

massage and body conditioning:

Enjoy a highly intuitive, nurturing and caring massage treatment that addresses your individual needs.

Your comfort is ensured with a warm clean fresh plush toweling, essential oils and pure massage oils are proudly used.

Addressing:

- Shoulder and neck pain
- Leg cramps & tight calves
- Lower back and sciatic pain
- Swollen ankles & feet
- Headache and migranes
- Fatigue, anxiety & depression
- Posture and sleep quality
- Overall wellbeing and happiness

therapeutic deep tissue massage

Deep tissue, therapeutic style of massage incorporating cupping therapy to assist in pain relief and good mobility.

- massage treatment 60 min \$80
- massage treatment 75 min \$90
- massage treatment 90 min \$120
- massage treatment express 15 min / 30 min \$30 / \$50
- add on - organic pure coconut oil \$5

heart space healing

reiki massage

Reiki healing treatment fatigue, anxiety and depression. A highly intuitive, slow paced healing massage treatment. Sacred spirit healing massage treatment \$90

facial treatments

Dermalogica, AlphaH, The Ordinary, Sarah Chapman

High Performance Facial + face massage - 50min - \$90
A deeply nourishing and deep cleansing facial customised to suit all skin types.

Rejuvenating Express Facial - 30min - \$75
Deep skin exfoliation treatment concentrating on cell rejuvenation and hydration.

Express Facial 15min - \$45
Steam detox cleanse, twice exfoliated grain/aha and moisture therapy.

Extractions - from \$10

Bump Free Essential Underarm glycolic peel - \$10

Pigmentation Underarm glycolic treatment - \$25

gelish/shellac polish

14 day uv polish manicure for natural nails

- shellac gelish mani plus tidy \$40
- shellac gelish pedi plus tidy..... \$45
- shellac gelish mani & pedi..... \$75
- add soak off from \$5 - \$10
- add french..... \$5
- full soak off recovery treatment \$40
- add soak, scrub and cuticle or foot file... \$25

manicures

high performance manicure treatment & massage - \$60

High performance, skin and full cuticle and nail conditioning manicure with natural oil massage and polish. Shellac \$5

express manicure treatments - \$50

Cut, file, cuticle neat, soak scrub, hi shine /with polish.

mani 1 - Cut, file, and hi shine / with polish \$25 / \$35

pedicures

high performance deluxe pedicure & massage - \$75

Full express pedi procedure with callus file, nail/ridge buff, hydro gel treatment and massage plus polish. Bring thongs. Shellac \$5

express pedicure treatments - \$60

Cut, file, cuticle clean, soak, aha scrub, hi shine and polish.

pedi 1 - Cut, file and hi shine / with polish \$25 / \$40

fragrance of the day

sample niche/designer brand fragrances 2ml spray..... \$14 / \$10
incorporate in your treatment..... \$5

gift certificate packages

namaste healing massage treatment - 75 min \$120

- Meditation half body massage with pure oils
- Mahalo organic hawaiian flower oil face massage
- Hydro gel conditioning foot wrap
- Welcome foot soak and aha exfoliation foot scrub

just for you treatment - 60min \$95

- Earth Cleansing Facial mahalo flower oil
- Designer eyebrow sculpture wax
- Mini manicure (cut, file & hi-shine)

complete bliss treatment - 30min \$65

- Neck massage with oils
- Earth Cleansing Facial mahalo flower oil
- Pressure release face massage

ladies waxing specialist Premium wax

- full leg from*\$45
- 3/4 or top half leg\$40
- half leg over the knee.....\$35
- complementary leg massage
- full arm\$38
- 3/4 arm\$32
- 1/2 arm\$28
- complementary arm massage

mens full leg from\$65
*extra cloth\$5

full leg and high bikini.....\$66
full leg and full brazilian ..\$89

sides fac / ext \$15 / \$18
chin / ext \$15 / \$18

just neck - hot wax\$15
lip + lower lip \$12 / \$14
nostrils or nose.....\$12
nape - hot wax.....\$15

toes/feet/nuckles \$5 - \$10
under arms /hot... \$18 / \$20
+ u/a glycolic peel\$10
pigment u/arms trt\$25
bath exfoliate sponge ...\$15

inner thighs..... \$10 - \$12
back thigh \$16

stomach \$16
full abdom inc stmch ...-\$25
full back..... \$40-\$45
half back\$30
patch.....\$10

100% lycon hot face wax
brow, lip + chin \$35
full face + wash.....\$40
- add steam facial.....\$10

junior female waxing
full leg.....\$40
3/4 leg or top half leg\$35
half leg\$30
underarm strip/hot..\$14/\$18

ladies gentle brazilian hot waxing

superior Lycon xxx wax 100% hygienic

- basic bikini\$20
- high bikini hot wax \$25
- all off brazilian lite/land...\$46
- all off brazilian - regularly ..\$48
- all off brazilian-occasional ..\$50
- g-string\$38
- bikini extentions... \$5-\$10
- full leg & full brazilian\$89
- full leg and high bikini.....\$66

designer eyebrows and lashes

- brow basic.....\$16
- brow sculpt\$18
- brow raw/re-balance\$20
- male brow sculpt. \$16 / \$20
- tint brow\$18
- tint lashes\$28
- tint both.....\$40
- bleach lip/brow/sides.....\$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 overall spend of \$25 applies.

