

Tranquility

MIND BODY



HOLISTIC HEALTH



We are a unique Holistic Health Centre with practitioners who have a genuine passion for health, wellness and good service.

Our team of inspiring individuals believe in growing the awareness of holistic health and sharing their knowledge. Our vision is to bring alternative health options and true wellness to the community in East Auckland.

At Tranquility Mind and Body we do not just treat symptoms, we aim to reduce stress and restore overall health.

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Relaxation is
the stepping
stone to
tranquility





Nicky Jackson

Reiki Master
Forensic Healing Practitioner
PSYCH-K® Practitioner

REIKI • FORENSIC HEALING • PSYCH-K®

Nicky is the founder and owner of Tranquility Mind and Body. She is passionate about holistic health and working with people, to become the best version of themselves.

Reiki:

Reiki helps to create deep relaxation, clears blocks and enables feelings of peace, security and well-being. Reiki treats the whole person including body, emotions, mind and spirit.

Forensic Healing:

Forensic Healing is a proven, advanced therapy that answers long-standing personal questions in relation to chronic pain, emotional connections, relationship issues and even financial trepidation. A Forensic Healer will investigate a client's past using a consultation and biofeedback methods (similar to Kinesiology). By identifying the most impactful/stressful times that caused a block in the client's energy field and then by applying the most-appropriate healing, the block in the pathway can be released.

PSYCH-K®:

PSYCH-K® directly facilitates communication between the conscious and subconscious portions of the mind. It includes processes to increase the "cross talk" between the two brain hemispheres, resulting in a "whole-brain" state, dramatically reducing the resistance to changing outdated subconscious programs and self limiting beliefs.

TO BOOK

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Janine Gawn



I have always had a passion for health inspired by a deep connection to my herbalist grandmother. As a homeopath, I listen to your symptoms and story and address your health concerns with a carefully chosen homeopathic remedy.

HOMEOPATHY

What is Homeopathy?

Homeopathy is a system of medicine developed by Dr Samuel Hahnemann, a German physician and scholar. It is used widely throughout the world.

Homeopathic remedies are derived from plant, mineral and animal substances. They are specially prepared following Homeopathic Pharmaceutical guidelines. The remedies stimulate the immune responses of the body to raise your general level of health. The underlying cause is addressed so as to prevent symptoms from re-occurring. It is non addictive and without side effects.

Homeopathy considers each person as an individual. We all experience life differently – our ability to cope, our reactions to circumstances and illnesses all differ. Likewise, our physical symptoms are unique and individual. The Homeopath matches your total individual picture with the most similar remedy putting the pieces of the puzzle together to ensure an holistic approach to long-term good health. It can be used for first aid situations and common acute illnesses as well as long standing conditions ranging from physical to emotional complaints. It can be taken alongside medication prescribed by your doctor and is safe to use during pregnancy and with young children.



TO BOOK

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Testimonial:

Elaine has helped me immensely to regain my health. She listened to all of my symptoms, takes my concerns seriously and offers a whole body approach to get to the bottom of my health issues, rather than just treating the symptoms. The improvements I have seen have been life changing and I wish I had come to her years ago. I thoroughly recommend Elaine as the results I have seen have been fantastic and she has helped me greatly. **Helen**



Elaine Bishop

Bachelor Health Science – Naturopathy
Dip Kinesiology
Forensic Healing Practitioner

Naturopathy is a science based system that uses natural methods to restore health and wellness. It incorporates both herbal medicine, nutritional medicine and a lot of listening to you in regards to what is going on in your life; along with lots of questioning in order for me to create a personalised treatment plan to assist you with your healing journey. I focus on a holistic approach, looking at the underlying causes rather than symptomatic treatment. Treatment includes using multiple modalities to ensure all aspects of your health and wellbeing are covered.

Kinesiology is a fascinating communication tool that allows me to use muscle monitoring to locate energetic imbalances in the body. Finding emotions that have negatively impacted you, even those that are suppressed and unexpressed, are stored in the body and have physical effects. They show up as a physical pain, negative thought pattern or action. I can assist your body, via your subconscious, to shift them and recalibrate the energy; allowing you to feel lighter, have more clarity and freedom; because anything unresolved within our energy field will keep manifesting itself in our physical, mental, emotional and spiritual life until we heal it!

I have special interest in hormonal imbalances, trauma, concussion, PTSD, learning difficulties, depression, anxiety disorders, brain injury, Autistic spectrum disorders and chronic fatigue.

NATUROPATHY • KINESIOLOGY
• FORENSIC HEALING

TO BOOK

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Shakira Quinn

Shakira is a knowledgeable and experienced healer, able to fuse her skills in Reiki, Massage, Crystals, Sound Healing and more, to create a truly individual experience and pathway for you.

Fusion Therapy's deeply relaxing and holistic treatments will support you in body, mind and spirit.

