejuvenate both your skin and spirit.



NEW OPENING HOURS

NOOSA

Monday 7:00am - 5:00pm
 Tuesday 7:00am - 5:00pm
 Wednesday 7:00am - 5:00pm
 Thursday 7:00am - 5:00pm
 Friday 7:00am - 5:00pm
 Sunday 8:00am - 4:00pm

GYMPIE

Monday 7:00am - 4:00pm
 Tuesday 8:00am - 4:30pm
 Wednesday 7:00am - 6:00pm
 Friday 7:00am - 4:00pm

ALCHEMY SERVICES

NOOSA

- Women's & Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Occupational Therapy
- Myotherapy
- Osteopathy
- Reformer rehab services
- Nutrition and Dietetics
- Fascial Stretch Therapy
- Bowen Therapy
- Massage Therapy
- Beauty Therapy

GYMPIE

- Women's and Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio



ALCHEMY CLINICIANS

NOOSA

- PELVIC HEALTH PHYSIOTHERAPISTS
 - Alice Mackenzie
 - Ocean Kabikwa
 - Zoe Mills
 - Tarryn Lawrence
 - Kelly Laity
 - Grace Gleeson
 - Olya Antonio
 - Raimee Lower
- MUSCULOSKELETAL PHYSIOTHERAPISTS
 - Amy Cooper
 - Alex Hancox
 - Kelly Laity
 - Grace Gleeson
 - Olya Antonio
 - Raimee Lower
- OCCUPATIONAL THERAPIST
 - Laura Manning
- MYOTHERAPIST
 - Dwan Rosairo
- OSTEOPATH
 - Liam Neyland
- DIETITIAN
 - Sarah Jukes
- FASCIAL STRETCH & BOWEN THERAPIST
 - Magdalena Lyle
- BEAUTY & MASSAGE THERAPIST
 - May Menra

GYMPIE

- MUSCULOSKELETAL PHYSIOTHERAPISTS
 - Rebecca Evans
 - Alex Hancox
 - Kelly Laity
 - Grace Gleeson
- PELVIC HEALTH PHYSIOTHERAPISTS
 - Zoe Mills
 - Tarryn Lawrence
 - Kelly Laity
 - Grace Gleeson



COMMUNITY ENGAGEMENT



We continue to be actively involved in the Noosa community through Pregnancy Aqua @ Noosa Springs- every Thursday morning

For more information or to book, please call our friendly admin team on (07) 5474 9093

ALCHEMY CLASSES

We continue to offer our clients exercise classes in at our Noosa clinic including:

- **Physio Reformer Rehab Services**
 - Reformer rehab
 - Strength reformer rehab
- **Strength ABC (After Breast Cancer) - by appointment only**

