

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



By appointment only, contact Suzanna:

📍 10 Jomary Court, Berwick Vic 3806
☎ 0400 990 100 ✉ suzanna@lotus.id.au

www.lotus.id.au

Price list effective from 22/12/2017.

24 hour cancellation notice is highly appreciated.

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



lotus
WELLBEING

• Ladies and Mens
Sport Waxing Specialist

• Ladies Beauty studio

• Ladies only Massage Therapy

By appointment only, call Suzanna:

📍 10 Jomary Court, Berwick Vic 3806
☎ 0400 990 100 ✉ suzanna@lotus.id.au

www.lotus.id.au

sacred native spirit healing massage

- ☘ meditative massage
- ☘ slow paced massage
- ☘ reiki release
- ☘ emotional stress release
- ☘ lotus pure essential oil
- ☘ hydro gel skin conditioning

Sacred Native Spirit Healing is a essential meditative massage treatment that will assist in physical and emotional state of mind, leading to a greater sense of emotional and physical state of balance and wellbeing.

sacred spirit healing massage treatment 60 min \$70

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 \$60
 massage treatment 45 min \$50
 massage treatment 30 min \$40
 add organic coconut oil \$5
 express 10/15 min \$15/\$20
 pregnancy relaxation massage incl indian head massage 30 min \$42
 *pregnancy add on foot massage 5 min \$6

dermalogica facials

Dermalogica, AlphaH Technology & Mukti Organics products

☘ Mukti Organic Rejuvenating Deluxe Facial 55min - \$70

Nourishing organic natural skincare, dermalogica natural range, skin analysis, tailored treatment plus exfoliation, deluxe steam facial with face massage.

☘ Dermalogica Rejuvenating Facial 55min - \$65

Skin analysis, tailored treatment, cleansing pore detox, steam AHA glycolic peel v1,2or 3, multi-vit serum, toner, lymphatic face massage, essential best skin forward treatment.

☘ Dermalogica/Alpha H / Gold peel v2 (med) 30min - \$55

Vapour cleanse, v2/ glycolic/gold exfoliation, v1 grain and hydro therapy. Suitable for all skin types, reduces fine lines, wrinkles and pigmentation spots.

☘ Dermalogica Acne & Teen Clean Facial 20 min - \$38

Steam cleanse, v1/kaolin exfoliation or sulfur detox pore refining mask and oil free skincare therapy. Extractions extra\$10.

☘ Mineral clay back blitz with steam 45 min - \$45

Medicated deep pore sulfur treatment blackhead removal.

gelish/shellac polish

- ☘ 21 day uv polish manicure for natural nails, 100% hygienic
- gelish with manicure on natural (rrp\$35) ... \$30
- french/both\$8/\$15
- gelish with pedicure on natural \$40
- file removal\$4
- shellac gelish mani & pedi \$65
- removal and re-apply mani/ped \$36-\$46
- nail art/glitter..... \$1-\$5
- soak off & full recovery mani/pedi \$12
- nail repair\$5

manicures 100% hygienic practices

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

- ☘ quick manicure treatments:
- mani tidy 1 -cut, file, moisturise and paint manicure.....\$20
- mani tidy 2 -cut,file and moisturise 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 - \$55
- Coconut milk soak, scrub, calus file, nails shaped, buffed, cuticle treatment, hydro mask, mini massage and finish polish.
- Shellac toe polish extra \$10 + soak/removal off existing gel \$5

- ☘ lotus express pedicure with polish - \$40
- Cut, file, nail buff, shape, cuticle clean, moisturise, mini massage and polish
- Shellac/gelish toe polish extra \$10 + soak off existing gel \$5

- ☘ quick pedicure treatments:
- pedi tidy 1- cut, file, moisturise and paint pedicure.....\$25
- pedi tidy 2- cut,file & moisturise only pedicure.....\$15
- add on - calus file, buff/hi shine,cuticle clean or hydro mask each\$5

pamper & gift certificate packages

- lotus escape treatment - 45min \$70
- Refresh dermalogica v2 facial
- Eye brow sculpture wax
- Lymphatic neck & face massage 5 min
- ☘ out on the town treatment - 60min \$65
- lotus express manicure, pedicure tidy 1 and foot massage with hydro gel
- ☘ sacred native spirit healing massage - 60min \$80
- healing massage (see above) • Eyebrow sculpture wax, dermalogica power firm

mens sports waxing specialist

- ☘ 100% hygienic, fast and gentle
- full leg..... \$45
- full arm \$30
- half or 3/4 leg..... \$30/\$40
- half or 3/4 arm \$20/\$25
- full back incl shoulders..... \$40
- full chest incl shoulders..... \$40
- half back, lower or upper \$30
- half chest, lower or upper \$30
- just shoulders and neck..... \$12
- stomach or chest trail..... \$10
- eyebrow tidy & trim \$14
- ears or nostrils..... \$8
- eyebrow / lash darkening \$15/\$18
- mens nail tidy clip cuticle file . \$12
- arm pits..... \$16
- extra wax and cloth charge..... \$2
- youth brows /tidysculpt... \$10/\$12

ladies waxing specialist

- ☘ 100% hygienic, fast and gentle
- full leg..... \$35
- full arm \$20
- 3/4 or top half leg \$30
- 3/4 arm..... \$18
- half leg..... \$22
- 1/2 arm..... \$15
- sides of face\$7-\$10
- under arms strip/hot\$12-\$15
- chin/chin ext.....\$8-\$12
- inner/back thigh..... \$8-\$12
- lip + lower lip/nose \$7/\$9/\$4
- stomach/buttock..... \$8-\$10
- nipples,toes,chest trail \$5
- bath sponges 1 /3pack.... \$8-\$20
- full face and brow \$32
- lower back..... \$8-\$10

☘ young lady waxing - under 18 years

- brow tidy/scult/raw ... \$8/\$10/\$12
- full leg..... \$25
- lip \$6
- half / 3/4 leg \$15-\$20
- under arms strip/hot \$8-\$10
- basic / high bikini..... \$14-\$16

ladies gentle brazilian waxing

- ☘ superior xxx wax 100% hygienic single dip spatulas!
- basic/high bikini **x**..... \$18-\$22
- low rise/bikini snail/ extention.. \$4
- brazilian **xxx**..... \$40
- gstring **xx**..... \$30
- all off **lite volume xxx**..... \$42
- all off **full volume xxx**..... \$45

☘ designer eyebrows and lashes

- tint brow/lash/both.. \$10/\$16/\$25
- brow tidy/sculpt/raw \$10/\$12 \$14
- 1st time eyebrow assesment ... \$15
- bleach lips/sides \$10 / \$12
- eye brow bleach \$10

Welcome to Lotus Wellbeing,
 enjoy your 1st visit voucher

- ☘ \$5 OFF* waxing - min spend \$50
- ☘ free lycon lip wax - min spend \$20

Recipients Name: _____

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

