



Birkenhead Village

WELLNESS & HEALTH GUIDE



YOUR GUIDE TO BIRKENHEAD VILLAGE WELLNESS:

BIRKENHEAD AVE, HAMMOND PLACE, MOKOIA RD, HINEMOA ST, ENTERPRISE ST



Photo Credit: John Gillon

Welcome to our Birkenhead Village Health & Wellness Guide

Birkenhead Village is a picturesque suburb nestled on three sides by lush inner-city rainforest, creating a serene environment filled with the melodious sounds of native birds. This tranquil setting has made Birkenhead a natural sanctuary for health and wellness businesses. Our ancestors aptly named Birkenhead Borough as Auckland's most healthful marine suburb in 1913, and this legacy is more relevant than ever today. The suburb is thriving with a diverse array of over 60 and growing, personal health and wellness specialists, all benefiting from the fresh air and breathtaking views of the beautiful Waitemata Harbour and the city. We invite you to journey through the guide discovering the gems of personal service businesses in this space. Enjoy with our compliments.

Kae Condon - Birkenhead Village Destination Manager

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Bibaline

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Pristine Beauty

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Acupuncture:

Acupuncture & Herbal Centre

Insight Healthcare Acupuncture

North Shore Chinese

Medical Centre

Osteopath's:

Insight Healthcare

Revive Osteopathy

Oral Health:

Birkenhead Avenue

Dental Centre

Dentists on Birkenhead

Mokoia Road Dental Centre

Viva/Lumino The Dentists

Pharmacies:

Bargain Chemist

Birkenhead 7 Day Pharmacy

Birkenhead Health Plus

Chemist Warehouse

Dispensary Plus Pharmacy

Life Pharmacy

Health 2000

Juice Cafe's:

Dose Health Café

Movenpick Juices

and Smoothies

Tank Salad & Juice Bar

Psychologists:

Anna Ward Psychotherapy

Elevate Psychology

Kereru Psychotherapy

And Counselling

On Point Therapy

184 Hinemoa St

Psychologists:

Louise Player-Bishop

North Shore Psychology

Jo Harris Therapy

Shivana Ramanjam

Victoria St John

Claire Stafford Psychotherapy

Averil Lagerman

Stephen Appel PhD

Simon & Carswell

Laura Taylor

Madhu Chandra

Reece & Lexy Nuttall

Jade Smythe

Glenn Rockell



Spa and Health:

Spa:

- (1) Advanced Face
98A Mokoia Road
- (2) Bibaline
48 Enterprise Street
- (3) The Elements Medispa & Beauty Clinic
223 Hinemoa Street
- (4) Esthetica Waxing & Skin Specialists
65/67 Birkenhead Ave
- (5) Good Day Skin Solutions
7 Birkenhead Avenue
- (6) Jay's Medispa
Level 1/9a Birkenhead Ave
- (7) Life Pharmacy
32 Mokoia Road
- (8) Pristine Beauty
37 Mokoia Road, Shop No.7 Highbury Shopping Centre

Massage:

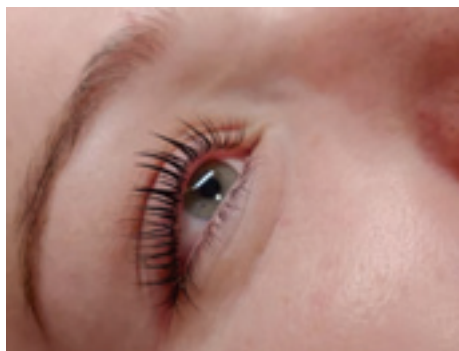
- (9) Huawei Massage
37 Mokoia Road, Highbury Shopping Centre
- (10) Maclymph Lymphatic & Wellness
98a Mokoia Road
- (11) Massage Boutique
1 Enterprise Street
- (12) Sanctuary Thai Massage and Spa
11a Birkenhead Ave
- (13) Spray Shac Tanning
61A Mokoia Road
- (14) Thida Thai Massage & Beauty Spa
98 Mokoia Road
- (15) Tranquil Thai Massage - Birkenhead
6 Mokoia Road



ADVANCED FACE

Auckland's dedicated Face Massage Clinic, where traditional Massage Therapy melds techniques to redefine care for your face. SculptLift™ for ultimate contouring, Serenity for relaxation, Reiki balancing, and TMJ jaw clinic.

98A Mokoia Road
www.advancedface.co.nz



BIBALINE BEAUTY NZ

A beauty salon that offers facials, massages, and beauty treatments to keep you looking gorgeous and feeling amazed every single day.

48 Enterprise Street
bibalinebeautynz@gmail.com
 09 3914084 / 022 4092586
www.bibalinebeautynz.wixsite.com



THE ELEMENTS MEDSPA & BEAUTY CLINIC

Indulge in a transformative experience at The Elements Medspa & Beauty in Birkenhead, where you will uncover an experience of relaxation and skin rejuvenation, with Laser, Skin Needling, Skin Care Products and Injectables to give you that transformation you are after.

223 Hinemoa Street 09 480 7563
www.theelementsspa.co.nz



ESTETHICA WAXING & SKIN SPECIALISTS

We are an elegant beauty salon, focused on fuelling confidence & women empowerment through the power of beauty. Find a moment of relaxation in our quiet, relaxing haven upstairs.

65/67 Birkenhead Ave
info@estethica.co.nz 09 418 0317
www.estheticabeautytherapybirkenhead.co.nz



GOOD DAY SKIN SOLUTIONS

Good Day Skin Solutions specialises in addressing skin pigmentation, uneven tone, texture, enlarged pores, wrinkles, acne scars and regrettable tattoos.

7 Birkenhead Avenue
gooddayforskin@gmail.com
 028 470 9055
www.gooddayskinsolutions.com



JAY'S MEDISPA

Jay's Medispa is a nurse-led clinic offering advanced skin, hair, and wellness treatments, blending clinical care with real results to help you feel confident inside and out.

Level 1/9a Birkenhead Ave
info@jaysmedispa.co.nz
 09 418 0743



LIFE PHARMACY

Life Pharmacy are now offering renewable beauty solutions with specialist Roza Young by appointment. Botox injections to remove crows feet and forehead lines, including brotox specialised for men.

