

ALCHEMY IN MOTION

AUTUMN NEWSLETTER



NEW TEAM MEMBERS

We have had an exciting start to the year, adding amazing and experienced clinicians to our team PLUS the return of of much loved team member!

LOUISE NEGOESCU - SENIOR PHYSIOTHERAPIST

Louise has joined our team and brings with her over 10 years experience as musculoskeletal and pelvic health physiotherapist. Louise is both a Clinical Pilates and Yoga Instructor, bringing a holistic, evidence-based approach to injury prevention, rehabilitation, and overall wellness working with all ages. Her expertise includes lower back pain, head aches, Clinical Pilates and pre- & post-natal care.

She has a special interest in:

- Women's and Men's Pelvic Health
- Antenatal & Postnatal care
- Musculoskeletal Pain & Disorders (Back pain & headaches)
- Clinical Pilates Rehabilitation



ABBY FRENCH - PHYSIOTHERAPIST

Abby has joined our team and brings with her three years of extensive experience within the UK National Health Service across a wide range of clinical areas, including musculoskeletal outpatients, trauma and orthopaedics, respiratory care (surgical and ICU), learning disability services, inpatient rehabilitation, and pelvic health. Abby has completed Level 1-3 Clinical Matwork Pilates training and enjoys incorporating Pilates principles into rehabilitation.

She has a special interest in:

- Women's and Men's Pelvic Health
- Musculoskeletal
- Clinical Pilates Rehabilitation



GRACE GLEESON - PHYSIOTHERAPIST

The lovely Grace is returning back to clinic from **MONDAY 9TH MARCH!** Grace will also be taking pilates reformer classes on Monday mornings from Monday 16th March.

Grace has a special interest in;

- Antenatal and post-natal care
- Incontinence (bladder and bowel)
- Constipation and bowel dysfunction
- Pelvic organ prolapse
- Mastitis and breastfeeding dysfunction
- Gynaecological post-op rehabilitation
- Exercise rehabilitation through Pilates-based exercise and hydrotherapy
- Pelvic and hip conditions



OTHER TEAM NEWS:

- Laura Manning is now treating in clinic four days/week, Monday - Thursday.
- Gayle Snyders is currently on extended leave and at this stage, will be returning June 2026.
- Alice Mackenzie is no longer be treating and is currently enjoying MAT leave with her family.
- Raimée Lower is now on MAT leave with her family for the remainder of the year.
- Zoe Mills has retired from Alchemy and we wish her all the very best with her new endeavours.
- Olya Antonio has resigned from Alchemy to concentrate her time with her family.
- Keep an eye on our socials with exciting new additions in April!

NEW SERVICES

BEAUTY THERAPY & RELAXATION MASSAGE

Indulge in a rejuvenating experience with our dermal therapist, May. Each session is tailored to your unique needs, using high-quality Synthesis Organics products with specialised techniques designed to nourish your skin and body.

NEW SERVICES WITH MAY INCLUDE:

- Balancing Facial 45 mins & Back Massage 30 mins **\$175**
- Relaxation Massage 60 mins & 15 min Dry Brush **\$165**



NEW SERVICES

PODIATRY

We are so excited to welcome Sally Purvis from the Bare & Balanced Podiatrist into the Alchemy family!

Sally can assist with a wide variety of foot and lower limb concerns such as:

- Foot pain
- Ingrown or discoloured skin and nails
- Corns and callous
- Skin rashes
- Foot odour
- Foot injuries
- Broader health problems such as diabetes or arthropathies
- Recurrent tripping or falling
- Problems fitting comfortably in your regular shoes
- Oedema, lumps, or redness in the feet or legs.

Sally's scope of practice is broad and she can implement a variety of medical, surgical and rehabilitation techniques to provide personalised care to alleviate pain, restore mobility and improve quality of life.

Such techniques can include:

- Nail surgeries
- Musculoskeletal & biomechanical assessments & treatment
- Chronic disease management
- Orthotics prescription & manufacture
- Paediatrics
- Neurovascular
- Radiological
- Skin & nail care
- Wound care

Sally treats every **WEDNESDAY** and **THURSDAY**.

