

# Sunflower Oracle

**WELLNESS NETWORK**  
**Raglan Whaingaroa**  
**April–May 2023**  
**Edition 10**

Raglan  
Ruapuke  
Waitetuna  
Whaingaroa  
Waingaro  
Te Mata



**Holistic Wellness • Crystal Reiki**  
**Sound & Massage Therapy**  
**Mental and Emotional Healing**

# Sunflower Oracle Wellness Network

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## Raglan Online

[www.sunfloweroracle.nz/raglan-profiles/](http://www.sunfloweroracle.nz/raglan-profiles/)

## RAGLAN WHAINGAROA

is a sister publication to

## All Regions Online

All Healer profiles appear online, even if there is no local print edition, for example Thames and the Coromandel Peninsula. Check online for your region.

Deadline for Winter edition is June 30, 2023

### HAMILTON KIRIKIRIROA



Holistic Wellness • Crystal Reiki  
Sound & Massage Therapy  
Mental and Emotional Healing

### TAURANGA / EAST COAST / THE LAKES / HAWKE'S BAY



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## Raglan Outlets

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The content of Sunflower Oracle magazines and websites is for educational and informative purposes only and is not intended to serve as medical or professional advice. You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.

# Autumn's Changes

## Vicki Shannon



**Autumn – a time of fog, a time when the leave of the trees change colour and the earth prepares to hibernate for the winter to begin again in Spring.**

This is a time of year for self reflection, for self care and for healing. A time for you to look inwards and a time for you to pause.

Growth is a natural part of life and Autumn is a beautiful time of year for this. Whatever makes you uncomfortable is your biggest opportunity for growth.

Whatever you feed will grow, so take some time this Autumn to feed the parts of yourself that you want to grow, that you want to develop, that you want to transform. This could be any or all of your physical, spiritual, mental or emotional health.

This Autumn edition has lots of ideas to support you on your journey of growth and self discovery.

Why not take this season as a opportunity to smudge your home or create a mindful space ... or choose some seasonal crystals or healing



items to put beside your bed.

Warmest blessings

Vicki, on behalf of Ronja & Brian



### Sunflower Oracle

RAGLAN WHAINGAROA

Edition 10, Autumn 2023

Compiled and Edited by Vicki Shannon  
& Ronja Skandera

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at [authorbrian.com](http://authorbrian.com)

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**Sunflower Oracle**  
**Online Directories**  
**Healers, Modalities &**  
**Online Services options**  
[sunfloweroracle.nz/directories](http://sunfloweroracle.nz/directories)

# The Healing Power of Sound

**Annie Jameson is a Sound Healer, Crystal Bowl Master, Musician and an Intuitive.**

Her love and passion is to create sacred sound with Alchemy Crystal Singing Bowls™ and other high vibrational instruments to bring people into a deeply relaxed centred space.

When the quartz crystal singing bowls are sounded with reverence they invoke a quiet



peace that can still our minds and release stress from our bodies, allowing us to relax and be open to receive healing.

Our entire human body down to our DNA is crystalline in structure, causing it to respond and resonate with the extraordinary frequencies associated with quartz crystal.

Each sound healing session is a unique experience as Annie

## Nia Dance with Belinda

**Nia is a fun, dynamic movement practice that leaves you feeling energised and alive.**

Blending the latest neuroplasticity science with ancient wisdom, The Nia Technique educates dancers to approach life and their bodies in a holistic manner, infusing love, joy and a refreshed sense of body awareness.

A delightful range of Music and choreography inspires dancers to feel free.

Belinda encourages dancers to choose an intensity level and adapt the movements, dancing in your body's way.

We have many classes throughout the week, plus online sessions.

**STEP INTO A CLASS NEAR YOU**

**Contact Belinda at [www.dancenz.co.nz](http://www.dancenz.co.nz)**

Leave your shoes and inhibitions at the

The logo for Nia Dance. It features a stylized red figure in a dynamic, dancing pose to the left of the word "Nia" in a bold, sans-serif font. Below "Nia" is the word "Dance" in a larger, elegant, serif font.

