





★Expert Membership Benefits – In Pictures

**How We Can BOOST Your
(Local) Online *Exposure And Credibility***

• Your Profile Listing, Events & Articles Feature On Home Page

[Login](#) | [Register](#)

[Home](#) | [Learn Therapies](#) | [Therapy Articles](#) | [News + Updates](#) | [Advertising Options](#) | [About Us](#) | [Contact Us](#)

Popular Therapies

- » Yoga
- » Deep tissue massage
- » Aromatherapy
- » Chiropractic therapy
- » Homeopathy
- » Energy healing
- » Connective tissue ma..

Featured Therapists

- » The yoga tree
- » Isha edwards
- » Amyria taylor: natur..
- » House of health ltd
- » Vincent bolletta
- » Facial radiance
- » Well&truly

Health Events

- » Open day
- » Peak pilates open da..
- » Ponsonby market day
- » Aromatherapy, & othe..
- » One day pregnancy re..
- » Bimonthly massage pr..

Health Articles

- » What is metabolic ..
- » Why should mum's d..
- » Why is preconcepti..
- » Diet not working
- » Panic attacks

Welcome to Auckland's online wellness community

Your local health resource and practitioner directory

Search Directory

-- Category --
-- Suburb --

Find a therapist by therapy type:


Acupressure	Acupuncture	Alexander Technique	Allergy Intolerance Testing
Aromatherapy	Art Therapy	Ayurvedic Massage	Ayurvedic Medicine
Beauty Therapy	Biodynamic Craniosacral Therapy	Biofeedback	BodyTalk
Bowen Technique	Breathwork Therapy	Chinese Massage	Chiropractic Therapy
Colonic Hydrotherapy	Colour Therapy	Connective Tissue Massage	Counselling
Cranial Osteopathy	Craniosacral Therapy	Crystal Therapy	Cupping Therapy
Deep Tissue Massage	Detoxification	Ear Candling	Emotional Freedom Technique (EFT)
Energy Healing	Feldenkrais Method	Flower Essence Therapy	Gestalt Therapy
Hawaiian (Lomi Lomi) Massage	Herbal Medicine	Holistic Massage	Homeopathy
Hypnotherapy	Indian Head Massage	Infant Massage	Iridology
Jin Shin Jyutsu	Kinesiology	Laser Therapy	Life Coaching
Lymphatic (Drainage)	Magnetic Therapy	Meditation	Music Therapy


Advertise Your Business

Practitioners
Advertise your health business
Click here for your **FREE** listing

Wellness E-Newsletter

Subscribe to our monthly natural health newsletter today and download your **FREE** copy of 'Holistic and Alternative Medicine – 101 Natural Health Tips.'





- Appear At The **Top Of Search Results** & Be Found **FIRST**

HOLISTIC MASSAGE PRACTITIONERS

24 results found, displaying results 1 to 10.

The Wellness Directory Ltd
Address: PO Box 911469, Victoria Street West, Auckland Central, Auckland 1142
Phone: 0508 WELLNESS
The Wellness Directory is Auckland's online health resource and practitioner directory. [more »](#)

House of Health Ltd
Address: 222 Jervois Road, Herne Bay, Auckland 1011
Phone: 09 360 0550
Home of Natural Health in Auckland, specialising in the promotion and maintenance of great health using traditional and innovative therapies. Highly qualified practitioners integrating Mind-Body Medicine [more »](#)

