

# Naturopathic Spa Menu

## Naturopathy

Naturopathy is a traditional form of health care that places emphasis on using natural methods and medicine to prevent disease. Treatments are individual and focused on treating the mind and body, by removing the underlying cause of disharmony or disease.

Initial Consultation	60 min	\$100
Follow-up	30 min	\$60



## Herbal Medicine

Herbal or botanical medicine is a traditional form of medicine that has been used for centuries. Using the healing properties of plants, individual formulas are made specifically for clients' needs.

Initial Consultation	60 min	\$100
Follow-up	30 min	\$60



## Nutrition

Clinical nutrition uses food as medicine and nutritional supplements of vitamins, minerals, amino acids and medical foods to evoke balance and harmony in the body, and to restore health and wellbeing.

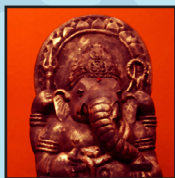
Initial Consultation	60 min	\$100
Follow-up	30 min	\$60



## Homeopathy

Homeopathy uses minute amounts of natural substances to stimulate the body's own natural tendency to heal itself. The remedies act on the mind, body and spirit as a totality, and focus on treating the individual.

Initial Consultation	60 min	\$100
Follow-up	30 min	\$60



For bookings please contact:

### AMRITA SPA in Swissôtel Sydney

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