## Creating Change In The Body



**Over the last 20 years Jo has studied a variety of techniques that have evolved to create a personal body treatment system for her clients that allows them to feel the change within themselves.**

The treatments are designed to address the whole body not just the parts. You may be experiencing something that is creating tension or causing discomfort, when we allow space for that residual tension to be released and softened out of the body the body functions better.

Treatments depend on the individual and

creates a sacred space, leading you on a journey within to heal mind, body and soul.

Through playing and toning with the crystal bowls she intuitively weaves the exquisite



pure tones, bringing your chakras and energy into balance.

Transformation may be experienced on many levels.

Annie also creates music for deep relaxation, mindfulness and meditation.

“When the bowls themselves sing and resonate, I immediately feel a deep sense of inner stillness, peace and calm”. - L.K

**ANNIE JAMESON**

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027 713 8580

door, quieten your mind, and be guided into the sensations of the body. Feel the strength of social connections with like-minded souls reclaiming life, joy, and happiness.

Nia is a grounded cardiovascular dance class incorporating the chemistry and the healing of Martial arts, Dance Arts, and Philosophical healing wisdom.

**STEP in and experience the MAGIC**

**BELINDA – NIA**



their comfort levels. It's not about fixing something, it's about making time and space for the body to adjust to its natural self, unhindered by held or recurring patterns of tension.

Creating space in the body through different techniques of body therapy such as Mohala Floor Bodywork, Kahuna Massage, Iwi heated stone massage, Constructive Rest and Hatha Yoga are all modalities that keep the body



open and flexible which helps to keep our vital energy flowing.

Jo Sharp of Fusion Body Therapies has a clinic at 12 Wallis St. She also offers mobile massage and Mohala bodywork treatments around the Raglan region. Keep an eye out for other offerings, Karuna Fusion Dance & Constructive Rest workshops.

**JO SHARP**

[info@fusionbody.co.nz](mailto:info@fusionbody.co.nz)

[www.fusionbody.co.nz](http://www.fusionbody.co.nz)

021 050 6346



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# Hair Test for Health – Julie & Nicky

**At Hair Test for Health, we use hair testing as a unique way of identifying dietary and environmental sensitivities, mineral imbalances and heavy metal toxicity to help us evaluate your health.**

This non-invasive test, together with a naturopathic consultation, is suitable for the whole family, from babies to grandparents.

The information gathered allows us to determine possible factors contributing to ill-health. We formulate a personalised health plan with you to balance your body and support you on your journey to well-being. This can involve nutritional and lifestyle advice, herbal medicines, supplements, Bach flowers and other natural therapies.



*Hair Test  
for Health*

**Supporting you to rebalance your health through hair analysis**



Hair Test for Health can help with issues including: allergies, blood sugar levels, chronic fatigue, digestive discomfort, hyperactivity, inflammation, joint pain, learning difficulties, migraine/headaches, mood swings and skin conditions.

Let us support you to re-balance your health.

## **HAIR TEST FOR HEALTH**

hairtestforhealth@gmail.com

www.hairtestforhealth.com

Julie 021 227 9559

Nicky 022 318 1351

## Lighten Up for a Mindful Home

**As Autumn sets in, consider your home and dedicate a room to pimp into a mindful space. Your environment has such a significant effect on your mood and can inspire you to start or maintain your self-care practices.**

Colour and light are one of the biggest influences to the atmosphere of a space, so it's as important to consider how a room looks as it is to consider how a room feels.

Painting the walls in light colours – whites, creams, yellows, pale pinks and blues – gives the illusion of more space, so changing the colour of the walls and the floor is one of the first things you can do to upgrade your space.

Bringing plants indoors – you can go for-



aging in the garden or the bush and pick leafy sprigs or wildflowers for the vase, or buy a few house plants.

Consider what self-care activities you enjoy and set your room up so that it is easy to engage in these activities:

- display your guitar
- put an easel and some paints in a corner
- dedicate a spot for your yoga mat
- arrange your favourite books on a coffee table

You want to be able to walk into the room and become instantly motivated to relax and do what you love.