32 Mokoia Road 09 480 7001
birkenhead@lifepharmacy.co.nz
www.lifepharmacy.co.nz



PRISTINE BEAUTY

A premier destination for Korean skincare and makeup products, complemented by a wide range of beauty services & massage techniques.

37 Mokoia Road Shop no 7
 Highbury shopping centre
Info@pristinebeauty.co.nz
 0221610915
www.pristinebeauty.co.nz



HUAWEI MASSAGE

Visit to experience traditional Chinese massage by our massage therapists. Services offered are deep tissue and relaxing massages & reflexology.

37 Mokoia Road
Highbury Shopping Centre



MACLYMPH LYMPHATIC

Established in 2018 I am your North Shore certified Vodder manual lymphatic drainage (MLD) and NeoLifting© face sculpting specialist. Lymphatic treatments for body detoxification and improved immune function; Lymphoedema, lipoedema, breast care or surgery preparation and aftercare.

98A Mokoia Road 021 2951924
www.maclymph.com



MASSAGE BOUTIQUE

Your luxurious wellness escape. Enjoy expert Thai massage and our infrared sauna, known for boosting circulation, reducing stress, and promoting detox. Relax, unwind, and feel your best today.

1 Enterprise Street,
messageboutique23@gmail.com
020 4030 6298
www.messageboutique.co.nz



SANCTUARY THAI MASSAGE AND SPA

Thai Massage For Relaxation, Rejuvenation, and Wellness. We offer our customers the benefits of traditional Thai massage within an elegant, tranquil atmosphere.

11a Birkenhead Ave
professionalthaimassagenz@gmail.com
022 077 0675
www.sanctuary-spa.co.nz



SPRAY SHAC TANNING

Justine Hillman is a local fully certified tanning extraordinaire. She has been tanning for 5+ years and uses the top quality "Black magic" tan product.

61a Mokoia Road (Just Work Out)

Booking phone: 021 079 2767

Insta: spray_shac_tanning



THIDA THAI MASSAGE & BEAUTY SPA

We offer Therapeutic Thai Massage treatments, with a specialist focus in Lymphatic Drainage massage. This directs tissue fluid which collects under the skin to your kidneys to be detoxed which helps to reduce swelling. Our traditional Finnish Sauna compliments this process of detoxification and only requires a 10 minute session.

98 Mokoia Road 027 255 6259
 thidathaimassagenz@gmail.com
 www.thidathaimassage.co.nz



TRANQUIL THAI MASSAGE - BIRKENHEAD

We offer a range of massage services at Tranquil Thai Massage to help you relax, relieve pain, and improve overall wellness.

6 Mokoia Road 022 109 1961
 tranquilthaimassage2020@gmail.com
 www.tranquilthaimassage.co.nz



Fitness & Exercise:

Activewear:

- (1) Lorna Jane Activewear Stockist
32 Mokoia Road - Life Pharmacy

Exercise:

- (2-5) BFT Birkenhead
84 Mokoia Road
- (6) Black Knights Jiu Jitsu
60-62 Mokoia Road
- (7) Boon Wellness
22 Mokoia Road

