



# BLISS

beauty & wellness

Treatments & Service Menu

## MASSAGE THERAPIES

### Hot Stone Massage



Hot Stone Massage uses authentic basalt stones and is popular worldwide for its therapeutic and healing effects. This is a unique and deeply relaxing massage that will harmonize and balance your entire energy flow, de-stress your body, stimulate blood flow, lymphatic circulation and increase cellular activity resulting in a sublime sense of well-being.

UPPER BODY HOT STONE MASSAGE 60 Min \_\_\_\_\_ \$115

BACK HALF BODY HOT STONE MASSAGE 75 Min \_\_\_\_\_ \$135

FULL BODY HOT STONE MASSAGE 90 Min \_\_\_\_\_ \$150

DELUXE HOT STONE BODY MASSAGE 105 Min \_\_\_\_\_ \$165

### Therapeutic Full Body Massage

Using a combination of techniques including: Sports Massage, Swedish Massage, Balinese Massage, Reflexology, Aromatherapy and Reiki. This massage is beneficial for releasing stress and tension, reducing muscular aches and pains, improving energy levels, circulation and promoting wellness

\_\_\_\_\_ 75 /90 Min \$118 /\$135

### Therapeutic Upper Body Massage

For clients who prefer a firmer pressure, therapeutic massage. We highly recommend having the entire hour for this massage if you have any problem areas, so we can perform a thorough massage to release any knots and tight muscles in your back, neck and shoulders. Using a combination of techniques including Sports Massage, Swedish Massage, Balinese Massage, Aromatherapy & Reiki

\_\_\_\_\_ 45/60 Min \$85/\$98

### Therapeutic Back Half Body Massage

This is our most popular massage for clients who are having regular massage and don't require any extra time to be spent on problem areas. We massage your back upper body and also incorporate the back of the legs. \_\_\_\_\_ 60/75 Min \$98/\$118

### Couples Massage

Massage for couples in the same room is subject to availability of therapists. Please call to request in advance.

### Relaxation Massage or Aromatherapy Massage

Gentle relaxation massage techniques are used in this massage for those enjoying a lighter pressured, massage. With the option of using powerful essential oils, to soothe and rejuvenate the body & the mind. Recommended for those clients wishing to de-stress , & improve your health & wellbeing

Back Upper Body_____	45 min \$80
Back Half Body _____	60 Min \$95
Full Body _____	75 min \$110
Full Body_____	90 min \$125

### Remedial Massage & Deep Tissue Massage (Dip Remedial Massage)

Our Massage Therapist is available for Remedial and Deep Tissue Massage. Private Health cover provider numbers . Check to see if your PHF covers you for Remedial Massage

\_\_\_\_\_ 60 min \$98, 75 min \$115, 90 mins \$135

### Dry Needling

An effective and efficient technique for the treatment of muscular tension, pain and myofascial dysfunction. \_\_\_\_\_ 30 mins \$55/ 60 min \$98, 75 min \$115, 90 mins \$135

### Myofascial Cupping

An ancient Chinese therapy in which a cup is applied to the skin, then the pressure in the cup is reduced (either by heat or suction) in order to draw and hold skin and superficial muscle tissue/fascia inside the cup. Resulting in elimination of toxins, reduced muscle tension/pain while bringing blood flow to stagnant skin and muscles \_\_\_\_\_ 30 mins \$55/ 60 min \$98, 75 min \$115, 90 mins \$135

### Lymphatic Drainage

This feather light Lymphatic Drainage Massage is a gentle, rhythmical treatment to stimulate the circulation of lymph fluid around the body for elimination. Extremely beneficial for reducing Oedema.

\_\_\_\_\_ 60 mins specific area \$98, 120 mins for full body \$165

### Oncology Massage

Mindful Massage focusing specifically on the relaxation response in clients who have cancer, are in treatment for cancer or who have a history of cancer \_\_\_\_\_ 60 mins \$65 , 3 for \$180

### Face Neck & Shoulder Massage

A relaxing massage that relieves mental stress, tension and headaches. This massage focuses on the muscles in the face, neck and shoulders and pressure points in the face and scalp \_\_\_\_\_ 40 Min \$70

### Face & Feet Massage

This massage combines the above Face, Neck and Shoulder Massage with a rebalancing foot massage. Feel stress and tension disappear \_\_\_\_\_ 50 Min \$80

### Aroma-Touch

Is a powerful, accessible way to experience Doterra Essential Oils, addressing whole body's needs and creating overall systemic benefits \_\_\_\_\_ 60 Min \$78