Lastly, consider making this room free of devices!

– Ronja Skandera

# Maeve Kelly - Soul Alignment

**Soul Alignment is the opening of channels, both within the physical body and the template of energy which surrounds the body, and ultimately our unified body which connects with all things.**

It is the reinvigoration of that destiny we have chosen before birth and the remembering of the purity that we carry within our hearts.

It is an awakening experience which allows for the flow of energy and information and for the release of blockages and trauma which we have carried during this and previous lifetimes.

A session of Soul Alignment may involve any of the following; spiritual guidance / counsel-



*'Out beyond the ideas of wrong doing and right doing, there is a field, I will meet you there'.*

– Rumi

ling, past life regression, trauma acknowledgment and release, hands on energy healing, embodiment practices, massage, reflexology and meditation.

The sacred space within which you will journey is held by the Archangels & Ascended Masters and by your own ancestral lineage, and therefore the room is bathed in love and compassion for the purpose of deep transformation. It is the perfect place to step into when you find yourself at a crossroads in life.

It is supported by my own experiences over 12 years, of profound self-witnessing and awakening, of energy studies (Reiki & Seichim Master training & Kwon Yin Magnified Healing), Celtic Shamanic training, Shamanic Breathwork, Romi Romi Massage, Ancient Lomi Lomi Temple Healing Massage, Angelic Healing & Channeling, Reflexology and Shamanic Plant Journeying.

## MAEVE KELLY

Contact me on 0273330707 or email me at [mck.angelfire@gmail.com](mailto:mck.angelfire@gmail.com).

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## The Benefits of Coconut Oil

**Coconut oil is probably a lot more versatile than you think. It has anti-inflammatory, antioxidant and antimicrobial properties, making it a popular household staple for many uses:**

- **Moisturizer** – use straight from the jar on your face and body as a moisturizer before you go to sleep. It can also be used for bacterial and inflammatory skin conditions such as eczema, psoriasis and nappy rash.
- **Hair mask** – highly moisturizing and said to promote hair growth, it can also help alleviate dandruff and is moisturizing for the scalp. Heat 2 tablespoons so that it liquifies, then rub through your hair, lay a towel over your pillow or wrap your hair, and sleep with the oil soaking into your hair. Wash the next morning as normal.
- **Massage Oil** – melt a small amount in the mi-

crowave, and add a few drops of your favourite essential oil such as lavender or tea tree for sore muscles. Apply to the body while still warm.

- **Furniture Conditioner** – apply to wooden furniture using a cloth. Rub in circular motions.
- **Stain Removal** – mix coconut oil and baking soda in equal amounts into a thick paste and use a toothbrush to rub into stubborn stains. Allow to dry for approximately an hour, then wash as normal.

– Ronja Skandera





# Diane Davies – Massage & Aromatherapy

Diane has been practicing the healing arts of aromatherapy and massage for 11 years, practising yoga for 20 years and teaching for five.

With a background in counselling, all these aspects inform her treatments so that the needs of the body, mind and spirit are catered to.

Using a tailor-made mix of essential oils for every massage enhances the holistic nature of the treatment.

Diane considers essential oils to be an aspect of plant medicine, to be used correctly and with reverence and no one treatment will be the same as another.

## DIANE DAVIES

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www.ddma.co.nz  
021 969 929



## Enriching Things to try this Autumn

**Beachcombing** – head to your favourite beach and trawl the shoreline for treasures. Shells, seaglass, driftwood – pick up any plastic along the way! When you get home, arrange your treasures on a windowsill.

**Exercise snacking** – sadly this has nothing to do with snacks. Try fitting in regular, short bouts of exercise into your day. These could be as short as 60 second bursts. Run up the stairs, do 10 chair squats, walk around the block at lunch, challenge your co-worker to an arm wrestle. Fitting in exercise in such small chunks mean you can have a more active day without noticing any strain on your time.

**Write a letter to a loved one** – who still does this?! Slow things down, take your time, and communicate to a loved one by writing a letter. Everyone loves receiving mail but most of us just get bills. Include a poem, a treasure from nature like a leaf or a feather, and tell them how much they mean to you.