Highest Good • Greatest Joy • Soul Purpose

True healing comes from within - bringing physical, emotional, mental and spiritual wellbeing. Fusion Therapy treatments support and direct this healing process in you, on a deeply energetic level, through a combination of modalities tailored and aligned to your unique needs.

Shakira provides distance healing with regular clients around the world. She teaches meditation and runs regular online meditations you are able to sign up to via Facebook or email. Shakira's [YouTube channel](#) holds meditation videos and relaxing soundtracks.

Her range of massage oils and aroma sprays are available online and at the Tranquility clinic.

Come and experience these wonderful therapies – either focusing on one element, or powerfully combined.



FUSION
THERAPY



ENERGY HEALING • SOUND HEALING
ELEMENTAL • AURA CLEARING • ASTROLOGY
CHAKRA BALANCE

TO BOOK

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Chris Kentsley

Chris is a qualified Life Coach and trained Hypnotherapist who draws on life experience to help people improve their lives with practical programs and steps.



Life Coaching
EAST AUCKLAND

LIFE COACHING • HYPNOTHERAPY

As a Life Coach & Hypnotherapist my goal is help people by utilising goal setting, targeting and coping strategies to enable change.

Most successful people know to surround themselves with a support team. Life coaching is just how it sounds; having a coach to guide you to reach your full potential through life.

So how can a coach help you?

- Having someone to discuss ideas with, share issues, challenges and problems that can be holding you back
- Hold you accountable to your goals
- Offer support and practical strategies
- Provide a sounding board and unbiased feedback
- Be non-judgemental support
- Use techniques to change unhealthy habits

I am passionate about helping people improve their lives. I believe I can do this through life coaching and hypnotherapy, drawing from my life's experiences through good times and tough times.

We can't always control events and circumstances, but we can take control on how we handle them and find our way through.

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Sheryl Hobman

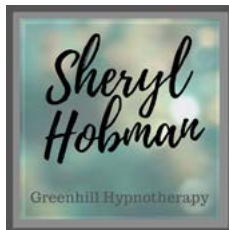
Sheryl is a trained Clinical Hypnotherapist and a committee member of the New Zealand Society of Clinical and Applied Hypnotherapy. She is passionate about offering professional and personalised hypnosis sessions to her clients.

HYPNOTHERAPY

Working with Sheryl you will receive directed one on one Hypnotherapy sessions which are tailored to your specific needs. Sessions are focused towards positive goals and positive changes in any area in your life.

Sheryl is able to work with all age groups and has experience in many areas of therapy with Hypnosis, including Anxiety, Stress, Fears, Addictions and pain to name a few.

Working with Hypnosis helps to assist in reprogramming your inner subconscious mind, removing self limiting beliefs and habits and replacing with constructive, beneficial and positive ones.



Hypnosis is a perfectly safe, relaxing technique that anyone can benefit from. It is the ultimate means of motivation by programming your subconscious mind to work in co-operation with your conscious desires.

TO BOOK

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MASSAGE • REFLEXOLOGY

Angela Harrison



Angela is a qualified massage therapist trained in Therapeutic, Sports, Sports Injury, Deep Tissue, Aromatherapy, Reflexology, Rejuvenating Facial Massage, Bowen Technique, a Dr Vodder Lymph Drainage, and Reflexology Lymph Drainage (RLD)

Reflexology Lymph Drainage (RLD) is a specialised reflexology technique primarily to treat patients who have gone through treatment for breast cancer and/or sufferers of lymphoedema (a swelling of the arms or leg). It has also proven to be beneficial for digestive issues.

Reflexology is based on the principle that points on the feet and hands correspond to specific areas on the body. By stimulating these reflexes, the body's natural healing processes allow the person to achieve physical and emotional balance while restoring vitality.

Rejuvenation Facial Massage is a greatly relaxing treatment that improves circulation, relaxes tight facial muscles and allows for skin to heal itself from the damage and traumas of daily life.

Deep Tissue focuses on the knots and deeper layers of muscle and fascia, stretching and releasing chronic muscle tension allowing the body to move more freely.

Sports Massage is a variety of techniques to prevent injuries and promote flexibility, for optimal performance to post competition massage aiding recovery and fatigue.

Aromatherapy Massage – a special flowing, relaxing massage using essential oils tailored to your mood.

TO BOOK

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Elize Welgens

Who Can Benefit?

In general, any condition involving musculo-skeletal discomfort, tension, stress or pain can be very effectively worked with, such as:

CONTACT C.A.R.E.

Headaches/Migraines/Concussion
Back and neck pain
Cranial tension
Breathing issues
Sport injuries
Sports performance
Women's health issues
Birth trauma, unsettled babies
Old resolved injuries
Post-op rehabilitation
Depression – caused by chest cavity impacts
Co-ordination problems



ConTact C.A.R.E.

A system to locate and release trapped bone pressure – triggered and held by surprise impact injury combinations. Specializing in the removal of SKELETAL SENSORY SHOCK where it is interfering with normal function.

