

Caras' & Co Gold Coast

Weekly Schedule - Effective 04/08/2025



MONDAY

7:00am-3:00pm

Individual
Appointments

TUESDAY

7:00am-3:00pm

Individual
Appointments

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

THURSDAY

7:00am-3:00pm

Individual
Appointments

FRIDAY

7:00am-3:00pm

Individual
Appointments

For more information or to book an appointment please contact us on **1300 272 222**, email **wellness@ballycara.com** or visit our website **www.ballycara.com**

**Caras' & Co Gold Coast, Shop 25-27,
57 Station Street, Nerang, QLD 4211**

Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 hours' notice. Genuine emergencies including health concerns will be considered for short notice cancellations. Please follow the prompts to leave a message if phoning after reception hours (Monday-Friday 8:00am-4:00pm).

Individual Health & Wellness Service Fees

Individual Service	Hourly Rate at BC Operated Location	Hourly Rate at Client Location
Registered Nurse	\$160.00	\$215.00
Exercise Physiology	\$160.00	\$215.00

All BallyCara appointments are minimum of **60 minutes** except for Registered Nursing appointments which are a minimum of **30 minutes**.

Travel is included in the "At Client Location" Fee.

All appointments include non-contact time for documentation and research.

Individual hydrotherapy & third-party gym sessions attract an additional \$15.00 amenity fee.