(8) Crossfit

22 Mokoia Road

(9) CityFitness Gym

35 Mokoia Road

(10) CityFitness Zumba

35 Mokoia Road

(11) F45 Training

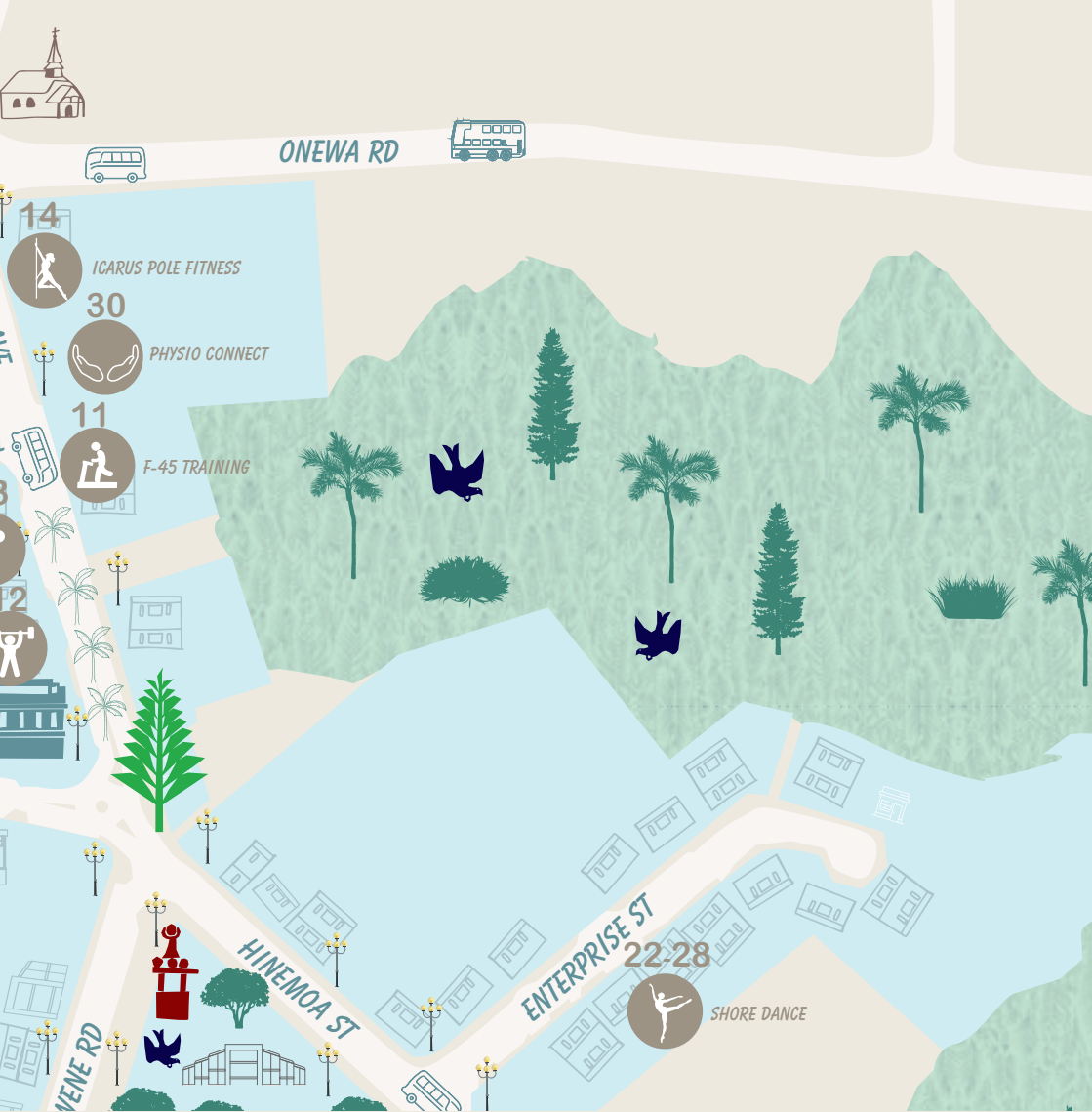
63A Birkenhead Avenue

(12) Fitness Now

12 Birkenhead Avenue

(13) Fitness Now Aerial Silks Yoga

12 Birkenhead Avenue



(14) Icarus Pole Fitness
2/65 Birkenhead Avenue

(15) Justworkout
61A Mokoia Road

(16) Justworkout Yoga & Pilates
61A Mokoia Road

(17-20) NZSSCS Archery, Axe & Sword
4/74 Mokoia Road

(21) Reform Pilates
22 Mokoia Road

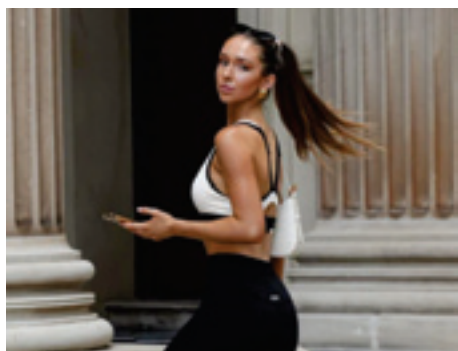
(22-28) Shore Dance: Ballet, Jazz, Tap, Hip-Hop, Contemporary & Theatre
17 Enterprise Street

(29) Urban Sport
62 Mokoia Road - Rear Unit

(30) Physio Connect
1/65 Birkenhead Avenue

(31) Qure Physio
61A Mokoia Road

(32) Sam Schwab Physio
22 Mokoia Road



LORNA JANE ACTIVEWEAR STOCKIST - LIFE PHARMACY

Exclusive provider of Lorna Jane activewear locally, where you can find a capsule of activewear to take you from an active gym class to walking the dog, to out and about with the kids.

32 Mokoia Road
 birkenhead@lifepharmacy.co.nz
 09 480 7001
 www.lifepharmacy.co.nz



BFT BIRKENHEAD

We've incorporated scientifically proven training techniques tailored to individual approaches, focusing on reducing fat and creating lean muscle into a variety of 50-minute training sessions overseen by coaches in a community group environment.

84 Mokoia Road 021 723 385
 www.bodyfittraining.au/club/
 birkenhead



BFT BIRKENHEAD BOOK-A-BUB

In order for you to get back into fitness when you've had the lifestyle change of having children, we offer book-a-bub sessions when you can bring your 1.5-6 year old to be looked after while you enjoy a workout class.

84 Mokoia Road 021 723 385
 www.bodyfittraining.au/club/
 birkenhead



BFT BIRKENHEAD RECOVERY ROOM

Enjoy our recovery room with Red Light Therapy and floatation tanks, the perfect room to recover in after working your body to the max in our classes.

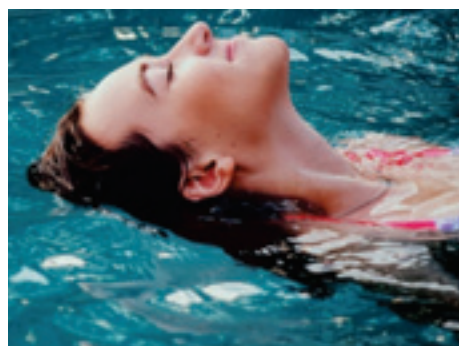
84 Mokoia Road 021 723 385
 birkenheadmangement@bodyfittraining.com
 www.bodyfittraining.au/club/
 birkenhead



BFT BIRKENHEAD 8 WEEK CHALLENGE

Join the BFT 8 week challenge! The 8WC has everything you need to elevate your training, change your body, and transform your lifestyle! Body scans and heart rate tracking are included, as well as meal plans to suit everyone.

84 Mokoia Road 021 723 385
birkenheadmangement@
bodyfittraining.com
www.bodyfittraining.au/club/birkenhead



BOON WELLNESS

A recovery room with focus on de-stressing and re-energizing with the latest in hot and cold plunge technology with ice baths and saunas available.

22 Mokoia Road 021 784 988
www.boon.22mokoia.co.nz

BLACK KNIGHTS JIU JITSU

A martial arts sport, offering traditional Brazilian Jiu-Jitsu for adults, kids, families and law enforcement officials, from beginners to advanced. Looking to get in shape, interested in self-defence or a serious martial artist and competitor?

60-62 Mokoia Road 0210 723 432
knightsjiujiutsu.nz@gmail.com
www.blackknightsbjj.co.nz/en/



CROSSFIT BIRKENHEAD

Join our 60-minute group-class strength and conditioning workout that is made up of functional movement performed at a high intensity level

22 Mokoia Road
paul@crossfitbirkenhead.com
021 784 988
www.crossfitbirkenhead.co.nz



CITYFITNESS GYM

Enjoy access to all the latest strength training and cardiovascular equipment 24/7. We have what you need to help you stay fit, healthy and active.

Highbury Shopping Centre,
35 Mokoia Road
09 414 3972 022 079 2501
chris.meadows@cityfitness.co.nz
www.cityfitness.co.nz/club/birkenhead



CITYFITNESS ZUMBA

Zumba is a Latin inspired- dance fitness class that will sculpt your body. Workouts target glutes, legs, arms, core, abs, and the most important part of the body... the heart!

Highbury Shopping Centre, 35 Mokoia Road
chris.meadows@cityfitness.co.nz
022 079 2501
www.cityfitness.co.nz/club/birkenhead



F45 TRAINING

Three leading-edge fitness training styles into one 45-minute class. A team community session that offers elite, proven benefits of combining high-intensity interval training (HIIT), circuit training, and functional training.

