

MEET OUR LAKE SPA WELLNESS CENTRE TEAM

Not all treatments are available at both Centres

ACUPUNCTURIST, JOHN JONES: I have 30+ years experience treating with Acupuncture, Cupping, Chinese Herbs, Vitamins, Bowen Technique and Massage. I graduated in Sydney in 1979 and undertook post-graduate studies in China. I have had vast experience running and working in successful clinics and prestige spas. I have developed my own individual energetic healing techniques and expertise in such areas as sports injuries, arthritis, stress, fertility and back problems. I treat the person as a whole entity and am passionate about following through the treatment results.



CHIROPRACTOR, MARK LONNON: I completed my Masters of Chiropractic at Macquarie University. I employ a range of techniques covering both high and low forces to ensure the utmost benefit for my patients. I am proficient in manual adjusting of the spine and peripherals, drop piece technique, activator technique and specialised rehabilitation programs. My interests include the treatment and management of sporting injuries. I have been involved with numerous sporting teams across many sporting codes. As a treating intern at the 2009 Sydney World Masters Games I was exposed to treating athletes at a world class level across a great number of sporting codes.

MASSAGE THERAPIST, NOLA WARD: I have always had a strong interest in Natural Therapies and options to assist in treating pain and discomfort. This drew me to study a variety of Massage Therapy bodywork options. I have qualified in Remedial Massage, Trigger Point, Neurolymphatic Massage, Rejuvenation/Detox Massage, Pregnancy Massage, Oncology Massage, Hawaiian Fusion/Hot Stone Massage and Myofascial Release Therapy. I enjoy my work immensely and gain great satisfaction assisting my clients to improve their health and assist create balance in their life. I look forward to working with you to achieve and maintain the state of wellness you are looking for.



MASSAGE THERAPIST, ROB MILTON: I have always had a keen interest in natural therapies, but it wasn't until my health took one of those detours in life's journey, that I realised the benefits natural therapies can 'fully' offer. In 2003 I made the life 'rewarding' decision to leave a highly demanding job and commence studies in a new profession. I feel blessed to now be working in an environment that offers me a sense of fulfillment and achievement. Observing clients leaving my clinic room on a pathway to a restored state of well being and balance, is extremely rewarding. I am qualified in Therapeutic and Remedial Massage, Hot Stone Therapy, Sports Massage, Trigger Point and Ear Candling.

MASSAGE THERAPIST, AYURVEDIC PRACTITIONER, YOGA TEACHER, STEVEN MAY: I was Inspired by the teachings of the East which reflects in my treatments. Combining natural medicine, yoga and body work my treatments reduce pain, alleviate symptoms and return the body to a complete and harmonious state, naturally. Therapies include: Polarity Therapy, Ayurvedic Medicine, Yoga Therapy, Craniosacral Therapy, Ayurvedic Detox, Hot Stone Therapy, Foot Reflexology, Myofascial Release, Remedial Massage, Trigger Point Therapy, and Thai Massage. You always feel safe, nourished, nurtured and 'feel a sense of relief to find someone that knows what is going on and how to treat it.'



NATUROPATH/IRIDOLOGIST, MICHELLE TOWNSEND: I qualified as a Naturopath in 1995., studied Kinesiology in England and have taught courses in Ireland. I also spent 6 months in Africa with natural healers in remote villages in Zimbabwe and Tanzania. I have had extensive clinical experience with conditions like Type 2 Diabetes; thyroid problems; stress and adrenal exhaustion; eczema and psoriasis; irritable bowel and coeliacs disease; hormonal problems including menopause and polycystic ovarian disorder. My aim is to raise awareness and help people gain a greater understanding of themselves and build on regular healthy lifestyle choices to aim for true wellness.

SKIN ANTI-AGING/LASER HAIR REDUCTION/MICRODERMABRASION, STOP SMOKING SPECIALIST, LYNDA SIMMONDS: I have been a practitioner for over 17 years. I have introduced a number of effective treatments such as Laser Hair Reduction, Laser Skin Rejuvenation, Micro Dermabrasion for the skin and Non-Surgical Face Lifts. We have had very good results from these treatments allowing those who have received them to feel a sense of freshness often having tired, pigmented or aging skin. I also work with clients using Laser Therapy to assist resolve their smoking addictions. I am dedicated to my profession and have a passion to assist you feel confident within yourselves and look fantastic.



IGNITE YOUR SPIRIT THERAPIST, VICTORIA BLACKALL: I combine compassion with clear and accurate perception empowering you in effecting deep and lasting change in your life. My background as a naturopath and my broad experience of life bring a professional and relaxed manner where you are encouraged to open to a holistic healing of body, mind and spirit. Ignite Your Spirit Therapy involves accurately perceiving your energy anatomy and facilitates the release of blockages holding you back from optimal health. You can change your life by energetically working with your thoughts, beliefs, your connections with others and old, stuck issues. A rich, joyful, peaceful life can be yours!

COUNSELLOR/GESTALT THERAPIST/ASTROLOGER, TAMIKA DWIGHT-SCOTT: I am a fully qualified Counsellor and Gestalt Therapist. As a practising therapist, I am able to effectively and safely guide clients through periods of challenge and crisis in their life. I take a holistic and spiritual approach to life and offer my astrological counselling sessions as well. Working as a Counselling Astrologer, I find it such a powerful and insightful way of working with clients. I have learnt so much about myself and others since commencing this amazing journey some 15 years ago.



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