

# The Nourish Melbourne Membership

Melbourne's Ultimate Health and Wellness Membership - Food, Body & Mind, Beauty, Home

We're proud to launch the Nourish Melbourne Membership for a few reasons.

The Membership program **supports the most amazing and well respected local, health and wellness businesses** (who don't pay to be a part of Nourish Melbourne - they instead are passing on all of the following offers to you), **lets you know where the best in the business are so you don't have to look for recommendations** (from naturopaths, massage therapists, personal trainers and more), and **gives back to our four partner not-for-profit organisation's** - Seconbite, The Sustainable Table, Bluearth and ADAVIC (Anxiety Disorders Association of Victoria).

For a **launch price of \$157/year** to the first 100 Members (full price is \$197/year), you receive VIP offers (all the time - not just once or twice), from over 90 health and wellness businesses, and 20% off attending Nourish Melbourne events, as well as VIP prices to attend a range of other partner events. \$20 of each Membership purchase supports the four NFP organisation's above. No cards, no paper - it happens all right from your smartphone.

The best part is, our list of partner businesses is still growing.

What's available to you right now can be seen over the following pages. If you have any businesses you want to recommend to us or have any queries, comments, suggestions or otherwise, please email us at [nourishme@nourishmelbourne.com.au](mailto:nourishme@nourishmelbourne.com.au).

We hope to see you on the other side, as one of Melbourne's ultimate health and wellness Membership holders.

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**nourish**  
**melbourne**

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## Food

Business Name	Location	Nourish Melbourne Member's receive...
Allison's Handmade Bread	Prahran	Free roll of WGAC toilet paper with every bread purchase \$6 or over
Baby Bistro	Online	10% off each online order
Belmore Biodynamic Meats	Thornbury & online	10% off each time you shop in store
Berties Butchers	Richmond	10% off each time you shop in store
Combi - Cafe	Elwood	10% off each time you eat in or take away
Fox in the Box - Cafe & Restaurant	Brighton	10% off the bill each time you dine in
Gary's Quality Meats	Prahran Market	10% off each time you shop in store
Green Press	Melbourne	15% off each time you eat in or take away. (Excludes juice cleanses).
Hagen's Organic Meats	Prahran Market & Vic Market	10% off each time you shop in store
My Goodness Organics	Online	10% off your first order over \$100, 5% off all following orders
Natural Wholefoods	Online	10% off each online order

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Business Name	Location	Nourish Melbourne Member's receive...
Nourish Pure Foods	Online	10% off each online order
Nutrition Bar	Richmond	10% off each purchase over \$10 (before discount)
Organica Cafe & Foodstore	Hawksburn Village	10% off the total bill each time you eat in and 10% off all take home meals
Palate Cafe	Prahran	10% off the total bill each time you eat in (up to \$25 value each time)
Paleo Cafe Mornington Peninsula	Mornington	Receive a free coffee with every meal order
Prahran Health Foods	Prahran & online	10% off each time you shop in store and between 10-20% off online orders
Ripe Organic Grocer	Prahran Market	10% off each time you shop in store
Shokuiku	Northcote	10% off when you eat in and off all grocery items
Tarian Pantry	Online	15% off each online order
The Deck - Cafe	Brighton	10% off the total bill each time you eat in (up to \$25 value each time)
The Staple Store	Ripponlea	20% off the Staple Store's Superfood range
Two Brother's Juice Co.	Online	Receive your 6th juice free with every five juices ordered
Whisked	Prahran Market	10% off each time you shop in store

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## Body & Mind

Business Name	Location	Nourish Melbourne Member's receive...
Absolute Body Health Solutions	Bentleigh	20% off your initial Chiropractic or Naturopathic Consultation. 10% off supplements thereafter
Angea Yoga & Fertility	Prahran	20% off consultations, two complimentary yoga sessions with each consultation and \$15 per yoga class thereafter (usually \$22 per class)
Ascot Vale Natural Therapies	Ascot Vale	\$20 off your initial naturopathic and massage consultations. 10% off ongoing naturopathic and massage consultations. 20% off iridology.
Back in Line Chiropractic	South Melbourne	Initial Chiropractic consult will be free, followed by \$4 off/session for a 12 block purchase (\$55 instead of \$59 per session). Initials consult for children u/ 15 also free. Psychology: 20% off initial consultation, 10% off follow up consultations Nutritionists: \$20 discount off initial consultation and \$10 off follow-up consultations
Balanced By Nature	Sandringham	A Naturopathic designed jar of organic herbal tea with the initial consultation and a refill bag of Balanced By Nature organic herbal tea with every follow up consultation.
Barefoot Health - Personal Trainer	Various locations	10% off all personal training, group training, and health coaching
Bayside Bodyworx - Personal Trainer	Various locations	\$10-15 off personal training sessions, massage and more
Bikram Yoga Ascot Vale	Ascot Vale	10% off all class passes
Bodhi Wellness	Caulfield	10% off all consultations

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Business Name	Location	Nourish Melbourne Member's receive...
Bodysharp - group fitness	Various (around Camberwell)	10% off all services
Erin Kyna Life Coaching	Online	Free 30 minute consultation and \$100 off a three month coaching package.
Fuel Right Nutrition	Prahran	\$30 off initial consultation, 10% off following appointments
Hayley Roper - Love My Body	Various locations	\$50 off all bootcamp courses and \$100 off retreats
Healthy Balance Fitness	Richmond & 'Tan' track	30% off your first 8-week program, \$20 off following programs
Healthy Mums	Online	10% off online program
Ignite Chiropractic	Kew	\$20 off all Initial Consultations and a further 10% off all subsequent visits
Inside Out events	Online	\$10 off InsideOut event tickets
Kavisha Jega - Food & Wellness Coach	Online & cooking classes	10% off Kavisha's one-on-one eight-week coaching program, plus \$10 off tickets to Kavisha's cooking classes
Kaya Health Clubs	Prahran	A one week unlimited class access Membership so you get to experience everything Kaya has on offer. Valued at over \$180. If you join Kaya during the Experience Week, you'll also receive two weeks FREE (on 6 & 12 month membership terms). Valued at over \$70.
KX Pilates	Various locations	10% off all class passes
Life Chiropractic Studio	Richmond	10% off all treatments
Lightspace Yoga	Balwyn	Pay \$28 for 28 days then receive 2 weeks free on an unlimited membership