63a Birkenhead Ave 021 246 4166
birkenhead@f45training.co.nz
www.f45training.com/nz/studio/birkenhead/



FITNESS NOW

Enjoy 24/7 access to cutting edge equipment, a variety of classes from boxing to yoga and pilates, and the opportunity to work with your own personal trainer. Our classes, personal trainers and equipment are perfect for all people, from students to seniors.

12 Birkenhead Ave 021 786 884
www.fitnessrepublic.nz



FITNESS NOW AERIAL SILKS YOGA

Join our full body class targeting your arms and core while working on balance and flexibility, this class is popular and is highly recommended to anyone wanting to try something new that challenges their body in a different dynamic.

12 Birkenhead Ave
021 786 884
www.fitnessrepublic.nz



ICARUS FITNESS

Our goal is to provide a supportive community that encourages growth and boosts your confidence, while also improving your strength and fitness. We welcome all students; from beginners to professionals.

2/65 Birkenhead Ave (Basement)
info@icarusfitness.co.nz
022 435 2712 www.icarusfitness.co.nz



JUSTWORKOUT

24/7 Fitness. We focus on achieving results to last a lifetime. Our highly experienced trainers can help you during your workouts, providing support and motivation or join in on the fun in our Group Fitness Classes.

61a Mokoia Road
jwob@justworkout.co.nz 09 480 1222
www.justworkout.co.nz/products/birkenhead-gym



JUSTWORKOUT YOGA, PILATES & TONING CLASSES

Yoga is designed to improve your health, performance, and mental acuity while our pilates classes is fast-paced and uses weighted toning balls, resistance bands and other equipment. We also have toning classes if your are looking to tone, shape or just be healthier.

61a Mokoia Road
jwob@justworkout.co.nz 09 480 1222
www.justworkout.co.nz/products/birkenhead-gym



NZSSCS

The New Zealand Stage and Screen Combat School, ignited into existence by the visionary Alexander James Holloway in 2015. Here, the battleground becomes your classroom as we propel you into a realm of thrilling combat mastery like never before!

4/74 Mokoia Road
022 172 9964
hello@nzsscs.com
www.nzsscs.com



NZSSCS - ARCHERY

A fun session in "historical archery" focusing on traditional Medieval shooting, where you will learn the principles of "instinct" archery. You will learn how to nock, draw and loose, shooting arrows at targets.

4/74 Mokoia Road
022 172 9964
hello@nzsscs.com
www.nzsscs.com



NZSSCS - AXE THROWING

Harness your inner Viking! At the Axe Range you will throw axes at our especially designed targets. This is all about fun and learning an ancient skill of launching your axe. NZSSCS was the first company to teach axe throwing in NZ.

4/74 Mokoia Road 022 172 9964
hello@nzsscs.com
www.nzsscs.com



NZSSCS - SWORD FIGHTING

Our industry professionals will teach you different dramatic sword combat techniques, learning how to use steel weapons and plastic film weapons while learning choreography from movies and theatre shows.

4/74 Mokoia Road
022 172 9964
hello@nzsscs.com
www.nzsscs.com



REFORM FITNESS BIRKENHEAD

Full-body athletic Reformer Pilates providing clients with a dynamic exercise programme that delivers results fast - including beginner, intermediate, and pre-and post-natal classes.

22 Mokoia Road
birkenhead@reformfitness.co.nz
021 060 9833
www.reformfitness.co.nz



SHORE DANCE BALLET

Offering pre-school ballet, pre-primary and primary ballet, RAD ballet grades, and vocational ballet. These ballet classes are available for all ages and abilities from toddlers to our silver swans.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE

Ballet, jazz, tap, hip hop, contemporary and musical theatre. Shore Dance offers a wide range of dance classes, taught in a professional, friendly, and nurturing atmosphere catering from 3 year olds to adults including silver swans.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE JAZZ

Our jazz levels are made up of a series of exercises including arm combinations, classical technique, floor work, turns, isolations, leaps, amalgamations and dances. All work is progressive and designed to develop coordination, strength, agility and style and our classes go from 5 year olds to adults.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE TAP

Shore Dance offers tap classes following the APDA Tap Evolution syllabus. This unique tap syllabus is stimulating and dynamic – it merges old-school tap and modern styles for 5 year olds to adults.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE HIP HOP

Our hip hop classes provide each student with solid technical training, performance training, and the platform to create, achieve and grow as a dancer and artist. We have a variety of classes for 5 year olds to adults.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE CONTEMPORARY

Our contemporary classes have a stimulating and dynamic dance curriculum which explore emotional connection. Technical aspects include; controlled leg work, torso contract-release, floor work – fall and recovery for ages from 7 years to adults.

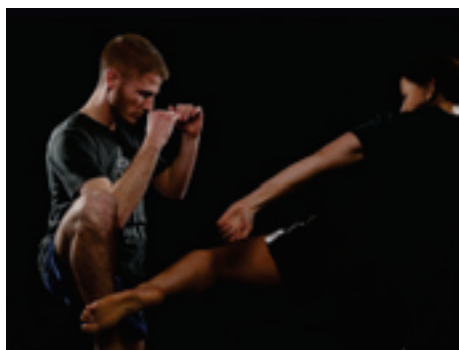
17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



SHORE DANCE MUSICAL THEATRE

Learn performance skills to support your other dances class. Grow confidence through drama games, improvisation and team work. Learn choreography and songs from musicals with classes varying from 6 year olds to 13+.

17 Enterprise Street 0274 242 444
contact@shoredance.co.nz
www.shoredance.co.nz



URBAN SPORT

We offer a state of the art facility containing training areas for Muay Thai Kickboxing, boxing and strength and conditioning. Our classes are suitable for complete beginners to national and international title holders.

62 Mokoia Rd - Rear Unit
 urbansportnz@gmail.com
 021 723 385
www.urbansport.co.nz



QURE PHYSIO

Dan is a local physio and a ACC registered provider. He has experience in treating sport injury, post surgery rehabilitation, and chronic pain.

61a Mokoia Road
 027 776 1176



PHYSIO CONNECT

We believe effective physiotherapy does more than just address symptoms - it transforms lives. Our skilled physiotherapists Ahmed, Cassidy, Christopher, and Katie are renowned for their integrated, hands-on approach to treating musculoskeletal injuries. Ben and Jay specialize in acupuncture.