**Create something** – do something you haven't done before. Paint, cook a new recipe, build something, write a poem or a story, play an instrument, restore something.

**Repurpose your old soap** – collect all the old soap ends. When you have enough, melt them down over a double boiler and add essential oils and dried flowers. Pour the liquid into a plastic container as a mould and allow to set.

– Ronja Skandera





## Lazuli by Lisa Kerrisk

Beauty Therapy, Crystals & Jewellery

**Hello, I work from my home studio / workshop in Raglan, where I practice Beauty Therapy using natural NZ made products.**

I can offer waxing, lash & brow tints, brow shapes & facials. With each treatment I invite you to give back to yourself, a moment to relax, then return to reality with a sense of rejuvenation.

I have a beautiful selection of healing crystals for sale & make aromatherapy products, perfumes, facial mists etc.

In my Studio I also create bespoke

## Glenn Mortimer – Holistic Guide

**Glenn, owner of Four Hawks Retreat & Remedies, offers holistic healing services to suit different needs. Based in a peaceful private rural setting 20 minutes from Raglan, with a beautiful temple and garden, the retreat is a place to just be and heal.**

Get out of the busy town or city life for a couple of hours, or a whole day and night, with guest cabins available.

Glenn offers Guidance, Shamanic Healing, Energy/magnetic healing, Reiki, Meditations, Spirit Walks, Drum Journeys, Workshops



## Therese – Fusion Flow Massage

**With over 20 years experience as a physiotherapist, Therese's practice of holistic health deepened with her own journey into yogic lifestyle, mindfulness meditation and earth connection since 2009.**

Since then her array of bodywork has broadened and taken her from outback Australia around the world, learning, adapting and evolving a heart-centred practice along the way.

Therese's unique style of therapy interweaves an expert knowledge of

anatomy and physiology with an intuitive understanding of the subtle body, emotions and energy in a natural nurturing flow.

The range of therapies available are Chi Nei Tsang (Abdominal Energy Detox Massage), Lymphatic Detox Massage, Craniosacral Therapy, Therapeutic Remedial Massage, Deep Tissue Massage, Relaxation Massage including Guided Relaxation, Emotional Release & Balance which melds a combination of these physical modalities with voice, movement and breath, and the luxurious

Jewellery pieces using natural gemstones, silver/gold, & vintage tribal adornments that I have collected from all over the world.

I'm available Tuesdays, Thursdays & Fridays.

To book for a treatment or to visit the Studio, contact:

**LISA KERRISK**

ruma1@xtra.co.nz  
0274406391

**I invite you to discover some of my creations on my social media pages**

facebook.com/lazuli.raglan  
instagram.com/lazuli\_raglan



and training. Glenn has been in this work since 2005 and apprenticed shamanic healing with The Four Gates Foundation and the late Ross Heaven.

Healing is approached holistically whereby the whole self and being is worked with – physical, mental, emotional and spiritual – using a combination of techniques and traditions as needed. Often serving one-to-one tailored sessions to suit each individual's needs, also couples, family, friends and small groups. Why not treat yourself?

**GLENN MORTIMER**

Text Glenn 021 170 4474  
www.FourHawks.org  
Facebook / Four Hawks Retreat

**4-Hands Massage.**

In our newly built Tui Cabin you can now book couples massage too! The Tui Cabin is a nourishing wooden cabin built with carefully selected natural materials and nestled in the garden surrounded by lush nature.

Online bookings and gift vouchers available for sessions in the Tui Cabin or at your place.

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info@fusionflow.co.nz



# Dyana Wells - Somatic Movement Classes

Somatic practice developed out of my love of yoga, meditation, Kum Nye and self development. It is a practice based on moving slowly in unfamiliar ways, with awareness, less effort and more pleasure.

This kind of movement allows the body to release life-long patterns of tension and restriction. The somatic organism knows how to move in a pain-free, graceful way. By waking it up to unhealthy movement patterns, which over the years have become fixed in the unconscious part of the brain, somatic practices will naturally unravel them.