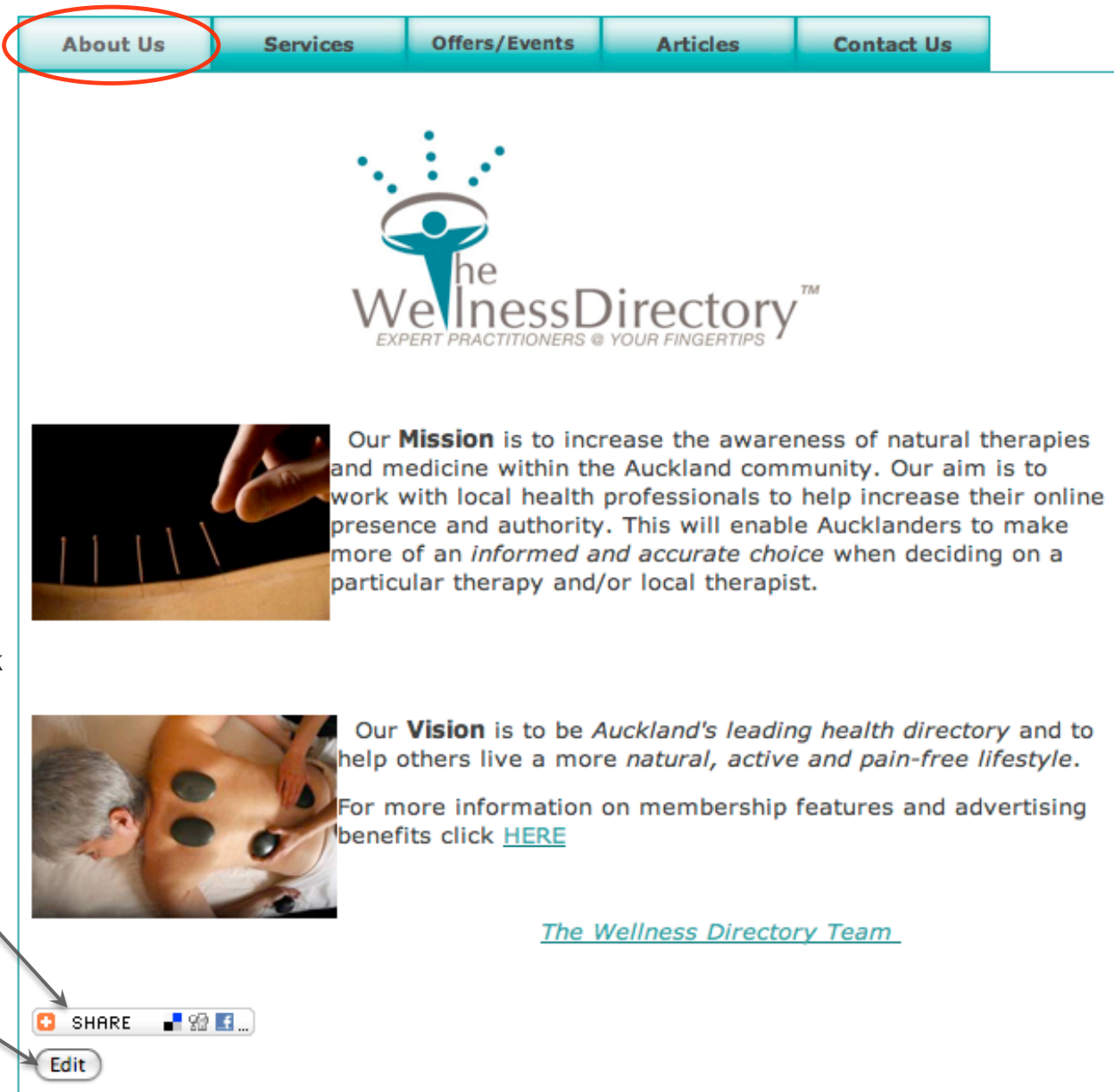
Maintain Massage Therapy
Address: 9 D Vernon Street, Freemans Bay, Auckland Central, Auckland 1010
Phone: 09 3090454 mob 0212748890
Maintain Massage Therapy can help with ...postural assessments, tired achey muscles, RSI, arthritic pain, whiplash, sports specific. Registered Remedial Massage Therapist MNZ "Maintain your body" [more »](#)

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- A 5-Page Web Profile = More **Exposure** For your Business & Services


Visitors can email friends and bookmark your profile page to give you even more exposure

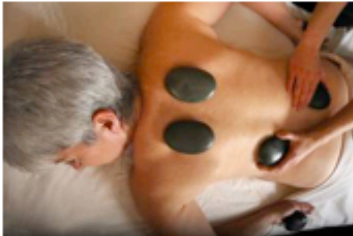
Quickly and easily edit or update your information at anytime




About Us Services Offers/Events Articles Contact Us


EXPERT PRACTITIONERS @ YOUR FINGERTIPS

 Our **Mission** is to increase the awareness of natural therapies and medicine within the Auckland community. Our aim is to work with local health professionals to help increase their online presence and authority. This will enable Aucklanders to make more of an *informed and accurate choice* when deciding on a particular therapy and/or local therapist.

