



THE STAR GARDEN HEALTH CENTRE AND LABYRINTH

Rietvlei Farm, 101 Swartkoppies Rd
Brackenhurst Tel: 011 867 7010

*Offering an integrative approach to reach
optimal health*

The Labyrinth is an ancient tool that has been used in cultures all over the world and dates back over 4000 years. It offers a space of peace, love, healing and wholeness. A walk in the Star Garden is a gift that can lead to discovery, insight, peacefulness, connectedness and well being.

**Physiotherapist, Chiropractor, Homeopath,
Craniosacral Therapy, Biopuncture,
Acupuncture, Colour Therapy**



René Geldenhuys

Physiotherapist/ Craniosacral therapist/ Acupuncturist

Dr. Roxanne Geldenhuys

Chiropractor/ Colour Therapist

Dr. Mandé Scheepmaker

Homeopathic Practitioner

www.stargarden.co.za

PHYSIOTHERAPY: Aids in developing, maintaining and restoring maximum movement and functional ability throughout life. It provides services where movement and function are threatened by aging, injury, disease or environmental factors. Physiotherapy is concerned with identifying and maximizing quality of life and movement potential.

CHIROPRACTOR: Essentially relies upon non-invasive treatment methods, maintaining a unique focus on spinal manipulation and treatment of surrounding structures. Chiropractic treatments typically focus on, but are not limited to, care of: mid and lower back pain, neck pain, joint pain in the arms and legs, headaches or migraines, etc.

HOMEOPATHY: Curative system of therapy, focusing on individualised treatment by stimulating the body's own ability to heal itself through the use of prepared medicines. Homeopathy is safe to use on children, during pregnancy and breast feeding. Conditions commonly treated are allergies, menstrual and fertility problems, endocrine disorders, stress, anxiety, digestive problems, skin conditions and autoimmune disease, etc.

CRANIOSACRAL THERAPY: The therapy frees the energy which the body has previously used to maintain tissue contractions and an increased level of energy is made available. There is an increased sense of vitality and an alleviation of life's stressors. Conditions include autism, learning difficulties, depression, muscular pain and chronic fatigue syndrome, etc.

BIOPUNCTURE: Method of injecting homeopathic products into specific points on the body. Biopuncture stimulates the body's healing mechanisms, speeding up the process of injury recovery and repair. It is very effective for pain relief. Many conditions can be treated including back pain, arthritis, sciatica, allergies, eczema, chronic fatigue syndrome, stomach ulcers, etc.

ACUPUNCTURE: Suited for people who are averse to taking strong medication with lasting side effects. Conditions can benefit from treatment include, asthma, anxiety, fibromyalgia, depression, migraines, high blood pressure, insomnia, irritable bowel syndrome, back and neck pain, sciatica, etc.

COLOUR THERAPY: Type of massage using coloured oils and sound to realign and balance energy patterns in the body. Colour Therapy is intimately connected with our feelings and emotions and their healing qualities have a profound effect on our moods and well-being. Treats stress, anxiety, grief, building self worth and for general well being and vitality.