1/65 Birkenhead Avenue 0800 111 788
adminw@physioconnect.co.nz
www.physioconnect.co.nz/birkenhead



SAM SCHWAB PHYSIO

As a physiotherapist with a background in personal training and CrossFit, I meet you where you are on your movement journey to help you resolve pain, improve mobility and keep you training.

22 Mokoia Road
 (Inside Birkenhead Crossfit)
 022 646-6923



Health & Wellbeing

(1) Awanui Labs
Shop 15, Highbury
Shopping Centre,

(2) Bay Audiology
13B Mokoia Road

(3) Birkenhead Bowling Club
93 Mokoia Road

(4) NSF
17 Rawene Road

(5) Plunket
2 Rawene Road

16

(6) Waitemata Clinical
Research
Level 2/17 Rawene Road

Doctors:

(7) Family
Medicine Birkenhead
29 Birkenhead Avenue

(8) Birkenhead
Medical Centre
4 Rawene Road

Optometrists:

(9) Birkenhead Centre
Optometrists
37 Mokoia Road

(10) Highbury Optometrists
52 Mokoia Road

Acupuncture:

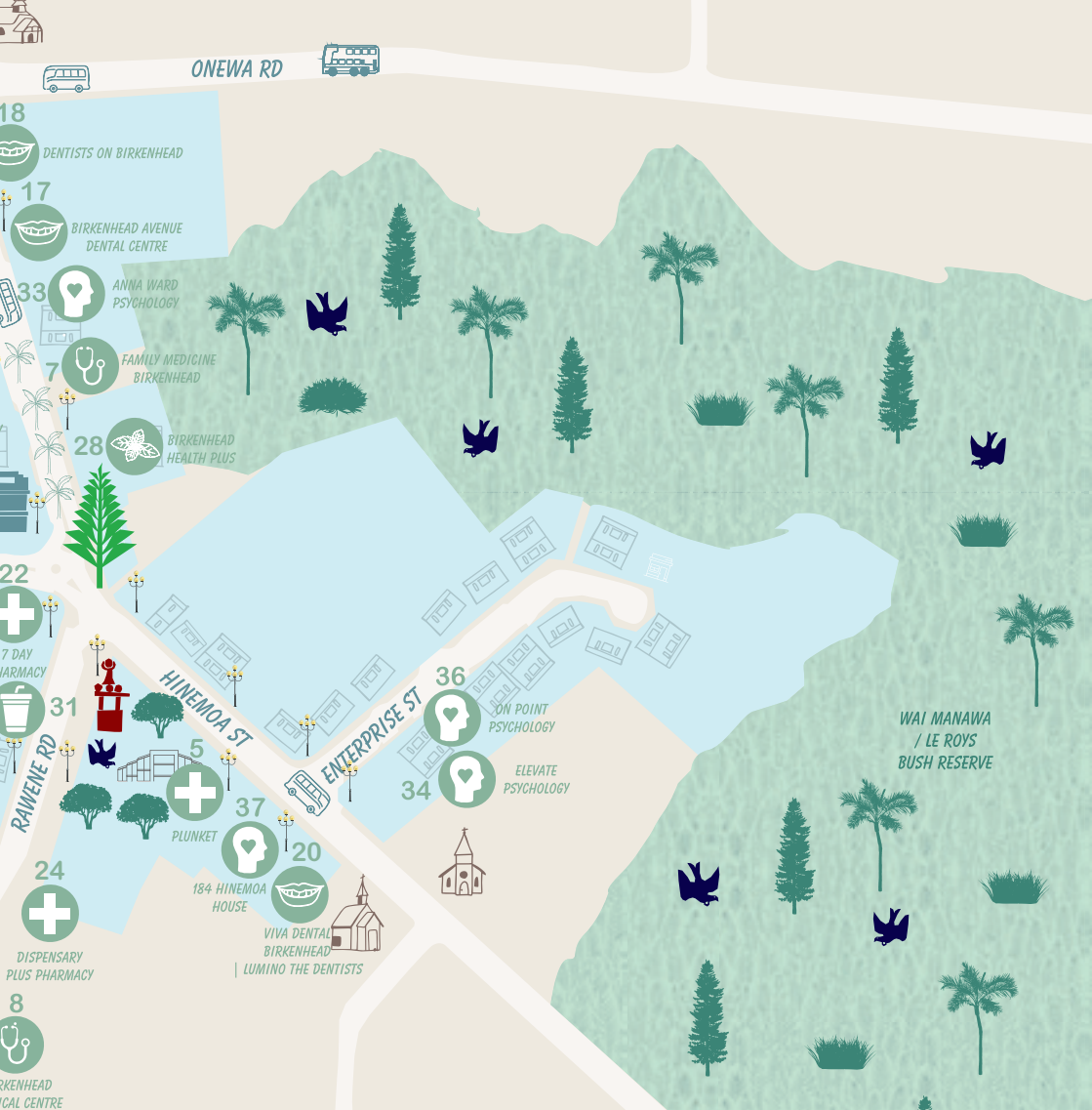
(11) Acupuncture & Herbal Centre
3/1 Hammond Place

(12) North Shore Chinese
Medical Centre
65 Mokoia Road

Osteopath's:

(13-15) Insight Healthcare,
Osteopath, Acupuncture
98A Mokoia Road

(16) Revive Osteopathy
22 Mokoia Road



Oral Health:

- (17) Birkenhead Avenue Dental Centre
51 Birkenhead Avenue
- (18) Dentist on Birkenhead
65 Birkenhead Road
- (19) Mokoia Road Dental
50A Mokoia Road
- (20) Viva / Lumino Dental
182 Hinemoa Street

Pharmacies:

- (21) Bargain Chemist:
26 Birkenhead Road
- (22) Birkenhead 7 Day
10 Mokoia Road

- (23) Chemist Warehouse
37 Mokoia Road
- (24) Dispensary Plus Pharmacy
4 Rawene Road
- (25-27) Life Pharmacy
32 Mokoia Road
- Herbal Health:**
- (28) Birkenhead Health Plus
27 Birkenhead Road
- (29) Health 2000
37 Mokoia Road
- (30) Dose Health Café
22 Mokoia Road
- (31) Movenpick The Juice Bar
15 Rawene Road

- (32) Tank Salad & Juice Bar
37 Mokoia Road

Psychologists:

- (33) Anna Ward Psychotherapy
51 Birkenhead Avenue
- (34) Elevate Psychology
The Enterprise Suite F/11, Enterprise St
- (35) Kereru Psychotherapy
The Enterprise Suite F/11, Enterprise St
- (36) On Point Therapy
The Enterprise Suite F/11, Enterprise St
- (37) 184 Hinemoa House
Specialist Psychologists (13)
see index for specialist focus



AWANUI LABS

Providing pathology services to the Auckland community since August 2009 and now offers standard phlebotomy, fertility testing, quantiferon gold test, sexual health testing and illumiscreen /NIPT to Birkenhead.

