

Important Information

Appointments:

Please arrive on time for your appointment, if you arrive late your session time will be reduced by the amount of time you were late.

Prior to your treatment

- Please do not eat a heavy meal 1 hour prior to a Massage/Healing session as this will hinder the relaxation process.
- Please do not drink alcohol or caffeine 12 hours before or 12 hours after the Massage as it increases circulation and detoxifies the system.
- Please wear or bring along comfortable clothes that you can wear home after the treatment so that the residual oil will not damage your "good clothes".
- If you have long hair please bring a hair tie or tie your hair up.
- Please remove all jewellery prior to your massage/healing session either leave the items at home or bring along a storage container to put the items in.

Cancellation Policy:

If you need to cancel or reschedule your appointment we appreciate your co-operation by letting us know a minimum of 24 hours prior to your appointment.

A 50% cancellation fee will apply to clients who do not attend their pre-scheduled appointments.

Gift Vouchers:

Are valid for 36 months from date of purchase. Please present your voucher when redeeming your service(s).

Mobile phones:

Please respect your "me-time" by ensuring that your mobile phone is switched to silent during ALL treatments.

New Clients:

For certain treatments at your first appointment you may be required to complete a client questionnaire to ensure your treatment is enjoyable.

Referrals:

We love referrals! Refer a friend, relative or work colleague to us and you will receive \$5.00 off your next treatment and they will receive \$5.00 off their first treatment.

Text Reminders:

We realise you are busy, and things may slip your mind, so we provide a personalised SMS reminder 24 hours prior to your appointment.

All bookings are by appointment only.

Trading Hours

Monday Closed

Tuesday 10.00 – 6.00*

Wednesday 10.00 – 6.00*

Thursday 10.00 – 7.00*

Friday 10.00 – 7.00*

Saturday 10.00 – 3.00*

Sunday Closed

Closed Public Holidays

* Later appointments are available by prior arrangement

Mobile Service Available

* Conditions apply

Prices are subject to change without prior notification

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Wellness Services Price List

Nail & Beauty Treatments
Bush Flower Essences
Chakra Balancing
Crystal Healings
Essential Oils
Massage Therapy
Organic Skin Care
Reiki Treatments

**Elegant Nails & Beauty
by Sue**

Phone 0419 806 803



**Take a holistic approach to
your health care!**

Massage Treatments

Please note all Massages are NON-SEXUAL!

Body Balance Healing Massage 75 mins \$100.00

Working on the back of the body this Healing Massage works on the emotional, physical and energetic levels balancing and clearing the energy centres, as well as releasing chronic tensions in your body.

It combines Relaxation Massage together with ancient energy healing techniques from Reiki and Seichim.

Full Body Relaxation Massage 60 mins \$ 80.00

An Aromatherapy Massage incorporating Essential Oils is a truly tranquil, therapeutic treatment for both mind and body.

Recharge your batteries and relax your mind.

Back of Body (Back, Butt, Legs & Feet) 50 mins \$ 60.00

Concentrating of the Back, Butt, Legs & Feet.

Since our legs works hard in standing and walking everyday, plus they carry our full body weight, the bones ad muscles in our legs benefit enormously from the massage.

This massage focuses on relaxing and removing all tightness in the muscles which if left tight and tense could affect our posture.

Back, Neck & Shoulders Massage 30 mins \$ 40.00

A back massage with emphasis on the lower back, neck and shoulders greatly alleviate effects of stress throughout the whole body enhancing physical and psychological well-being.

Neck & Shoulders Massage 20 mins \$ 30.00

The neck area is an area of the body prone to holding tension.

This Massage targets and releases tension stored in the neck and shoulder area.

Foot Massage 15 mins \$ 20.00

Great for sore, tired feet

Our feet are the most used and neglected part of our body.

A therapeutic foot Massage helps to alleviate anxiety, stress, insomnia and increases circulation.

Chakra Balancing

Having a Chakra Balance is a powerful way of clearing your energy field, whilst tuning into your Mind, Body and Spirit.

Chakra Balance 90 mins \$115.00

The initial session will include a 30-minute consultation to collect information about your overall health and well-being.

Followed by a 60-minute Chakra Balance.

Please wear comfortable casual clothing and long hair tied up to your session.

Chakra Balance 60 mins \$ 75.00

60-minute Chakra Balance will be conducted lying down on a massage table.

Please wear comfortable casual clothing and long hair tied up to your session.

Chakra Balance 30 mins \$ 45.00

30-minute sessions will be conducted seated in a chair.

Please wear comfortable casual clothing and long hair tied up to your session.

Crystal Healings

Crystal healing is a method of healing that requires crystals to be placed on or around the body helping to clear, balance and release negative energy.

Crystal Healing 90 mins \$115.00

The initial session will include a 30-minute consultation to collect information about your overall health and well-being.

Followed by a 60-minute Crystal Healing.

Please wear comfortable casual clothing and long hair tied up to your session.

Crystal Healing 60 mins \$ 75.00

60-minute Chakra Balance will be conducted lying down on a massage table.

Please wear comfortable casual clothing and long hair tied up to your session.

Crystal Healing 30 mins \$ 45.00

30-minute sessions will be conducted seated in a chair.

Please wear comfortable casual clothing and long hair tied up to your session.

Reiki Treatments

By receiving Reiki Treatments, you will be taking a holistic approach to your everyday healthcare.

It is a powerful way of tuning into your Mind, Body and Spirit helping you to maintain good physical and mental health and overall wellness.

Reiki Session 90 mins \$115.00

The initial session will include a 30-minute consultation to collect information about your overall health and well-being.

Followed by a 60-minute Reiki Session.

Please wear comfortable casual clothing and long hair tied up to your session.

Reiki Session 60 mins \$ 75.00

60-minute Reiki Session will be conducted lying down on a massage table.

Please wear comfortable casual clothing and long hair tied up to your session.

Reiki Session 30 mins \$ 45.00

30-minute sessions will be conducted seated in a chair.

Please wear comfortable casual clothing and long hair tied up to your session.

Vibrational Essences

We locally produce Vibrational Essences to support your health, vitality and well being.

Vibrational Essences energetically restore balance on a physical, emotional, mental and spiritual levels.

Chakra Essences \$29.95 each or \$199.00 for Chakra range of 7 bottles + p&p

Divine Presence Essences \$31.95 each + p&p

Emotional Healing Essences \$29.95 each + p&p

Lifestyle Essences \$29.95 each + p&p

Light Frequency Essences \$29.95 each + p&p

Single Essences \$15.95 each + p&p

Spirituality Essences \$29.95 each + p&p

Star Sign Essences \$29.95 each + p&p

Wellbeing Essences \$29.95 each + p&p

White Light Essences \$29.95 each or \$199.00 for White Light range of 7 bottles + p&p

Pricing is subject to change without prior notice.