

## About Lotus Wellbeing:

- ✿ Qualified Therapist
- ✿ All services are conducted with 100% strict health regulatory procedures in place
- ✿ Council registered & inspected business
- ✿ Easy location 2km from High Street Berwick
- ✿ Easy Street parking

## Specialising in:

- ✿ Ladies Massage & Cupping Therapy
- ✿ Ladies Dermalogica, Alph-H Facials
- ✿ Mens and Ladies Sport Waxing
- ✿ Female Brazilian Waxing Specialist
- ✿ Manicures & Pedicures
- ✿ Gelish Harmony 14 - 21 day manicure Trmt's

## Payment options by:

- ✿ Cash, Cheque, Bank Transfer to approved clients

## Waxing do's

Moisturise skin daily with an antiseptic lotion. Apply cold compress, anti histamine lotion if you are sensitive. Shower off sweat and bacteria after exercise. Wear cotton underwear if you bikini wax. Loofah one week after your wax, then 2-3 times weekly there after.

## Waxing dont's

Don't wax when due or during your menstrual cycle. Don't loofah/exfoliate your skin until 4-7 days after your wax, depending on your skin. Avoid for 48 hours: deodorant/antiperspirants, makeup, solarium, tanning lotions, natural sun exposure, sweating, swimming in chlorinated water or salt water.

Please call us if you have any concerns or questions



- ✿ Ladies and Mens Sport Waxing Specialist
- ✿ Ladies Massage & Beauty Therapy

By appointment only, contact Suzanna:

📍 10 Jomary Court, Berwick Vic 3806 ☎ 0400 990 100

✉ suzanna@lotus.id.au [www.lotus.id.au](http://www.lotus.id.au)



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Price list effective from 16/06/20167.

24 hour cancellation notice is highly appreciated.

Prices subject to change without notice. ABN: 12 091 671 672



*professional therapist  
superior clean wax  
100% hygenic practice  
easy street parking  
no waiting*



lotus  
WELLBEING

• Mens and Ladies  
Sport Waxing Specialist

• Ladies Beauty studio  
• Ladies only Massage Therapy

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## ladies therapeutic massage therapy

- ☘ deep tissue massage      ☘ relaxation massage
- ☘ cupping therapy          ☘ lomi lomi massage
- ☘ holistic massage          ☘ free cupping therapy

Massage therapy reduces muscle tension, improved circulation, stimulates the lymphatic system, reduce stress hormones, increases joint mobility and flexibility, improves skin tone and aids healing of soft tissue injuries.

massage treatment 60 min.....	\$55
massage treatment 45 min.....	\$45
massage treatment 30 min.....	\$35
add organic coconut oil .....	\$5
express leg, foot or back 10 /15 min.....	\$15/\$20
pregnancy relaxation massage 30 min .....	\$35
pregnancy add on foot massage 5 /10 min.....	\$5/\$10

## ladies clinical facial

by Dermalogica, AlphaH Technology & Mukti Organics

☘ **Mukti Organic Rejuvenating Deluxe Facial 50min - \$70**  
Nourishing organic natural skincare, dermalogica natural range, skin analysis, tailored treatment plus exfoliation, deluxe steam facial with face massage.

☘ **Dermalogica Rejuvenating Facial 50min - \$60**  
Skin analysis, tailored treatment, AHA glycolic peel v1, 2or 3, multi-vit booster, toner, lymphatic face massage, essential, best skin forward treatment.

☘ **Dermalogica/Alpha H / Gold peel v2 (med) 30min - \$45**  
Vapour cleanse, v2/ glycolic exfoliation, v1 grain and hyrdo therapy. Suitable for all skin types, reduces fine lines, wrinkles and pigmentation spots.

☘ **Dermalogica re-fresh facial 30 min - \$40**  
Vapour cleanse, grain/v1 exfoliation and or v1/kaolin exfoliation, and hyrdo therapy. Suitable for sensitive and congested skin.

☘ **Dermalogica Acne & Teen Clean Facial 20 min - \$35**  
Steam cleanse, v1/kaolin exfoliation or sulfur detox pore refining mask and oil free skincare therapy. Extractions \$10.

☘ **Sal3 10% Sulfur 3% salicylic - \$15**  
☘ **Grandpa Thoylox 3% sulfur - \$12**

☘ **Mineral clay back blitz with steam 45 min - \$35**  
Medicated deep pore sulfur treatment blackhead removal.

