

luxe WELLNESS

YOGA, MEDITATION & PILATES

photographer Shan Rose from GetRosy
review Jamie-Leigh Howard

The HERB Bar

If you suffer from issues such as low energy, sleeping disorders or digestive problems, you may want to consider naturopathy, a holistic approach to health and wellness suitable for all ages.

Naturopaths can help determine the cause of your health conditions, provide useful advice and come up with individual treatment plans to guide you towards your health goals. Encompassing a variety of treatment methods such as herbal medicine, dietary, lifestyle and nutritional advice, naturopaths can aid in boosting your body's natural healing potential and restore harmony.

Peter Mullen, owner of Mullen Natural Health, has more than 30 years of experience helping people get to the bottom of their health conditions and back on the path to wellness. His team of qualified naturopaths provide free mini consults, natural supplements, herbal medicines and helpful advice to guide, teach and support in all areas of health and wellbeing.

The team specialises in areas such as women's health, gut issues, anxiety and depression, and focuses on not just treating symptoms but determining the cause. The practice also has a fully stocked herb bar, which is beneficial in naturopathy treatments.

Based in Hamilton, NSW, the team of qualified naturopaths treats clients in person across Newcastle, Lake Macquarie and the Hunter Valley as well as Australia-wide via telehealth consultations. For more information, visit their website here.

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