There seems to be no end to the improvement possible. It has the ability to transform your practice of yoga, surfing, pilates, walking etc.

It has been said the every pattern of muscular tension has an ego profile, a psychological



strategy by which the being disconnects and protects itself. In the journey back to wholeness, somatics cultivates an open, trusting, connected way of moving – which in turn facilitates a more open and connected way of living

Somatic practice is possible for anyone. It does not depend on a particular level of fitness or flexibility. This is part of its beauty.

I am available for one-on-one sessions. I am also running classes at 24 Lily Street on Thursday mornings from 9:30-10:45. If you are interested please contact me.

## DYANA WELLS

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dyanawells.com

## Benefits of the Humble Hug

**Who doesn't like a hug? I know it is not everyone's cup of tea and some people do not like to hug anyone except family, but the humble hug can have so many benefits to your health.**

When we hug someone we connect with them through deep pressure. This sends signals to our nervous system reducing anxiety and

calming you down. It resets our nervous system.

Studies have shown that hugging boosts the hormone oxytocin which produces feelings of safety, security and connection. We feel more grounded and, in this state, we are less reactive to stressors throughout the day, but also in the long term building resilience and lowering reactivity to stress. Those are not the only benefits of the humble hug, however.

It also:

- Improves sleep
- Increases the production of oxytocin which is the happy hormone we produce
- Reduces stress
- Boosts your heart health
- Reduces blood sugars and inflammation
- Increases your immune system

So never underestimate the power of the humble hug. It not only shows someone you care but has so many other benefits. If you have no one around to hug, you can also use the self hug!

– Vicki Shannon

## HUGGING

### WHAT PEOPLE THINK IT DOES

- SHOWS SOMEONE YOU CARE



### WHAT IT ACTUALLY DOES

- HELPS BOOST YOUR IMMUNE SYSTEM
- HELPS EASE DEPRESSION
- HELPS REDUCE FATIGUE
- CREATES A STRONGER BOND WITH A PARTNER OR LOVED ONE
- REDUCES BLOOD PRESSURE
- REDUCES HEART RATE
- REDUCES THE EFFECTS OF STRESS

# Bernadette Works In Person & Remotely

## Sacred Journey Guidance

Using a combination of healing modalities from her tool kit, this session provides a powerful intuitive space where Bernadette connects with whispers of your past, present and potential to help you resolve blocks, uncover hidden pathways and solutions, bringing insight and clarity to specific situations, while also seeding the potential for positive change and inspiration for your Journey as a whole.

## 1:1 Spiritual Mentorship

Sometimes transformation is instantaneous.

At other times it may take longer to initiate, integrate and then sustain the changes we are looking for.

This premier online or in person Mentorship experience is tailored to suit your unique needs. It's designed to meet you where you're at right now, to redefine your highest dreams, to assist you in the easiest way to get there and to fully support your process of becoming.

*"Gentle, radiant, powerful, profound."*

— JENNA SHAW

## Animal Whispering

Utilising her healing skills combined with inter-species communication, Bernadette can support your animals with:

- increased quality of life
- restoring health and wellbeing
- behaviour resolution
- relief from specific injuries and ailments
- relationship building
- reconnection with deceased pets

"There are many ways I can support you, no matter what you're going through and where you are on your spiritual path."

## BERNADETTE MARAMA GAVIN

Author, Healer, Animal Whisperer  
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## Join the Sunflower Oracle Wellness Network

**Option A.** Listing in four Quarterly magazines + website Directory for 12 months = \$170

**Option B.** Listing in two Quarterly magazines + website Directory for 6 months = \$120

New healers receive a **feature Profile** (including one or two photos) in the front pages.

On our **website** your Profile will be featured in the appropriate Directory.

Magazine Profiles are limited to 220 words. Online Profiles are unlimited words.

**To join, go to [sunfloweroracle.nz/sign-up/](http://sunfloweroracle.nz/sign-up/) and fill in the online form with your choices.**

## Katie Pickering – Earth and Ease Facials

**Experience a botanical facial treatment, using only the most pure and organic products.**

As a qualified beauty therapist and experienced facialist, I am empowered to not only guide your skin into balance but also offer a relaxing and rejuvenating holistic treatment.