Shop 15, Highbury Shopping Centre,
1 c/o Highbury Pass and Birkenhead Ave
contact@awanuigroup.co.nz
09 574 7399

www.awanuilabs.co.nz/north/auckland



BAY AUDIOLOGY

Hearing aids can help you hear a lot better if you have hearing loss, they can improve your sense of wellbeing, independence and confidence.
Open Monday & Tuesday only.

13B Mokoia Road
bayaudiology@birkenhead.co.nz
09 551 9790
www.bayaudiology.co.nz



BIRKENHEAD BOWLING CLUB

We are committed to building a stronger and more vibrant club by working together to provide our members and the community with better bowling and fellowship experiences according to their individual competitive and social expectations in a welcoming environment.

93 Mokoia Road 09 480 7493
www.bowlsbirkenhead.com



NSF

NSF's Mission is to improve global human and planet health. In NZ, NSF's core service is Food Safety. Whether Consulting, Training or Auditing, NSF promotes Food Safety from the Producer to the Consumer. Experts in Food Safety and the Responsible Sale of Alcohol.

Ground Floor Rawene Chambers -
17 Rawene Rd
nzinfo@nsf.co.nz 09 366 4690
www.nsf.org



PLUNKET

Plunket believes in partnership and walking alongside whanau. We're here to listen and to support you with what you need – not to judge, or to tell you what you 'have' to do. Visits by appointment only.

2 Rawene Road 0800 184 803
www.plunket.org.nz



WAITEMATA CLINICAL RESEARCH

We are an independent, private research clinic committed to managing high quality clinical trials.

Level 2/17 Rawene Road
info@wcresearch.co.nz 09 973 5927
www.wcresearch.co.nz



BIRKENHEAD MEDICAL CENTRE

Birkenhead Medical Centre is a family centred practice offering a full range of general practice services. We are experienced and committed to providing each patient with a high standard of medical care and prioritising your well-being.

4 Rawene Road
admin@birkenheadmedical.co.nz
 09 419 1636
www.birkenheadmedical.co.nz



FAMILY MEDICINE BIRKENHEAD

Our practice is family oriented with a dedicated area for children. Our experienced team is committed to treating you with kindness and respect while striving to support your health and wellbeing.

29 Birkenhead Ave 09 480 7204
manager@familymedicinebirkenhead.co.nz
www.familymedicine.co.nz



BIRKENHEAD CENTRE OPTOMETRISTS

All visual examinations include automated visual field screening, glaucoma screening as well as digital retinal photography

37 Mokoia Road
info@birkenheadoptom.co.nz
09 480 7771
www.birkenheadoptom.co.nz



HIGHBURY OPTOMETRISTS

100% locally and NZ owned by optometrists Tony and Paula. Areas of specialisation include: Glasses & designer sun glasses, Glaucoma detection and treatment Complex contact lenses including hard gas permeable and orthok lenses, Myopia control, Dry eye. Online appointment available: www.highburyeye.co.nz/book.

52 Mokoia Road
09 418 1347 www.highburyeye.co.nz



ACUPUNCTURE & HERBAL CENTRE

Tcm Dr Lee Yen Nz Registered
Acupuncturist Acc Treatment Provider

3/1 Hammond Place
leeyen@hotmail.com
0211188416



NORTH SHORE CHINESE MEDICAL CENTRE

David Dai offers traditional Chinese medicine, a complementary and alternative medicine that includes acupuncture or Chinese herbal, acupressure and deep tissue massage

65 Mokoia Road
kuidai@gmail.com 09 480 4298
www.healthpoint.co.nz



INSIGHT HEALTHCARE ACUPUNCTURE

Acupuncture supports healing by improving circulation, easing inflammation, and calming the nervous system—helping with new injuries, chronic pain, and a wide range of physical conditions.

98A Mokoia Road
info@insighthealth.nz 09 480 0567
www.insighthealth.nz



INSIGHT HEALTHCARE OSTEOPATH

With over 20 years on the Shore, we use osteopathy to support recovery from injuries, pain, headaches, and other issues—easing tension and restoring natural movement.

98A Mokoia Road
info@insighthealth.nz 09 480 0567
www.insighthealth.nz



INSIGHT HEALTHCARE PRE & POST NATAL CARE

The changes that an expectant mother's body undergoes throughout the pregnancy places stresses and strains on all body parts. Osteopathy can prepare the body for birth, ease postnatal discomfort and relieve general tensions.

98A Mokoia Road | info@insighthealth.nz
09 480 0567 www.insighthealth.nz



REVIVE OSTEOPATHY

We are experienced and dedicated osteopaths committed to empowering the wider community to achieve optimal health and well-being. Some of our offer is treatment for chronic pain, paediatric care, sports injuries, or general musculoskeletal discomfort.

22 Mokoia Road 027 4177 017
reception@reviveosteopathy.co.nz
www.reviveosteopathy.co.nz



BIRKENHEAD AVENUE DENTAL CENTRE

Angus Leung has been caring for smiles in Birkenhead and the North Shore for over 30 years, providing the best dental care services and advice to help you and your family.

51 Birkenhead Avenue
birkenheadavedental@hotmail.com
09 480 7361



DENTISTS ON BIRKENHEAD

Dentists on Birkenhead is a modern, friendly and inviting patient orientated practice. Our caring team is focused on providing patients with a relaxed and comfortable environment, which offers the highest quality care in all dental experiences.