 Our **Vision** is to be *Auckland's leading health directory* and to help others live a more *natural, active and pain-free lifestyle*. For more information on membership features and advertising benefits click [HERE](#)

[The Wellness Directory Team](#)

SHARE 

Edit

- Quickly Edit Or Update Your Profile Anytime – As **Easy** As Microsoft Word

The screenshot shows a web interface for editing a profile. At the top is a navigation bar with tabs: 'About Us', 'Services' (highlighted with a red circle), 'Offers/Events', 'Articles', and 'Contact Us'. Below this is the 'Edit Services' form. A list of therapies is shown in a scrollable box, with 'Personal Training' selected. A red box highlights a rich text editor toolbar with options for styles, font, size, bold, italic, underline, text color, background color, bulleted list, numbered list, and indent. Below the form is a preview of the profile page, showing the 'Services' section with a list of therapies and a 'Featured listing' section. At the bottom of the form is an 'Update' button. Arrows point from text annotations to these elements.

Select your specialist therapies - You will be found at the TOP of search results for each one

Therapies *

Click to expand the box to a FULL web page

Like Microsoft Word, choose your own unique styles, colours and images to PERSONALISE your page

Services *

Update changes to your profile with ease at anytime

Update



- **Promote** Upcoming Seminars/Workshops & Introductory Or Seasonal Offers

Add up to 10 weekly, monthly or seasonal offers and events within 30 seconds - Your update will be visible on the home page

About Us **Services** **Offers/Events** **Articles** **Contact Us**



Offers +

October's Introductory Special For Expert Members
Register as an expert practitioner today and receive THREE MONTHS advertising & membership benefits for FREE.

Events +

2009 WEB MARKETING TOOLS FOR PRACTITIONERS
1 Nov 2009 12:30pm - 1 Nov 2009 2:30pm
The Wellness Directory proudly brings the latest web marketing trends, tools and strategies to all registered health practitioners within Auckland. For more details and to register early (receive an early discount) RSVP today to rsvp@thewellnessdirectory.co.nz

- Submit Unlimited 'Expert' Articles For More Credibility In 3 Easy Steps

Choose the subject of your article

Use keywords in the title as your article will be traced by search engines

Simply write an article or 'copy and paste' an existing document into the content box just like Microsoft Word – Again, once submitted, your work will be featured on the home page and within the onsite article directory

(* Indicate Mandatory Fields)