The Clinical Experience

ConTact C.A.R.E. is gentle and safe. The duration of the session is between 30-60 minutes, with a return visit according to your needs. The session is done fully clothed.

TO BOOK

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(continued)

Metamorphosis Wellbeing:

Specializing in Bio-Energetic Testing and Treatments



BIOENERGETIC TESTING

For the treatment of a wide range of health conditions. Simply book a consultation, which takes 45-60 minutes. During the consultation we discuss all of your health concerns, do whichever tests are relevant, and discuss a way forward. Testing is non-invasive, and you get a report to take home with you.

The following specific tests also available for those simply wanting to keep a check on their health:

Gut Health Check

This includes testing for:

Absorption of Nutrients, Aspartame, Candida overgrowth, other internal Fungi, Moulds, Flukes (flat worms), Giardia, Amoebas, Toxoplasma, a wide range of intestinal parasites, E.Coli, H. Pylori This one is great for anyone who has mainly gut issues, as we can very quickly determine what is causing your I.B.S. or niggly symptoms, and treat accordingly.

Nutrient Deficiencies

Which tests for deficiencies in a range of vitamins and minerals

Toxins

Testing for a range of toxins, such as Aluminium, Arsenic, Mercury, Lead, Heavy Metals, Radiation, Sodium Fluoride, Glyphosate (Roundup), Cadmium, Dioxin, Petrol and Diesel, and more...

TO BOOK

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THE
Health
& Mind
COACH



Jo Green

I support women who are exhausted, overwhelmed and lacking self-belief and self-confidence. I support them to make small sustainable changes to their lifestyle to flourish and get back their love for life.

To help you find the version of you that you want to be, **free of guilt** and **anxiety**, and **full of happiness**. I'm your cheerleader, always in your corner and helping you **uncover** those **self-limiting beliefs that are holding you back**. I'll provide **support** and **accountability** and a loving nudge when needed.

Do you want to prioritise your health and wellbeing, manage stress and anxiety or lose weight? Do you want to find your purpose or change careers? Maybe, you simply want to learn to live happily in the chaos of life without the constant feelings of guilt and not being enough? Or possibly, as I did, you may want all of the above! I've been **exactly** where you are and I can assure you that what you want is **absolutely achievable**, but sometimes we need some support to get there.

This is about life **long, sustainable change** that is **unique** for you.


Want to know more? Contact me now and receive your first 30 minutes free! In that time, we'll talk about your goals, what you've tried in the past, what's worked and what hasn't and if I feel I can help you, we can discuss next steps.

One question I want to leave you with is...
What happens if you do nothing?

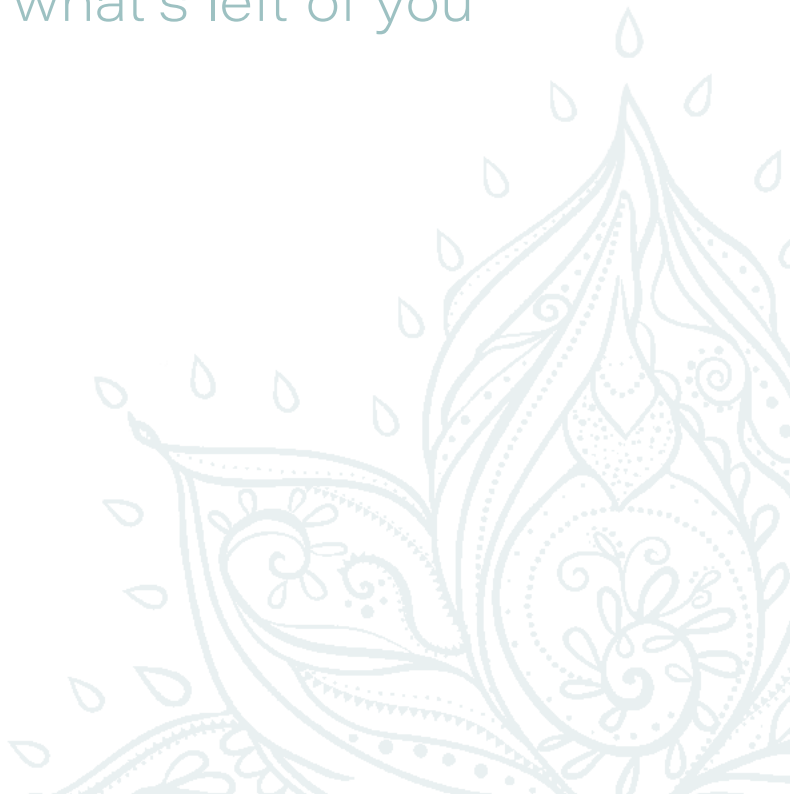
HEALTH AND MIND COACHING

TO BOOK

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Self care is giving
the world the best
of you, instead of
what's left of you



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