## NATURAL THERAPIES

### Reiki

Reiki is a gentle, holistic “hands on healing” technique which results in a deep sense of relaxation & an overall sense of wellbeing. Rebalancing & calming for body, mind & spirit. Reiki is complimentary to medical treatments & other therapies. For best results it is recommended to have course of 3 treatments. Our therapists are accredited with the WA Reiki Assoc \_\_\_\_\_ 60 Min \$78 \$190 for course of 3

### Indian Head Massage

A Qualified Champissage Practitioner performs a seated massage focusing on the shoulders, neck, scalp, face & ears. Enjoy the many health benefits that this traditional massage has to offer. Some of the benefits include relief from insomnia & mental tiredness, increased relaxation, loosening of the muscles in the neck, shoulders & scalp, release of anxiety, clearer thinking, balancing of chakra energy

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60 Min \$78

### Reflexology

A natural healing therapy treating and rebalancing the whole body, through a pressure massage applied to the feet by a qualified Reflexologist. This therapy aids the body’s natural ability to heal & rebalance.

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60 Min \$78

## Acupuncture/ Cupping/ Chinese Medicine (Professor Haiyan Feng)

Haiyan visits regularly from Perth. She is a Professor of Chinese Medicine and is available Sat, Sun & Mondays whilst in Geraldton. Haiyan treats her clients health concerns with a combination of Acupuncture, Cupping and Chinese Medicine. She has most Private Health Funds Provider numbers. Please call us to book an appointment to see Haiyan and to find out dates of her next visit.

## Naturopath (Charlotte Inwood)

Charlotte is available for Naturopathic consultations for any health issues. She has Private Health Fund provider numbers. Please visit her website to book appointments. Link can be found from our website.



## WAXING

Eye Brow wax & shape \$20

Lip \$14

chin \$16

Lip & brow tidy \$32

Lip & chin \$26

Lip, Chin & Brow \$35

Sides of Face \$15

Full Face \$40

Under Arm \$20

½ arm \$25

¾ arm \$30

Full arm \$35

Bikini from \$27

Extended Bikini from \$30

G-string from \$40

Brazilian 1st time \$68

Brazilian maintenance \$55

Lower ½ leg \$30

Upper ½ leg \$35

¾ leg \$40

Full leg \$50



Waxing Packages ~ 10% discount off any waxing treatments totalling \$100 or more

School students discount ~10% off all waxing prices

Ask about our on-going waxing specials with our junior Beauty Therapists.

## TINTING

Eye Lash Tint \$20

Eye Brow Tint \$15

Lash & Brow Tint \$30

Brow Tint and Brow Wax \$30

Eye Package ~ Lash Tint, Brow Tint and Brow Wax & Shape \$40



## IPL-SUPER HAIR REMOVAL (PAIN FREE)

IPL-SHR is one of the most popular methods of permanent hair reduction. With the latest technologies (4th Generation) TGA APPROVED, IPL-SHR can provide long-term hair reduction in multiple treatments. SHR machine is now more suitable for darker skin types and able to treat all hair colours up to 70% grey. Generally requiring 6 – 10 sessions for most clients. SHR results are long term, provide faster, pain free, affordable alternative to previous IPL hair removal methods.

Please contact us to book a consultation and patch test with our qualified therapists. Please visit our website to download forms and for further information.



Upper Lip \$30

Chin \$35

Lip & Chin \$50

Side burns \$40

Full Face including Lip, Chin, neck, cheeks and side burns \$95

Middle Brow \$20

Neck \$50

Under Arm \$50

Naval Line \$25

Bikini Line From \$50

Extended Bikini From \$65

G-String From \$75

Brazilian \$95

Brazilian, G-string, Extended Bikini or Basic Bikini ADD ON Under Arm's for only extra \$25 at same time

Lower Leg \$99

Full Leg \$175

Upper Half Leg \$125

Lower Half Leg \$115

Half arm \$80

Full Arm \$110

## PELACTIV SKIN TREATMENTS

**Renewal Facial Peels** Using the Pelactiv Professional skin treatment range. Combining Lactic Acid derived from milk & Australian Native Plant ingredients - producing AHA's to deliver a deep exfoliation and amazing visible results. Suitable for all skin types: especially beneficial for mature skins, redness, acne, dehydration, sun damage and pigmentation. We provide a treatment plan specific to your skins needs. Peels are suitable as a single treatment any time. A course of 6 or 12 weekly peels is recommended for deeper results. 30 mins \$65