Article Category *

Article Title *

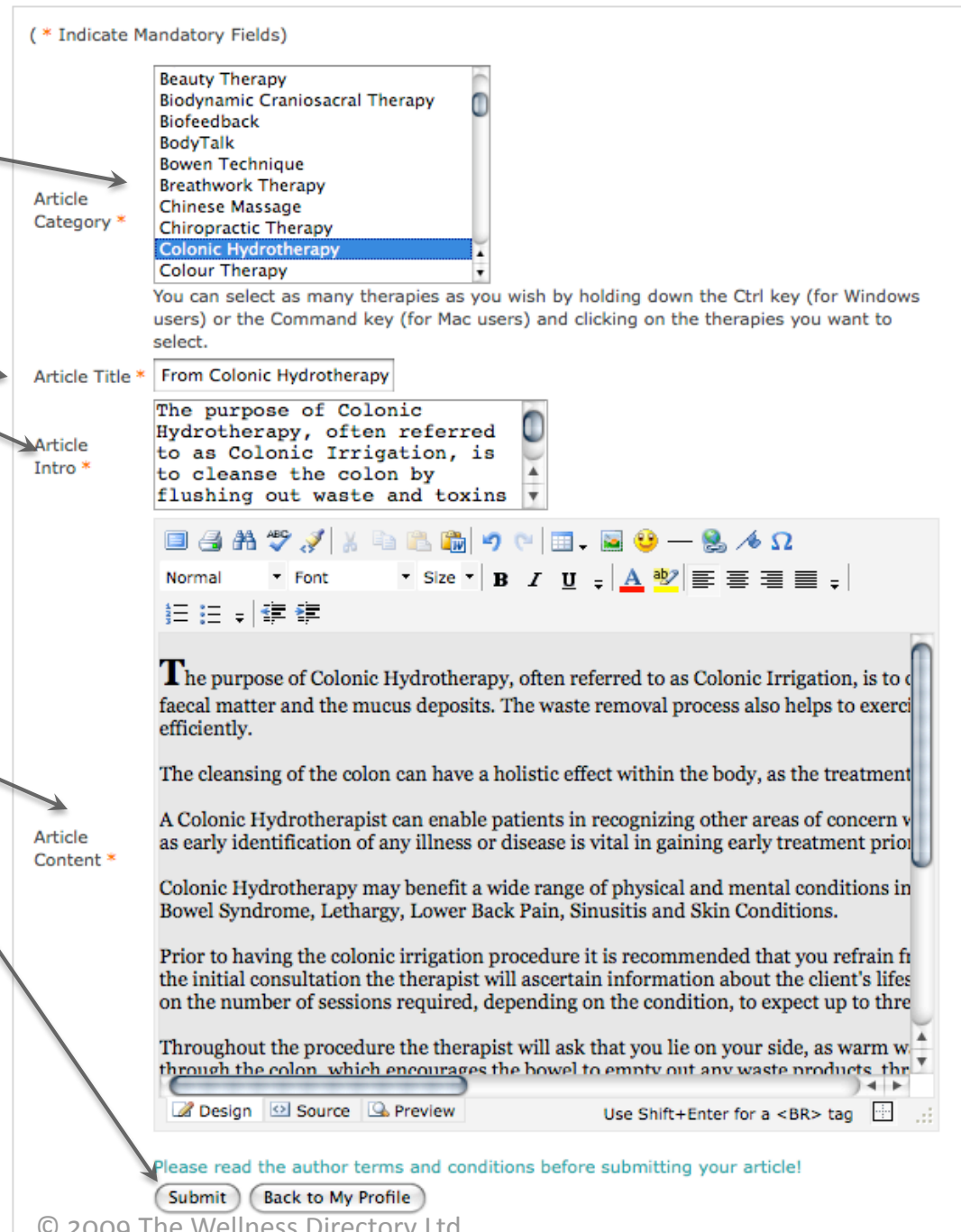
Article Intro *

Article Content *

Please read the author terms and conditions before submitting your article!

Submit Back to My Profile

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The screenshot shows a web form for submitting an article. It includes a dropdown menu for 'Article Category' with 'Colonic Hydrotherapy' selected. The 'Article Title' field contains 'From Colonic Hydrotherapy'. The 'Article Intro' field contains a short paragraph about colonic hydrotherapy. The 'Article Content' field is a large text area with a rich text editor toolbar, containing several paragraphs of text about the benefits and procedure of colonic hydrotherapy. At the bottom, there are links for 'Design', 'Source', and 'Preview', a note about using Shift+Enter for a line break, and buttons for 'Submit' and 'Back to My Profile'. A copyright notice for '© 2009 The Wellness Directory Ltd' is at the very bottom.

- Use Articles To Attract *Qualified* Prospects To Your Profile Or Website

Visitors can email friends and bookmark your articles to give you even more exposure

The 'resource' box below the article contains your link and some info about you as the author – This link takes visitors to your expert profile

What to Expect From Colonic Hydrotherapy

The purpose of Colonic Hydrotherapy, often referred to as Colonic Irrigation, is to cleanse the colon by flushing out waste and toxins such as poisons, gas, accumulated faecal matter and the mucus deposits. The waste removal process also helps to exercise and tone the bowel itself; effectively 'shaping up' the colon to function more efficiently.

