



Presbyterian Support

Natural Therapy

Acu Centre Chinese Healthcare

Quing Wang
77 Archibald Street
Ashburton 7700
Ph: 03 308 2788

Ashburton Clinical Massage Therapy

Laureen Smith
Remedial Massage Therapist
58 Thomson Street
Ashburton 7700
Ph: 03 307 6587 or ph: 027 436 4515
E: laureen1@xtra.co.nz

Physio Plus

Eveline Jasper
Physiotherapist
Bowen & Cranial Sacral practitioner
Reiki Master
6 Cameron Street
Ashburton 7700
Ph: 03 308 2082 or ph: 027 688 9339
E: eveline.jasper@xtra.co.nz

Solutions Reflexology

Jo Nicholas
Methven
027 652 2144

Tai Chi Classes

Christine Widdowson
Ph: 03 307 2753

Acupressure Clinic

Janet Hayes
5 Reid Crescent
Ashburton 7700
Ph: 03 308 6951
E: kakabeak@extra.co.nz

Jane Logie Massage Therapy

Jane Logie
37 Spaxton Street
Methven 7730
Ph: 03 302 8773 or ph: 027 405 3420

Massage Therapy and Nutrition Coach

Vera Krizova
30 Forest Drive
Methven 7730
278 Tancred Street
Ashburton 7700
Ph: 022 126 9172
E: veraclinic@hotmail.com
www.nutritionandmassage.com

Reiki Healing

Kevin McMahon
Ph: 021 119 3447

The Matariki Practice

Alison Donely
Structural Naturopath
Community House
44 Cass Street
Ashburton 7700
Ph: 021 123 5865
E: info@matarikipractice.co.nz
www.matarikipractice.co.nz

Wellbeing Advice

Family Planning

Community House

44 Cass Street

Ashburton 7700

Ph: 03 308 1221 or ph: 0800 4636 5463

www.familyplanning.org.nz

Poisons Centre

Ph: 0800 764 766

Kidsline (for children under 14yrs)

Ph: 0800 KIDSLINE (0800 543 754)

Lifeline

Ph: 0800 543 754

www.lifeline.co.nz

Youthline

Ph: 0800 376 633 or Free txt 234

E: talk@youthline.co.nz

www.youthline.co.nz