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Business Name	Location	Nourish Melbourne Member's receive...
Livestrong Primal Fitness	Keilor Park	introductory 'Primal Patterns' 3 PT session pack at 50% off (Normally \$100 now \$50) and 10% ongoing discount to any new members when they sign up to group sessions on a minimum 3 month term
Luxton Clinic	Armadale	\$30 off first consult, followed by 10% off each future consult. 10% would also apply to existing Luxton clients, who take up the NM Membership
Melbourne Hypnobirthing	Classes - various locations	\$50 off hypnobirthing classes
Mia Muse	Online	\$10 off tickets to events and \$5 off luna bead purchases
Milk & Honey Remedial Massage	North Melbourne	10% off all massage treatments
Northcote Natural Therapies	Northcote	Naturopathy - 20% off Initial appointment 10% off Return appointments. Massage - 20% off for new clients 10% off for return clients. One Leaf At A Time Organic Tea Blends - 10% off all online orders
Optimus Health Group	South Melbourne	Book a Nutrition Appointment & receive a food plan for \$100 (normal value \$150). Book into 4 massages or myotherapy assessment & treatment plans for \$299 (normal value \$400). Book into a 6 week nutrition program for \$400 - includes weekly plans and personalised practical information 5 nutrition sessions (normal value \$650) Book a Nutrition Appointment & receive a food plan for \$100 (normal value \$150)
Paleo in Melbourne	Blog and food events	10% off event tickets
Psychology Melbourne	Melbourne	10% off all classes and workshops
Realign Myotherapy	Abbotsford	\$20 off Myotherapy Initial Consultation and ongoing 10% off Myotherapy Standard Consultations
Reece Carter Naturopathy	Prahran	20% off all initial 1 hour consult fees for Nourish Melbourne members (usually \$120) and 10% all ongoing return consultation fees (usually \$80)

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Business Name	Location	Nourish Melbourne Member's receive...
Sleeping Better Clinic	St. Kilda	\$20 discount off initial consultation and 10% discount off any follow up consultations
Strengthening Your Health Naturally	Newport	20% off initial appointment and 10% off following appointments
Sustaining Health & Body	Camberwell	20% off initial treatment and 10% off all ongoing treatments
The Movement Refinery	Carlton	20% off initial consult and 10% off ongoing classes
TOM Organic	Online	10% off all online purchases
Unleash Yourself Health & Fitness	Ripponlea	Initial health and fitness consultation + 2 personal training sessions for \$47 (total value \$141). Ongoing, a 10% discount off personal training sessions.
Vida Lifestyles	Sandringham	Initial Chiropractic Examination, EMG and Neurological Exam at NO COST, PLUS a 1kg bag of Forage cereal FREE at every progress review (every 10 visits or 3 months)
Vitruvian Myotherapy	Kew	10% off all 60 minute treatments
Xtend Barre Melbourne	Melbourne	Receive an unlimited 10 day pass for just \$30 (usually \$49) and 10% off all class passes thereafter

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## Beauty

Business Name	Location	Nourish Melbourne Member's receive...
Adorn Mineral Cosmetics	Online	15% off all online purchases
DnA Elements Skincare	Online	15% off all online purchases
Healed Organic Foot Cream	Online	20% off all online purchases
Jacqueline Evans Naturopathic Skincare	Online	10% off all online purchases
Made Beauty Space	Hawthorn	10% off all facial treatments (effective 1 June 2014)
Meticulous Beauty	Prahran	\$20 off for all first time clients spending \$50 or more. 10% ongoing discount for treatments for members. Join the Meticulous VIP Club and receive a choice of a Back Massage (Valued at \$55)
Metta Skincare	Online	10% off orders through our online store and a free product (Body Oil, currently retailing at \$47) for every \$300 spent
Miod Natural Skincare	Online	10% off all online purchases
Organika Hair	Elwood & Carlton	15% off your first service, 10% off all following appointments



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## Beauty

Business Name	Location	Nourish Melbourne Member's receive...
Republika Hair Salon	Bentleigh	Receive 20% off your first service and 10% off every service thereafter. Receive 5% off all products bought in the salon.(Not to be used in conjunction with any other offer).
Surface Skincare	Online	Receive 10% off all online orders
The Lab Organics	Carlton & Online	Receive 10% off each time you shop in store, and free shipping when you shop online
Urban Escape Hair	Prahran	For new clients to Urban Escape, receive 15% off your first service (maximum \$30). Thereafter, receive 10% off all retail product purchases over \$130 and receive a free botanical therapy treatment (valued at \$54) at every 4th visit.

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## House & Home

Business Name	Location	Nourish Melbourne Member's receive...
Bindle	Online	10% off all online orders
GreenSmart Australia	Online	\$10 off each pot purchase
Juice & Blend	Online	5% off juicers and blenders, 10% off all other items
Resparkle	Online	10% off all online orders
Shop Neutral	Prahran Market	10% off each time you shop in store

**Ready to sign up?**

Head to [www.nourishmelbourne.com.au/sign-up](http://www.nourishmelbourne.com.au/sign-up)