The cleansing of the colon can have a holistic effect within the body, as the treatment can stimulate the reflex points of other organs.

A Colonic Hydrotherapist can enable patients in recognizing other areas of concern within the body, by being aware of the function of their bowel system. This is invaluable as early identification of any illness or disease is vital in gaining early treatment prior to the condition deteriorating further.

Colonic Hydrotherapy may benefit a wide range of physical and mental conditions including: Allergies, Arthritis, Constipation, Flatulence, Food Sensitivities, Irritable Bowel Syndrome, Lethargy, Lower Back Pain, Sinusitis and Skin Conditions.

Prior to having the colonic irrigation procedure it is recommended that you refrain from eating a large meal, or have a substantial amount to drink shortly beforehand. At the initial consultation the therapist will ascertain information about the client's lifestyle and medical history. Furthermore at the initial appointment you will be advised on the number of sessions required, depending on the condition, to expect up to three visits is usual.

During the Colonic Hydrotherapy a cramping sensation due to muscle contractions can be experienced, otherwise no discomfort should occur during the treatment. However patients have sensed feelings of being lighter, more relaxed and light-headed, but this passes shortly after the conclusion of the treatment.

Colonic Hydrotherapy is a very safe procedure and promotes several health benefits. However, it is wise to carry out some research and select a therapist who is either a member of, or accredited by, an association or professional body. Colonic Hydrotherapists are obligated to a code of ethics and procedure that determines the therapy is carried out in a suitable and safe environment. These regulations also guarantee a specialist who has undergone certifiable training and receives professional upskilling.