To book an appointment with Sally - head over to our website and follow the link to "Noosa Podiatry" alternatively, feel free to contact our gorgeous admin team.



NEW SERVICES

CLINICAL PSYCHOLOGY

We are thrilled to welcome Laura Johnson from Refine Clinical Psychology into the Alchemy family!

Laura's areas of interest:

- Mood and anxiety disorders
- Adjustment to chronic health conditions
- Palliative care and end-of-life care
- Carer fatigue, burnout and stress
- Grief and bereavement
- PTSD and trauma
- Interpersonal stress or adjustment to stressful life conditions
- Perinatal mental health
- Substance misuse or addiction

Evidence-Based Treatment Approaches Offered:

- Individual therapy (adolescents & adults)
- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Acceptance and Commitment Therapy (ACT)
- Interpersonal Psychotherapy (IPT)
- Trauma-focused CBT
- Motivational Interviewing
- Compassion Focused Therapy

Laura treats in clinic every **THURSDAY** and **ALTERNATING TUESDAY**.

To book an appointment with Laura - head over to our website and follow the link to "Noosa Psychology" alternatively, feel free to contact our gorgeous admin team.



TRADITIONAL CHINESE MEDICINE & ACUPUNCTURE

We are overjoyed to have Nadja from Nadja's Family Acupuncture as part of the Alchemy family! We have worked very closely with Nadja for over 10 years now and are so lucky to have not only her expertise but her amazing nature in clinic!

Nadja treats in clinic every **TUESDAY** and **THURSDAY**.

To book an appointment with Nadja - head over to our website or alternatively, feel free to contact our gorgeous admin team



NEW SERVICES - COMING SOON!

OSTEOPATHY

We are thrilled to announce that we will have Dr Johannes Maehrlein (Dr Jo) from Good Move Osteopathy joining the Alchemy family after Easter!

Jo has extensive training in musculoskeletal health and manual medicine, with his treatment style predominantly direct and structural, aimed at the musculoskeletal system. His approach is also shaped by personal experience – after surviving a serious motorbike accident, he went through a long rehabilitation journey himself. His experience informs how he works with people in pain, combining clinical expertise with genuine empathy and a strong belief in the body's capacity to recover when properly supported.

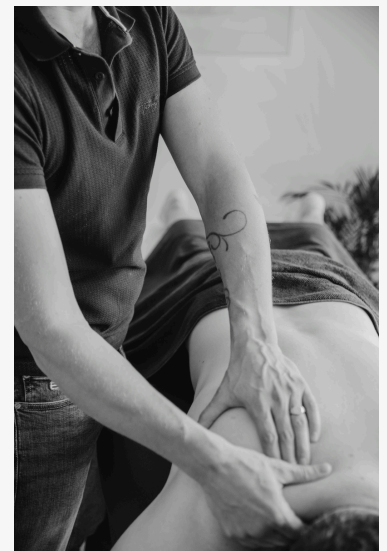
Jo has special interests in:

- Spine and joint Issues
- Head and jaw (including migraines and TMJ)
- Muscle and sports
- Chronic and complex Pain
- Preventative care
- Injury recovery

Client treatment is always individualised and may include:

- Joint mobilisation
- Soft tissue techniques
- Movement-based approaches
- Dry needling where appropriate

Keep an eye out for more information on Jo's start date and appointment booking information.



ONGOING CLASSES IN CLINIC

REFORMER

This class is exclusively a reformer Pilates class.

These classes are run by our musculoskeletal physiotherapists, Louise, Jess and Grace.

- Max 3 participants
- Class duration: 40 minutes
- One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available

STRENGTH REFORMER

This class is a fusion of functional strength training, proprioceptive training and reformer Pilates exercises. This class utilises our reformers and all of our strength and conditioning equipment.

These classes are run by our musculoskeletal physiotherapists, Louise, Jess and Grace.

