Are you a total Wellness Tragic like the BHT staff? Want to learn more and explore the cutting edge science that’s changing the frontier of health? We’ve compiled a collection of resources for your learning joy!

**Flower Essences**


See Hollie at Braidwood Holistic Therapies to get your individual ABFE blend

(02) 4243 8032

Wellness Nerd Info Sheets are provided by BHT to put health information back in the hands of clients who are ready to be all they can be. Wellness is about wholebody maintenance, not just treating disease.

Book a session to take your Wellness Journey further: admin@braidwoodholistic.com.au

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