## gelish/shellac polish -

☘ **21 day uv polish manicure for natural nails, 100% hygienic**

gelish manicure application (rrp\$35) .....	\$25	french/both .....	\$8/\$10
gelish pedicure application .....	\$30	file removal .....	\$4
shellac gelish mani & pedi .....	\$48		
removal and re-apply mani/ped .....	\$32-\$42	nail art/glitter.....	\$1-\$5
soak off & full recovery mani/pedi .....	\$12	nail repair .....	\$5

## manicures 100% hygienic practices

☘ **deluxe silk spa manicure & massage - \$40**  
Coconut milk soak ,exfoliation, full nail conditioning, massage, polished.  
add on -**Shellac/gelish polish extra \$10 + soak off existing gel \$5**

☘ **lotus express manicure with polish - \$30**  
Cut, file, buff, shape, cuticle clean, mini massage, moisturise & polish.  
add on -**Shellac/gelish polish extra \$10 + soak off existing gel \$5**

mani tidy 1 -cut, file and paint manicure.....	\$15
mani tidy 2 -cut and file only manicure.....	\$10
add on - buff/hi shine or cuticle clean each .....	\$5

## pedicures **Belava** 100% hygienic disposable tubs

☘ **silk spa pedicure hydro mask & massage - \$50**  
Coconut milk soak, scrub, calus file, nails shaped, buffed, cuticle treatment, hydro mask, mini massage and finish polish. add on -**Shellac/gelish toe polish extra \$10 + soak/removal off existing gel \$**

☘ **lotus express pedicure with polish - \$35**  
Cut, file, nail buff, shape, cuticle clean, moisturise, mini massage and polish.  
add on -**Shellac/gelish toe polish extra \$10 + soak off existing gel \$5**

☘ **quick pedicure treatments:**

pedi tidy 1- cut, file and paint pedicure.....	\$22
pedi tidy 2- cut and file only pedicure.....	\$12
add on - calus file, buff/hi shine,cuticle clean or hydro mask each .....	\$5

## pamper & gift certificate packages

**lotus escape treatment - 45min \$60**

- Refresh hydro cleanse facial      • Eye brow sculpture wax
- Lymphatic neck & face massage

☘ **out on the town treatment - 60min \$65**

- lotus express manicure, pedicure tidy 1 and a 10 min foot massage

☘ **lotus signature treatment - 70min \$85**

- Relaxation massage back, shoulder & neck
- Refresh dermalogica facial      • Eyebrow sculpture wax

## mens sports waxing specialist

☘ **100% hygienic, fast and gentle**

full leg.....	\$45	full arm .....	\$30
half or 3/4 leg.....	\$30/\$35	half or 3/4 arm .....	\$20/\$25
full back incl shoulders.....	\$35	full chest incl shoulders.....	\$35
half back, lower or upper .....	\$25	half chest, lower or upper.....	\$25
just shoulders and neck.....	\$10	stomach or chest trail.....	\$10
eyebrow tidy & trim .....	\$14	ears or nostrils.....	\$8
eyebrow / lash darkening .....	\$15	mens nail tidy clip cuticle file .	\$12
arm pits.....	\$16	extra wax and cloth charge.....	\$5

## ladies waxing specialist

☘ **100% hygienic, fast and gentle**

full leg.....	\$30	full arm .....	\$18
3/4 or top half leg .....	\$25	3/4 arm.....	\$15
half leg.....	\$20	1/2 arm.....	\$12
sides of face.....	\$6-\$8	underarms strip/hot .....	\$12-\$15
chin/chin ext.....	\$6-\$12	inner/back thigh.....	\$6-\$12
upper lip, lower lip.....	\$6/\$8	stomach/buttock.....	\$10
nose,nipples or chest trail.....	\$5	bath sponges 1 /3pack.....	\$8-\$20
full face and brow .....	\$30	lower back.....	\$8-\$10

☘ **girls waxing - under 18 years**

eyebrow tidy .....	\$5	full leg.....	\$22
lip .....	\$5	half or 3/4 leg.....	\$15-\$18
under arms strip/hot .....	\$8-\$10	basic / high bikini.....	\$12-\$16

## ladies gentle brazilian waxing

☘ **superior xxx wax 100% hygienic single dip spatulas!**

basic/high bikini <b>x</b> .....	\$15-\$22	low rise/bikini snail.....	\$5
gstring <b>xx</b> .....	\$30	gstring <b>xx</b> + exten .....	\$34
brazilian <b>xxx</b> .....	\$40	brazilian <b>xxx</b> + exten .....	\$44
all off <b>xxxx</b> .....	\$42	all off <b>xxxx</b> + exten .....	\$46

☘ **designer eyebrows and lashes**

tint brow/lash/both ..	\$10/\$15/\$20	brow tidy/sculpt/1st	\$10/\$12/\$14
brow semi tattoo.....	\$12	bleach lip/sides.....	\$8-\$10
1st time eyebrow assesment ...	\$14	eye brow bleach .....	\$10

**Welcome to Lotus Wellbeing, enjoy your 1st visit voucher**

☘ **\$5 OFF\*** - min spend \$50  
☘ Or enjoy a free lycon lip wax

Recipients Name: \_\_\_\_\_

\*Voucher must be presented on day of appointment. Only valid for services.  
\*\$50 min spend after the discount is applied.

