

ABOUT ME

Hi my name is Norma Logan. I am a qualified Homoeopath. I have studied for four years at the Perth Academy of Natural Therapies in Bentley, Perth and my practice is at Verissima House in Mundaring. I received my diploma of Swedish Massage in 1998, diploma of Reflexology in 2000, Homoeopathy in 2003 and completed my Bowen Therapy training in 2004. I am an accredited Member of the highly respected Australian Traditional Medicine Society, Australian Association of Homotoxicology and am Membership Secretary of the Bowen Therapist Association of Western Australia.

Many people confuse Homoeopathy for Naturopathy - there is a vast difference so I will attempt to explain the difference.

HOMOEOPATHY

Homoeopathy cures on all three levels at once - mental, emotional and physical. It works on the premise that if any substance is given to a healthy person in large amounts it will cause a certain set of symptoms. However, if that same substance is given in an absolute minute potentised form to a sick person with the same set of symptoms then it will cure that person. What it can cause it can cure

For that reason it is not necessary to know exactly what disease that person is suffering with, it is only necessary to know what their symptoms are including their attitudes to their illness or discomfort. One major indicator that you are being healed is your vitality; you will have more energy; sleep better and be more alert and able to cope with life's difficulties.

Homoeopathic First Aid Kits available - Only \$95 for 27 Remedies.

SWEDISH MASSAGE

Swedish Massage is a firm but gentle relaxing non-sexual massage that pampers your body and reduces stress. The overall effect of skillfully applied massage techniques is the integration of the mind and body for total bliss, well-being and heightened immune system.

WA WILDFLOWER ESSENCES

Modern lifestyles do not often give the time and space for the type of healing we require and the intensity of modern life speeds up reactions on the mind/body/spirit of individuals. WA Wildflowers hold within their soil the ability to unlock the unhealthy thought processes, which stops us from moving forward to enjoy our experiences.

WA Wildflower Essences are Mother Nature's gift when our state of mind are not bringing us any peace or joy, or are actively draining our energy and well-being.

All experiences we live through leave an impression on us. We build protective thought forms around painful experiences as a survival mechanism, so we can try to avoid that pain the next time. So many of these concepts clog up our minds and yet they have been part of our very survival. To heal our mind is to regain free will, objective decision-making, and spontaneity, essential to happiness and quality of life.

BOWEN THERAPY

Bowen Therapy was developed in Geelong, Victoria in the 1950's by Tom Bowen, an Osteopath. He demonstrated how a series of precise moves at precise areas on the body could relieve many kinds of muscular, skeletal and nerve imbalances, and to relieve the pain of injury.

Bowen Therapy can be used either to target specific areas or for a general rebalancing, in fact it has shown to balance physical, mental and emotional problems. Bowen is so gentle it can be used on anyone from new babies (seven weeks old is my youngest) to the elderly (92 was my oldest client) and also on animals.

Bowen is gentle and non-confronting, as you remain fully clothed throughout the treatment. Bowen works on fascia (this is the membrane that surrounds all muscles, joints and organs). Within the fascia are many cells whose functions include immune response and cleaning up toxins and debris. The moves are gentle; however they have a deep action on the body. The

practitioner uses her fingers or thumbs to move the skin away from the muscle, she pauses a moment and then moves in the opposite direction. This action creates a re-hydrating effect which allows the muscles to be able to glide over each other freely as they were designed to. Most people who have had a Bowen treatment have noticed immediate and positive results, with the most noticeable outcome being a greater and freer range of movement and energy.

REFLEXOLOGY

Reflexology is a form of healing massage that incorporates the body's map on the soles of the feet. These points represent the various organs and systems within the body. You may experience many sensations during the treatment (or then again you may just fall asleep). Any reaction you experience during the session indicates a blockage or excess of energy in specific areas.

EAR CANDLING

Is a gentle method of relieving yourself of wax build up. It is also an effective method of relieving pain associated with ear infections, tinnitus, Candida and many other afflictions.

Some Health Rebates Apply

Gift Vouchers available