

## 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 on street parking

## Specialising in:

- ✿ Ladies Massage & Cupping Therapy
- ✿ Ladies Dermalogica, Alph-H Facials, Sarah Chapman
- ✿ Ladies Sport Waxing
- ✿ Female Brazilian Waxing Specialist
- ✿ Manicures & Pedicures
- ✿ Harmony Gelish & Shellac 14-21 day manicures

## Payment options by:

- ✿ Cash or Bank Transfer to approved clients
- ✿ Credit Card facilities are not available

## Waxing do's

Moisturise skin daily with an antiseptic lotion, tea tree is ideal. 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, 2-3 times weekly is ideal.

## Waxing don't's

Don't wax when due or during your menstrual cycle. Don't depending on your skin, loofah/exfoliate waxed areas 3-5 days after your wax. 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 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 17/07/2024 24 hour cancellation notice is requested,  
conditions apply, fees apply.

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



Lotus  
WELLBEING

- Waxing Specialist
- Ladies Beauty Services Studio
- Healing Reiki Massage Therapy
- Therapeutic Massage Therapy

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📍 10 Jomary Court, Berwick Vic 3806  
☎ 0400 990 100 ✉ [suzanna@lotus.id.au](mailto:suzanna@lotus.id.au)

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## massage and body conditioning:

Enjoy the benefits of body massaging to aid the following:

- Shoulder and neck pain
- Leg cramps & tight calves
- Lower back and sciatic pain
- Swollen ankles & feet
- Headaches 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 .....	\$90
massage treatment express 30 min .....	\$55
massage treatment express 15 min.....	\$35

## heart space healing

### healing massage

healing treatment for fatigue, anxiety and depression.

A highly intuitive, slow paced healing massage treatment to sooth the body and calm the soul.

Sacred spirit healing massage treatment ..... \$100

## facial treatments

### Eminence Organic, CosMedix, Dermalogica, AlphaH

- ☘ Anti-Aging Mircrodermal and Hydration Treatment + Extended Face, Neck & Scalp Lymphatic Massage - 60min ..... \$115
- ☘ Eminence Organic Sensitive Skin Facial - 45 min ..... \$100
- ☘ High Performance Deep Cleanse and Exfoliation Facial + Facial Lymphatic Massage - 30min \*from..... \$85
- ☘ Glycolic Peel - Deep Exfoliation Treatment - 20min \*from... \$65
- ☘ Progressive Facial - not time min \*from ..... \$85
- ☘ Express Steam Cleansing Essential Facial - 15 min -...\$50
- ☘ Pigmentation AHA Bump Free Underarm Treatment- \$25

## shellac

☘ shellac hands or feet includes mini manicure tidy .....	\$45
soak off - extra .....	\$10
french finish- extra .....	\$5
soak off and back to natural nails manicure .....	\$30

## manicures

☘ high performance manicure treatment & massage - ..... \$60  
High performance, skin and full cuticle and nail conditioning manicure with natural oil massage and polish. Add shellac \$10

☘ mani 1 - Cut, file, buff and hi shine / with polish.....\$25 / \$40

## pedicures

Belava disposable tubs  
☘ high performance revival pedicure & massage - .....\$70  
For neglected feet and nails incorporating full pedicure treatment, hydrogel skin conditioning and foot massage.  
addition - Shellac - \$10  
addition - Full Organic Treatment - \$10

☘ lotus deluxe refresh pedicure - keep up the good work..... \$55  
Incorporating soak, exfoliation, pedi 1 and polish.

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

## fragrance of the day

Sample niche/designer brand fragrances 2ml spray .....\$20 / \$15  
Incorporate in your treatment ..... \$5

## gift certificate packages

- ☘ namaste healing massage treatment - 60 min \$120
  - Meditation back massage with pure oils
  - Mahalo organic hawaiian flower treatment facial
- ☘ just for you treatment - 60min \$110
  - Mahalo organic hawaiian flower treatment facial
  - eye brow sculpture wax
  - Mini manicure Mahalo Oil Mani ( cut, file & hi-shine )
- ☘ love and happiness treatment - 45min \$85
  - Lotus Express soft exfoliation facial treatment
  - Collagen eye treatment mask
  - Cold pressed Organic Rosehip Oil face massage

## ladies waxing specialist

full leg from* .....	\$48	Full arm .....	\$30
3/4 or top half leg .....	\$38	3/4 arm.....	\$30
half leg over the knee.....	\$32	1/2 arm.....	\$25

sides face .....	\$14	inner thighs .....	\$15
chin .....	\$12	back thigh .....	\$15
neck - hot wax.....	\$12	stomach .....	\$15
lip .....	\$12	full abdom inc stmch .....	\$25
nostrals.....	\$14	full back.....	\$35
nape - hot wax.....	\$20	half back .....	\$30
under arms /hot .....	\$18	patches from .....	\$10
u/arms glycolic trmt.....	\$25		

Face waxing  
100% lycon hot wax  
brow, lip + chin .....\$35  
full face + pre wax facial ....\$45  
- add steam to facial .....\$10

☘ junior female waxing  
full leg .....

## ladies gentle brazilian hot waxing

☘ superior Lycon xxx non sticky, ultra kind on skin wax 100% hygienic  
basic bikini hot wax .....

## designer eyebrows and lashes

brow basic.....	\$16	tint brow.....	\$16
brow sculpt .....	\$18	tint lashes + lash oil.....	\$25
male brow sculpt .....	\$20	tint both .....	\$35

Welcome to Lotus Wellbeing,  
enjoy your first visit voucher

- ☘ 15% off waxing
- ☘ 10% off massage treatments

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

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