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SHARE

Submitted At: 19 August 2009 7:33pm

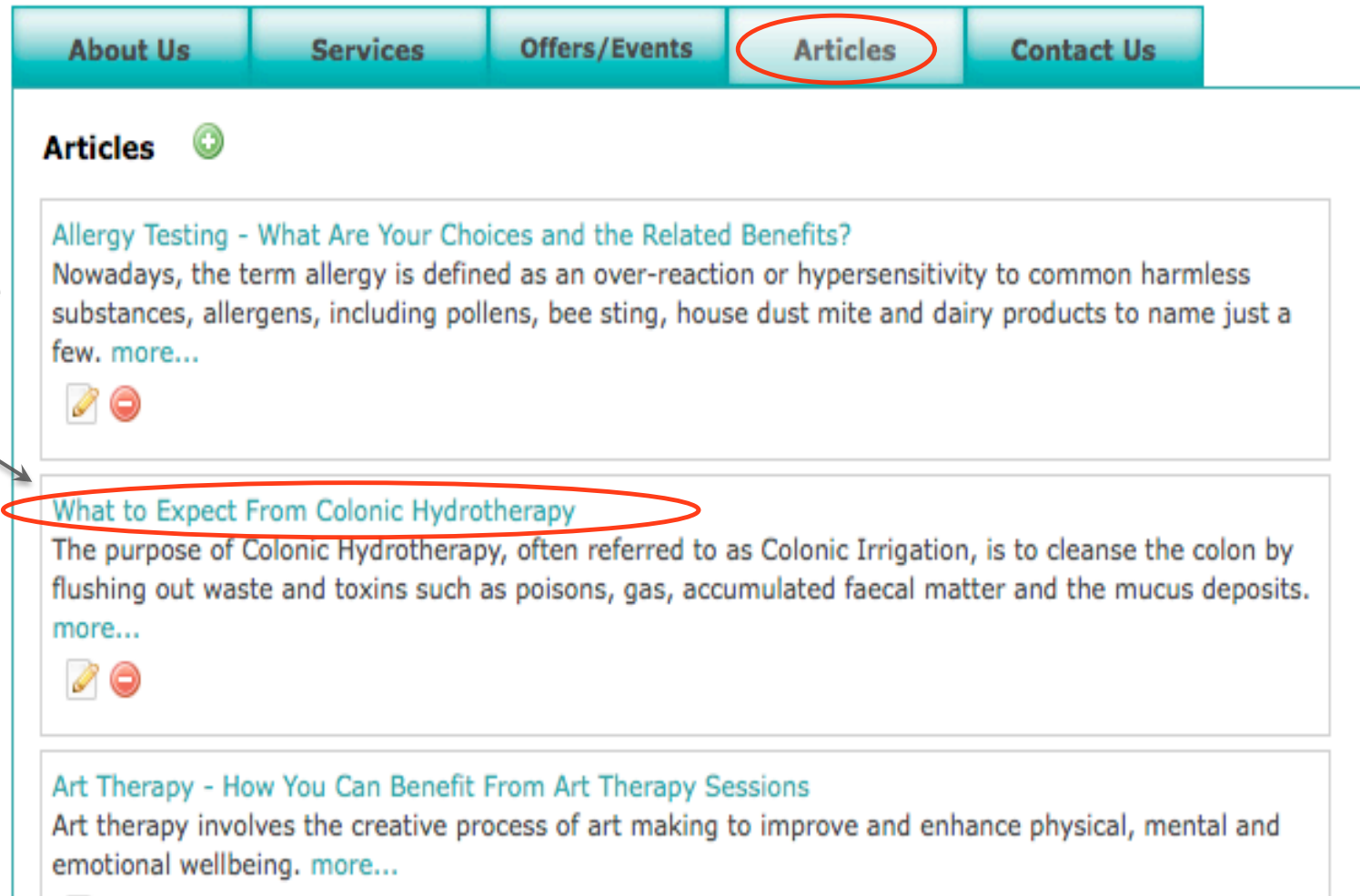
Last Modified At: 19 August 2009 7:57pm

Author: [The Wellness Directory](#)

The Wellness Directory is Auckland's online health resource and practitioner directory.

- *Your Article Library* - Share Your **Expertise** And Gain More Expert **Credibility**

All of your submitted articles will appear under the 'articles' tab within your profile listing to give you more 'author & expert' credibility



The screenshot displays a user profile interface with a navigation bar at the top containing five tabs: 'About Us', 'Services', 'Offers/Events', 'Articles', and 'Contact Us'. The 'Articles' tab is highlighted with a red circle. Below the navigation bar, the 'Articles' section is titled 'Articles' with a green plus icon. It lists three articles:

- Allergy Testing - What Are Your Choices and the Related Benefits?**
Nowadays, the term allergy is defined as an over-reaction or hypersensitivity to common harmless substances, allergens, including pollens, bee sting, house dust mite and dairy products to name just a few. [more...](#)
- What to Expect From Colonic Hydrotherapy** (circled in red)
The purpose of Colonic Hydrotherapy, often referred to as Colonic Irrigation, is to cleanse the colon by flushing out waste and toxins such as poisons, gas, accumulated faecal matter and the mucus deposits. [more...](#)
- Art Therapy - How You Can Benefit From Art Therapy Sessions**
Art therapy involves the creative process of art making to improve and enhance physical, mental and emotional wellbeing. [more...](#)

Each article listing includes a small icon of a pencil and a red circle with a minus sign, indicating options to edit or delete the article.

- Use Profile To Send Traffic To Your Website And *Increase Your Google Ranking*

Your email contact box can be used to book appointments, events or for 'more info' requests

Visitors can instantly locate your clinic/practice with the integrated Google Map on your contact page

About Us **Services** **Products/Events** **Articles** **Contact Us**

The Wellness Directory
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PO Box 911469
Victoria Street West
Auckland Central
Auckland 1010

Phone: 0508 WELLNESS
Mobile: 021 597 900
Website: <http://www.thewellnessdirectory.co.nz>

Send a message to The Wellness Directory
(* Indicate Mandatory Fields)

Your Name *

Your Email *

Subject *

Message *

Map Satellite Hybrid

Domain Native Forest Chelsea Birkenhead Northcote Point Stanley Bay Park Stanley Point

