

Techniques used in our Wellness Care Programs

We assess our clients and patients as a whole person and create an individually unique program that utilises the best combination of techniques for that person; with our goal of helping them get the best possible results and outcomes from the care we provide.

All techniques used in the clinic are gentle, non invasive and effect in helping those clients we care for to a better place in their lives.

- ✓ Applied Kinesiology (A.K)
- ✓ Neuro- Emotional Technique (N.E.T)
- ✓ Wellness Chiropractic Care Techniques
- ✓ Network Spinal Analysis Techniques
- ✓ Natural Wisdom Awakening and Reconnection
- ✓ Neuro – Organisational Technique (N.O.T)
- ✓ Activator Methods
- ✓ Sacro-Occipital Technique (S.O.T)
- ✓ Cranio-Sacral Balancing
- ✓ Cranial Release Techniques
- ✓ Emotional Release
- ✓ Kinesiology and Touch for Health
- ✓ Diversified Chiropractic Technique
- ✓ Oestopathic Internal Organ Alignment
- ✓ Thompson Technique
- ✓ Bio-Energetic Synchronisation Technique (B.E.S.T)
- ✓ Cellular Vibrational Resonance Technique
- ✓ Energy Balancing
- ✓ Intuitive Adjusting
- ✓ Nimmo Tension Release
- ✓ Trigger Point Release Therapy
- ✓ Intuitive and Wise Life Counsel