

## sacred spirit healing reiki massage

Universal light energy gift of healing our body, heart and soul.

An intuitive healing session connecting vibrational healing energy to calm, nurture, soothe and settle an overactive mind, a stressed out body and an emotionally challenged heart.

Reiki energy healing with practical massage techniques will assist in restoring balance and calmness in the mind, relief in the physical body and replenishment in the soul's spirit.

Sacred spirit healing massage treatment 60 minute..... \$75

## lotus therapeutic massage

A combination of deep tissue, lomi lomi hawaiian and relaxation style of massage to release muscle tension, boost circulation to energise and detox the body.

massage treatment 75 min.....	\$85
massage treatment 60 min.....	\$70
massage treatment 30 min.....	\$50
express 15 min.....	\$30
add on - organic pure coconut oil or warm mahalo organic glow oil.....	\$5

## cellulite massage

Vigorous massage with Pure Natural Grape Seed oil, detoxing essential oils and cupping circulation therapy to assist with detoxify stubborn cellulite.

Cellulite massage 30min ..... \$55

## facial treatments

Dermalogica, AlphaH, The Ordinary , Sarah Chapman

✿ Rejuvenating Facial + massage - 60min - \$80

A deeply nourishing facial customised to suit all skin types. Deep cleanse, manual microdermabrasion exfoliation, nourishing boosters, hylauronic acid and peptides, botanical oils soothes irritation and hydrates the skin.

✿ Express Peel Facial 30min - \$65

Quick skin resurfacing and hydrating treatment. Directly targeting skin renewal, this treatment focuses on exfoliation and hydration to immediately brighten and improve skin texture. Suitable for all.

✿ Dermalogica Acne & Teen Clean Facial 20min - \$45

Steam and deep cleanse, grain exfoliation or sulfur detox pore refining treatment therapy. Extractions extra \$10-\$15.

✿ Mini Pre-Waxing Facial 10min - \$25 - add on only

Steam cleanse, exfoliate and moisturise.

✿ Mineral clay back blitz with steam 45 min - \$60

Medicated deep pore sulfur steam cleansing. Blackhead removal \$10 - \$15.

## gelish/shellac polish

✿ 14 day uv polish manicure for natural nails

shellac gelish manicure on natural .....	\$35	add french .....	\$5
shellac gelish pedicure on natural .....	\$45	file removal/repair .....	\$4
shellac gelish mani & pedi on natural .....	\$75	nail art/glitter.....	\$4- \$5
removal and re-apply colour mani .....	\$45	SNS removal.....	\$35
removal and re-apply colour pedi.....	\$55	extra nail prep work.....	\$5
remove shellac & recovery.....	\$30		

## manicures

✿ lotus spa manicure treatment & massage - \$55

Coconut milk soak, grain exfoliation, full nail conditioning, de-stress hand massage with hydro gel, colour polish to finish.

✿ quick manicure treatments:

mani 1 -cut, file, cuticle clean, hi shine, moisturise.....	\$25
add polish .....	\$30
add french finish.....	\$35

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

✿ silk spa pedicure - hydro mask treatment & massage - \$65

Coconut milk soak, grain exfoliation, full nail conditioning, relaxation foot massage with hydro gel, colour polish to finish.

✿ quick pedicure treatments:

pedi 1 -cut, file, cuticle clean, hi shine, moisturise.....	\$25
add polish .....	\$30
add french finish.....	\$40

additional nail services:

- shellac/gelish polish extra \$10 + remove existing gel \$5 - \$10
- hydro gel skin conditioning mask and massage for hands or feet ....\$15

## gift certificate packages

✿ namaste healing massage treatment- 75min \$100

- reiki inspired massage with warm body oils • Mahalo organic blend treatment oil for scalp massage • hydro gel foot treatment • eyebrow sculpt

✿ lotus silk manicure treatment - 50min \$45

- shellac manicure on natural nails • hydro gel hand massage

✿ lotus escape treatment - 30min \$60

- Mini Facial • Designer eyebrow sculpture wax
- Lotus shoulder neck massage 10min

## ladies waxing specialist ✿ 100% hygienic

ladies full leg .....	\$35	full arm .....	\$25
ladies 3/4 or top half leg .....	\$30	3/4 arm.....	\$22
half leg.....	\$25	1/2 arm.....	\$20
sides of face.....	\$8 - \$10	under arms strip / hot ..	\$12 / \$15
chin/chin ext.....	\$8 - \$12	inner thighs .....	\$10 - \$12
on own lip / lower .....	\$10 / \$12	back thigh .....	\$10 - \$12
add on lip / lower .....	\$8 / \$10	stomach or buttock .....	\$10
nostrils .....	\$10	bath sponges 1/3 pack... \$9 / \$25	
nipples, chest trail or nape....	\$10	lower back.....	\$10 - \$12
toes .....	\$10	full face and brows.....	\$35
<b>full leg &amp; brazilian.....</b>	<b>\$75</b>	<b>full leg and high bikini .....</b>	<b>\$54</b>

✿ junior female waxing treatments - under 18 years

brow tidy / sculpt .....	\$10 / \$12	full leg.....	\$30
under arms strip / hot ..	\$10 / \$12	3/4 leg or top half leg .....	\$25
basic / high bikini.....	\$18 / \$20	half leg.....	\$20

## ladies gentle brazilian hot waxing

✿ superior xxx wax 100% hygienic

basic/high bikini .....	\$18 / \$22	low rise/bikini snail/ extention..	\$5
landing strip brazilian .....	\$44	gstring .....	\$35
all off lite brazilian .....	\$44	all off brazilian .....	\$46
full leg & brazilian .....	\$75	full leg and high bikini .....	\$54

## ✿ designer eyebrows and lashes

brow tidy .....	\$12	tint brow.....	\$12
brow sculpt.....	\$14	tint lashes.....	\$18
brow raw.....	\$16	tint both .....	\$28

✿ designer eyebrow sculpt

assessment & pencil .....
 \$20 |

✿ hair lightening

bleach lip .....	\$15
bleach eyebrow .....	\$15
bleach sides of face .....	\$20

Welcome to Lotus Wellbeing,  
enjoy your 1st visit voucher

✿ free eyebrow tidy or

✿ free lip wax

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

\*Voucher must be presented on day of first appointment.  
Only valid for services,\* min spend of \$25 applies.