Westhaven St Marys Bay Freemans Bay Ponsonby Grey Lynn Newton Grafton Auckland Domain Parnell

Point Chevalier North Westmere Meola Rd Carrer Rd Selwyn Village Point Chevalier South Western Springs Western Springs Playing Fields Arch Hill Eden Newmarket

POWERED BY Google Map data ©2009 MapData Sciences Pty Ltd - Terms of Use

• Monthly (Current) Web Tools, Strategies & Tips To Assist Your Marketing Results




Appears on menu bar when you log in as an expert member. **This is a separate membership area untraceable** by the search engines.

A FREE monthly membership providing the latest web marketing tools to help support the online growth of your health business

Step-by-step web traffic strategies which you can implement within a realistic timeframe

Expert's WebKit Private Area

Dedicated to increasing your online influence within the Auckland community



October 2009

INSIDE THIS MONTH

Your Expert Profile

> 7 of the most costly listing oversights and HOW to avoid them

> Setting Up Your Expert Web Profile *Step-By-Step Guides

Web Marketing Strategies

> 10 FREE Ways To Promote Your Website/Profile Listing

> Top 20 Article/Ad Attention-Grabbing Headlines

> 7 Steps To Getting Started on Facebook

> Setting Up A Twitter Profile For Your Business

7 of The Most Costly Listing Oversights And How To Avoid Them

*Oversight #1 – Excessive Use of “I, Me And We”

Example

“I am warm, friendly, flexible and direct. I provide individual, couple and family therapy. I believe successful therapy happens in the special relationship that develops between the client and me...”

Reasons NOT to use “I, Me, We” too much

- > Your potential clients and even existing clients are selfish (like the rest of the human race). They really want to read about them, not about you. Always think “What’s in it for them” OR “So what?” since that’s how your website visitors will think.
- > If the above example is the first line of a box listing or ‘About us’ profile, the prospective client will, more than likely, look for another practitioner.

How to avoid oversight #1

- > Let the client know WHO would benefit from your services.
- > Emphasise to the client that they are in the RIGHT place for their specific condition.
- > The client wants to know that you treat their problem and that you can help.

*Oversight #2 – Using The ‘Third Person’ Voice

Example

“Dr. Example has been in practice for over 10 years. He has worked a variety of patients including ...”

Reasons NOT to talk in the third person voice

- > Can come across as a bit rehashed as it sounds like a biography excerpt which has been copied and pasted into the web listing.
- > The third person sounds distant and is NOT personable. As you know, better than anyone else, choosing the right therapy is a very personal matter. This approach doesn’t allow you to build a

- **Expert Summary:** *More Exposure, More Views & Clicks*

- ★ **Expert (Upgraded) Membership**

- Expanded **5-Page Mini-Website** Profile
- **Unlimited** Categories
- **Unlimited** Articles
- Your Business Listing Shows At **Top of Search** Results
- Monthly **Newsletter Listings** (x 4) – Article/Event/Offer
- Load Up To **10 x Events + 10 x Products** At One Time
- Mini-Website Listing **Featured On Home Page**
- Event Listing(s) **Featured On Home Page**
- **‘Expert’s Webkit’** – Monthly Web Tips/Tools/Traffic Strategies
- Ongoing **‘Web Support’ Workshops** –
To Stay Up-To-Date With Latest Trends And New Marketing Tools

- **Final Thought:** *What The Directory Is Really About*

“Build a **community**. Good entrepreneurs are community builders, actively involved with their communities and dedicated to the community's **wellbeing**.”

*If you're dedicated to your community,
it will be dedicated to you.”*

Robert Kiyosaki:

- ***Become A 'Founded Expert' Member Today****

***Take Advantage of The One-Time Introductory Offer
AND Ongoing Renewal Discounts & Benefits***



**Founded Expert Membership And Related Benefits/Renewal Discounts Applies To
The First 100 Expert Members Only.*

(Our Current Expert Member Count Is 85)
