

Welcome to the LiFE Natural Health Centre

Scientific research shows that happy, positive states of mind, a healthy diet and physical exercise greatly enhance health and well being. Natural health is all about stimulating one's natural, in built healing mechanism and developing a healthy relationship with others and the environment. To enhance your wellbeing -

- consult our holistic health professionals
- enrol in a LiFE course to empower yourself with the knowledge to transform your daily life

The LiFE Natural Health Centre is home to Living Essences of Australia manufacturer of quality mind-body medicine and flower essence products.

It is also home to the LiFE Academy of Australia which offers professional training in the field of holistic counselling and mind-body medicine for both the aspiring practitioner and the lay healer.

Scroll down for the latest offerings from the LiFE Natural Health Centre...