- Max 4 participants
- Class duration: 40 minutes
- **One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available

WE ARE CURRENTLY EXPLORING THE POSSIBILITY OF ADDING MORE CLASSES TO OUR CURRENT TIMETABLE!!

IF YOU WOULD BE INTERESTED IN A 6:15AM CLASS OR HAVE SUGGESTIONS FOR A NEW CLASS TYPE, WE WOULD LOVE TO HEAR FROM YOU!

FOCUS PRODUCT

The Synthesis Energy Imbued Organics range are used in all of our facial services. These are an elegant range of high performance, bioenergetic and organic skincare that unifies science and organics. Described as enlightened self care and made with integrity in Byron Bay.

We stock selected products used in our facial treatments;

- All 4 One Exfoliator & Mask
- Calm Elixir
- Follow The Light Eye Cream
- HA+ & Flower Dew Serum
- NOTOX Ageless Glow Serum
- Renew Enzyme Cleanser
- Soothe Cream
- Vitamin C Serum C = MC2



COMMUNITY PROGRAMMES

PREGNANCY AQUA - NOOSA COUNCIL

We love being involved in community programs - improving access to excellent healthcare and improving outcomes for residents within the Noosa shire. One of our gorgeous pelvic floor physios - Ocean is still running Pregnancy Aqua classes every Thursday at Noosa Springs and it is a highlight of so many gorgeous Mums' weeks as they have an opportunity to move, connect with other Mums-to-be and learn about relevant topics that can assist them in their pregnancy journey, birth and postnatal recovery. Often, these women come into clinic to see Ocean for antenatal and postnatal support and we adore seeing what a success this program is in terms of creating a 'loop' of healthcare between private practice and community.

For more information, head over to the Noosa council website www.noosa.qld.gov.au



LOCAL PARTNERSHIPS

LYMPHOEDEMA SERVICES - ICON & NOOSA HOSPITAL

We are thrilled to be involved in an incredible program for patients currently undergoing cancer treatment and who are flagged as having, or being at risk of having lymphoedema.

As part of this program, patients who are treated at Noosa Hospital for their oncology treatment and are flagged for lymphoedema, will see our lymphoedema occupational therapist for three FREE individualised appointments. To have our local hospital and stakeholders involved in funding such an incredible program is wonderful as it reduces barriers for patients being able to access such high quality therapeutic services in what is an incredibly difficult and stressful time of their lives.

We are so incredibly grateful to have been considered for and chosen to provide these services in order to support the Noosa community and surrounds.

CARDIOLOGY SERVICES - OCEANSIDE CARDIOLOGY

We are thrilled to have partnered with Oceanside Cardiology in Noosa to provide a comprehensive and targeted allied health service for their clients who are undergoing surgery as well as those who are being managed for chronic disease.

Oceanside Cardiology clients have access to:

- Physiotherapy & exercise rehab services
- Dietetics and nutritional support and guidance
- Podiatry services
- Psychology services

We are thrilled that Oceanside have considered partnering with us so that we can support their clients before and after surgical procedures as well as to support them as they navigate managing lifelong health conditions - ultimately improving outcomes, quality of life and life expectancy!

UPDATED OPENING HOURS

Monday	7:00am - 5:00pm
Tuesday	7:00am - 5:00pm
Wednesday	7:00am - 5:00pm
Thursday	7:00am - 5:00pm
Friday	7:00am - 5:00pm
Sunday	8:00am - 10:00am (by appointment only)

EASTER CLOSURE

We will be closed for the Easter Public holidays

Friday 3rd April GOOD FRIDAY **CLOSED**
Monday 6th April EASTER MONDAY **CLOSED**

Tuesday 7th April RE-OPEN TO USUAL HOURS

ALCHEMY SERVICES - NOOSA

- Women's & Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Chronic & Complex pain management
- Occupational Therapy
- Myotherapy & Remedial Massage
- Reformer classes
- Organic Facials
- Relaxation Massage
- Nutrition & Dietetics
- Clinical Psychology
- Podiatry
- Traditional Chinese Medicine & Acupuncture

