The Wellness Centre (CASTLE QUAY)

The Heart of Wellness

Most of us have heard the word ***'Wellness'*** used in different contexts in recent years, but what does it actually mean…? Is it an emotion or a feeling…? Is it a place…? Is it something that can be found or achieved…?

The truth is that wellness means different things to different people. Medically it is defined as: *health & freedom from disease*. But surely wellness can't simply just be the absence of disease..? **Complementary Medicine** defines it as: *a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.*

In a nutshell Wellness is really about trying to achieve and maintain balance in one's life. It is however important to realise that very few of us (if any) ever live a purely linear existence. Most of us live rather more dynamic and variable lives due to the fact that life by it's very nature is changeable and unpredictable. As such our lives can from time to time be thrown of course, and/or out of balance. Often a 'catalyst moment' or situation outside of our control may unfold in our lives, which can act to pull us off course and into a state of *dis-ease*. For some it may be physical e.g. (physical trauma, disease, etc.). For others it may be emotional e.g. (abuse, anxiety, depression, divorce, etc.), and for others still it may be spiritual e.g. (bereavement, losing faith, etc.). Often stress (mental, social, chemical, etc.) accounts for much of this imbalance. Whatever the cause, the end result is often the same… We become imbalanced and ultimately 'ill health' is allowed to slowly creep into our lives.

The good news is that most, if not all of us possess the ability to change, to meet life's challenges head on and choose to live better, happier and healthier lives, which can lead us back into a state of 'well-being' again. We all have things in our lives that we know we should or could be doing… i.e. (stop smoking, exercise more, be mindful and/or meditate, eat healthier, love harder, get a massage more often, see your Chiropractor, have more fun, etc.). So many of us go through life feeling helpless and/or not recognising that we can all make choices to improve our lifestyle on a daily basis. *Just think if you made just one change today, how much better life could potentially be tomorrow.*

Many people often however make the mistake of focusing on short term solutions for long term problems.

In Debt = Work more hours.
In Pain = Take some pills.
Overweight = Go on a diet.
Stressed = Take a vacation.
Unhappy = Indulge in ???

Whilst some of the above aren't necessarily bad ideas, they are however often only temporary solutions, to long term problems which can repeatedly take us off course over and over again. Equally focusing on just one element of our lives can as a consequence allow other areas of our lives to be neglected and to drift towards imbalance. We have all heard the saying *'Too much of a good thing…'* for a reason.

When we accept that our lives are in a constant state of flux, we can equally accept that we need to regularly employ measures to counter life's challenges and maintain balance. Just because we are balanced today does not necessarily mean we will be balanced next year, next month, or even tomorrow…? Wellness is not something that is just given, it is something that

needs to be earned and those who achieve it are truly blessed.

But let's face it, none of us are born with a tool box and a manual of how to get through life unscathed. Recognising this fact we were determined to try and help. As such in recent years our centre has evolved and grown rapidly to become a 'Wellness Centre' of excellence. Our growing team of handpicked health professionals now offers a multitude of therapies and services to help you achieve your health and well-being goals… We don't pretend to have all the answers, just the right people with the right tools to help you bring balance back to your life (whatever that may be).

If you want to feel *more balanced, younger, stronger, faster, healthier, more flexible, more relaxed and less tired*… then our centre and our team is definitely the right choice for you, your friends and your family for whenever you are ready to let true health and well-being back in your life.

For more information about our centre and the many services we have to offer please visit.

www.the-wellness-centre.com

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Acupuncture · Buteyko · Craniosacral Therapy
Reflexology · Rebalancing Bodywork

Skin Care
Dermalogica (Face Mapping & Facials)
Tinting · Waxing

Chiropractic
Mainstream · McTimoney · Animal Care
Spinal Health Checks

Hydrotherapy
Float SPA (Floatation/Sensory Deprivation Therapy)

Nutrition
Diet & Blood analysis · Nutritional guidance
Weight Loss

Massage Therapy
Aromatherapy · Deep Tissue (Sports)
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