65 Birkenhead Ave
admin@dentistsonbirkenhead.co.nz
09 419 0556
www.dentistsonbirkenhead.co.nz



MOKOIA ROAD DENTAL CENTRE

Under DR. Ming Wei our patients are our priority. We have great Google reviews we offer quality dental services with a team of passionate dentists and dental nurses.

50a Mokoia Road 09 480 9818
mokoiaroadaddental@vodafone.co.nz
www.mokoiaroadaddental.co.nz



VIVA DENTAL BIRKENHEAD | LUMINO THE DENTISTS

At Viva/Lumino Dental Birkenhead we're a friendly team with a great local reputation. Relationships are important to us - it's one of the reasons why we've become the dentist of choice in the area.

182 Hinemoa Street
vivadental@xtra.co.nz 09 480 7265
www.lumino.co.nz/dentists/viva-dental-birkenhead



BARGAIN CHEMIST

Bargain Chemist Birkenhead is your pharmacy specialist, open 7 days a week. We have a wide selection of vitamins, supplements, weight management, lifestyle and wellness products.

26 Birkenhead Ave
birkenhead@bargainchemist.co.nz
09 973 5932
www.bargainchemist.co.nz



BIRKENHEAD 7 DAY PHARMACY

Find all your medical care needs at Birkenhead 7 Day Pharmacy, from medications to first aid supplies. Gee and the team are also happy to provide advice and support.

10 Mokoia Road
birkenhead7daypharmacy@gmail.com
09 880 6366
www.healthpoint.co.nz



BIRKENHEAD HEALTH PLUS

Staffed by local specialist dedicated to Nutritionists and Health. James is the go to specialist supplying vitamins, natural health supplements, natural beauty and baby products at competitive prices in the village. Free delivery for phone & online purchases in Birkenhead.

27 Birkenhead Ave
birkenheadhealthplus@gmail.com
09 480 5020
www.birkenheadhealthplus.co.nz



CHEMIST WAREHOUSE

Visit Chemist Warehouse to discover our range of vitamins, skincare, dental, supplements and more to help optimise your health at home.

37 Mokoia Road 09 941 4924
birkenhead@chemistwarehouse.co.nz
www.chemistwarehouse.co.nz



DISPENSARY PLUS PHARMACY

Conveniently located next to Birkenhead Medical Centre, we can help fill your prescriptions and top up your first aid kit with all your basic essentials.

4 Rawene Road

09 480 0717

www.healthpoint.co.nz

LIFE PHARMACY

In the village for 40 years, Life are your local experts in pharmacy care. They offer a big range of medical and health care 7 days a week with specialist advice from our friendly team of experts. The only stockist of Estee Lauder and Clarins in Kaipatiki.

32 Mokoia Road 09 480 7001

birkenhead@life pharmacy.co.nz

www.life pharmacy.co.nz



LIFE PHARMACY VACCINATIONS

Specialised in a comprehensive range of vaccinations including covid, cold, shingles, Tetanus Shots, whooping cough, HPV, MMR, and meningococcal, administered by Conrad and our team of nurses offering a welcoming environment. We also offer anti d and B12 injections.

32 Mokoia Road 09 480 7001

birkenhead@life pharmacy.co.nz

www.life pharmacy.co.nz

LIFE PHARMACY - PODIATRY

Every Monday, from 10-5, podiatry is available at Life Pharmacy! Make an appointment for all podiatry services including general, childrens, and minor podiatric surgery services.

32 Mokoia Road

admin@mobilefeetpodiatry.co.nz

0508 103 103

www.mobilefeetpodiatry.co.nz/



HEALTH 2000

Looking for natural health supplements and vitamins? We have a range of natural products, including sport supplements, weight management and more.

Shop 13, Highbury Shopping Centre
highbury@health2000.co.nz
 09 418 3653
www.health2000.co.nz



DOSE HEALTH CAFÉ

We care about good food and good health. We're your new go-to wellness spot, serving up smoothies, smoothie bowls, healthy cabinet eats, and top-notch coffee - all designed to fuel your day and help you feel your best. Fresh, fast and feel-good food.

22 Mokoia Rd 021 784 988
www.dose.22mokoia.co.nz



MOVENPICK - THE JUICE BAR

Newly arrived is The Juice Bar in Birkenhead Village. Movenpick is serving freshly squeezed juices and smoothies as healthy pick me up.

15 Rawene Road
 022 436 0529
www.movenpick-icecream.com



TANK SALAD & JUICE BAR

Start the day or re-energize the afternoon with boosting shots or added protein to your vitamin-packed drink. Health starts with what you eat, and our smoothies, raw juices, salads and wraps help nourish your body to reach your goals.

37 Mokoia Road
www.tankjuice.co.nz



ANNA WARD PSYCHOTHERAPY

Anna is a psychotherapist providing adult therapeutic services. She is an ACC Supplier who specialises in ACC Sensitive Claims treatment and assessments.

51 Birkenhead Avenue
021 458 741



KERERU PSYCHOTHERAPY AND COUNSELLING

We specialise in working with children, young people & families. Making steps towards professional help takes courage. We take your concerns seriously and help you develop a plan for moving forward.

33 Mokoia Road 021 251 2829
www.kidslink.co.nz/services-view/kereru-psychotherapy-counselling/



ELEVATE PSYCHOLOGY

Tim offers specialist treatment in injury trauma and ACC therapy. Discreetly based at Enterprise street in the village.

The Enterprise Suite F/11 Enterprise Street
tim.gardner.phych@outlook.com



ON POINT THERAPY

The home of specialist counselling, psychotherapy and relationship services. We offer a select range of services designed to meet your specific needs, with a particular focus on Internal Family Systems (IFS) and modern relational therapies.

The Enterprise Suite B/11
Enterprise Street
alexander@onpointtherapy.co.nz
022 628 7909
www.onpointtherapy.co.nz



Photo Credit: Grant Chapman

184 HINEMOA HOUSE HOME FOR SPECIALIST PSYCHOTHERAPISTS

184 Hinemoa Street has become a discreet hub for psychotherapy support, the following is a list of practitioners operating from this location.