I am of the belief that less is more when



it comes to skincare. A balanced simple routine, using pure, organic and botanical products, not only leaves your skin feeling rejuvenated but also allows its innate

wisdom to shine through. Our skin being our largest organ is very intelligent and we only need to work alongside that wisdom for holistic results.

My facials combine naturally derived ingredients and herbal extracts, used

## Nicky Mann – re:align / Yogalates / Pillar Code

**“Create a life that feels good on the inside, not just one that looks good on the outside.”**

**re:align** is the offering of two complementary but stand-alone, holistic practices that create positive change in your life - the practice of Yogalates and the teachings of The Pillar Code.

**Yogalates** offers public weekly classes at The Yoga Loft in Raglan as well as personal or small group private sessions.

**The Pillar Code** is a 12 week on-line guided healing journey that allows for the total clear-

ing (release), repair and transformation of your Life, Mind and Body.

By clearly seeing what your past life has manifested for you – i.e how your Life, Mind and Body looks now – you are then given the tools to support you manifesting the “what” of your choosing for your tomorrow.

Combining, aligning and lifting each individual to clear and release past blocks, take back ownership of their own life experience and to positively move forward creating a fulfilling, joyful and purposeful life.

## Etai Gilad – Counselling & Hypnotherapy

**Are you ready to take the journey towards discovering the true masterpiece that you are? Does your life feel colourless and dull? Are dark thoughts covering the canvas of your mind? Is it time to release the shadows of your past?**

Solution-Focussed Hypnotherapy is an effective and enjoyable way to connect with your inner resources, be open to possibilities and discover new perspectives.

*“I saw the angel in the marble and carved until I set him free.” – Michelangelo*



through deep cleansing, massage and exfoliation techniques. My goal is to leave you feeling relaxed, rejuvenated and glowing from the inside out!

Set in native bush at the base of Mt Karioi, enjoy the peaceful ambience of birdsong and ocean waves during your pampering treatment.

**KATIE PICKERING**

eartheasefacials@gmail.com  
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Instagram @earthandeasefacials



Our programmes will:

- empower you to lift into your highest form of resilience
- calm and balance your mental wellbeing to help you lift into clarity
- nourish, rebuild and strengthen your body to be the healthiest version of you right now.

If you are choosing to reduce unwanted stress, tiredness, tension, find your sense of calm, rediscover your confidence to feel in control of your life and reignite your passion for adventure – then Now is the time to re:align.

**NICKY MANN**

For information and testimonials check [www.realign.co.nz](http://www.realign.co.nz) and contact me to book in your Discovery Call and complimentary Life Happens session (valued at \$125).

**Etai Gilad** DHypPsych (UK) has been helping people to make changes in their life including lifting depression, easing anxiety and resolving trauma since 2009.

Using a blend of hypnotherapy, psychotherapy, NLP and EFT Etai will help you develop tools and techniques that enable you to find your creative flow and craft the life that you want.

**Face-to-face therapy is in Raglan/Whaingaroa, and online sessions are available from anywhere.**

**ETAI GILAD**

etai@artofchangetherapy.com  
<https://artofchangetherapy.com>  
027 508-0577



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SWoP aims to be a zero-waste alternative to supermarkets so customers can shop without packaging in an affordable and sustainable way. Providing things like loose tea, baking staples, snacks, herbs and spices, oils and vinegars, plus things like toothpaste tablets, period underwear and eco reusables.

Did you know kiwi households throw out a staggering 1.76 billion plastic containers per year?! By refilling your pantry, we can reduce this down by 50% on average and create circular economies all around. Small changes made by many people make the biggest difference.

Shopping packaging free makes a real difference to our environment. We are constantly sourcing new and exciting products and taking feedback from customers. We source New Zealand grown and locally made items, at affordable prices. SWoP's next aim is to become an essential shop in Raglan!



9 Bow Street Raglan 0279677467 [www.swop.nz](http://www.swop.nz)