Louise Player-Bishop
lpbtherapy@orcon.net.nz

North Shore Psychology
Mette Hansen-Reid
Hello@northshorepsychology.nz
0272 819 450

Jo Harris Therapy
larsenharrishome@gmail.com
021 036 4777

Shivana Ramanjam
shivana.r@gmail.com
021 176 0633

Victoria St John
vstj@mail.com

Claire Stafford Psychotherapy
clairestafford67@gmail.com
021 125 4553

Averil Lagerman
averil@therapy.co.nz
021 706 016

Stephen Appel, PhD
Psychotherapist
stephenappel@icloud.com

Simon & Carswell
ms.heartspeak@gmail.com
022 421 1114

Laura Taylor
laura.taylor@pathwayspsychology.co.nz
022 571 2799

Madhu Chandra
mchandra.akl@gmail.com
www.talkingworks.co.nz/listing/madhu-chandra
021 418 068

Reece & Lexy Nuttall
antidoseltd@gmail.com
021 2228945

Jade Smythe
jadesmythetherapy.com

Glenn Rockell
glennrockell.co.nz



HIGHBURY BYPASS

BIRKENHEAD AVE

HIGHBURY
HERITAGE WALK
(45 MINUTES)

2

HAMMOND PL

MOKOIA RD

THE ORIGINAL
SUGAR WORKERS
WALK (40 MINUTES)

1

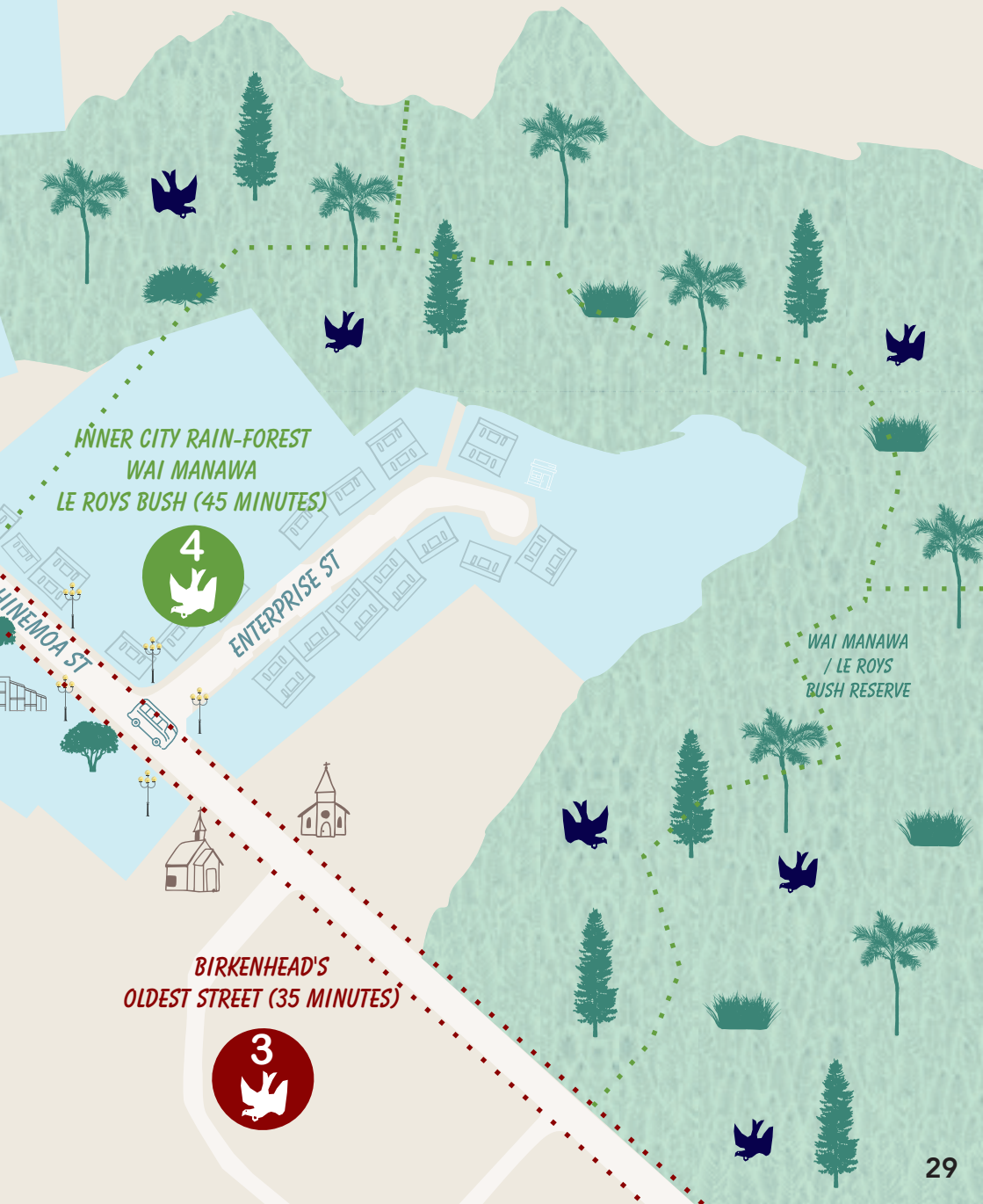
RAWENE RD

CHELSEA ESTATE HERITAGE PARK

RAWENE
BUSH RESERVE



ONEWA RD



INNER CITY RAIN-FOREST
WAI MANAWA
LE ROYS BUSH (45 MINUTES)



ENTERPRISE ST

WAI MANAWA ST

WAI MANAWA
/ LE ROYS
BUSH RESERVE

BIRKENHEAD'S
OLDEST STREET (35 MINUTES)





Birkenhead Village

village *with* a view



1. THE ORIGINAL SUGAR WORKERS WALK (40 MINUTES)

On this Auckland historic walk, retrace the daily steps of Birkenhead's 19th century sugar factory workers. View living architectural treasures.



2. Highbury Heritage Walk (45 MINUTES)

A picturesque historic walks, with view vistas from every street. This walk begins at Highbury's oldest Zion Hill Church.



3. BIRKENHEAD'S OLDEST STREET (35 MINUTES)

In 1913 Birkenhead was advertised as Auckland's most "healthful" marine suburb. An idyllic location, it was known as one of Auckland's first holiday retreats reached by ferry.



4. INNER CITY RAIN-FOREST WAI MANAWA (LE ROYS BUSH) (45 MINUTES)

Experience Auckland's only inner city rainforest, Le Roys Bush. A nature lovers paradise just a stones throw from the CBD.