**Renewal Mini Facial** Includes a Renewal Peel and is followed by a Pelactiv Treatment Mask to suit your skin's individual requirements. Either a Purifying Mask, Collagen Gel Mask or Vita Moist Mask will be used to treat your skin and leave it feeling rejuvenated. Includes a hand & lower arm massage. Allow 50-60 mins \$95

**Rejuvenation Facial Treatment** Want to see visible results from your facial treatment and still experience total pampering and relaxation? Pelactiv's Rejuvenation Facial Treatment delivers results you can see and feel. Incorporating a deep exfoliation with AHA's plus one of Pelactiv's treatment Masks. Also included is a luxurious Face, Neck & shoulder massage with Precious Oils. This treatment is suitable for all skin types including the most sensitive. Includes a hand & arm massage 90 min \$125

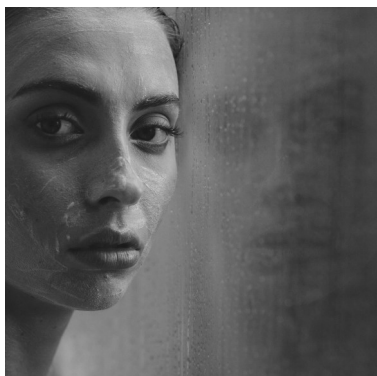
**Ultrasonic Infusion Facial** Is able to target & treat specific skin concerns using our Ultrasonic Machine combined with 3 advanced formulation serums. These are Energising, Vit C, Firming & Lifting to visibly improve skin texture, elasticity, skin tone and overall appearance. Allow 90 mins \$150



## SAYA FACIAL TREATMENTS

**Mini Saya Facial** ~customised to suit your skin. As per Facials, excluding massage. Allow 50 mins \$95

**Deep Cleanse & Detoxify Facial** ~For Normal | Oily | Combination skins. This facial will decongest, detoxify, deeply cleanse, brighten & stimulate collagen. Enriched with natural & organic botanical ingredients. Allow 75 mins \$120



**Nourishing Facial**~ For Normal | Dry | Dehydrated skins. This gentle facial will cleanse, detoxify, nourish, stimulate collagen & brighten the skin. Enriched with natural & organic, botanical ingredients. Allow 75 mins \$120

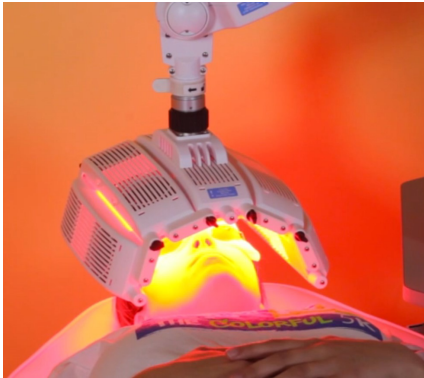
**Certified Organic Facial with AHA's**~ Customised to suit your skin type using beautiful certified organic Saya products. Using a combination of Saya products including AHA's for a gentle exfoliation and cleanse. A customised mask is infused with anti-oxidants to leave your skin looking and feeling refreshed and renewed, Allow 75 mins \$125



## ADVANCED DERMAL TREATMENTS

*At BLISS beauty & wellness we believe in beautiful, healthy, strong skin... for life. We aim to inspire skin confidence with our advanced skin care options. We are committed to offering tailored treatment plans & understanding that no two skins are the same, allows our dedicated team of talented therapists to curate an innovative skin prescription to maximise your individual results.*

### LED—Light Therapy



Provides the latest in pain-free, non-invasive, soothing and rejuvenating skin treatment. Our Quattro Lux uses a light activation technique to increase skin rejuvenation. It does this by accelerating the self-healing process of the skin with LED lights. LED lights are a cool, painless treatment that is less aggressive than plastic surgery and a more natural alternative. Quattro Lux can treat a range of conditions with different areas covered by the different coloured lights. Recommended to have as a course. Package options available. May be booked as a stand alone treatment or it's the perfect add on after any of our other skin treatments such as Micro, Ultrasonic, Micro Skin Needling. As an add on after another treatment just \$50 extra. \$75 single treatment with cleanse, scrub and mask. \$95 with cleanse, scrub, Pelactiv renewal peel and mask. Course of 3 LED with cleanse and mask \$180, course of 6 \$300.

### MICRODERMABRASION

We use professional Medical Grade Clairderm Microdermabrasion machine offering you both Crystal and Diamond Microdermabrasion. Providing painless, hygienic, non-invasive treatments, for SKIN REJUVENATION and promoting INTENSE CELLULAR RENEWAL. Our Micro Facials combine a Peel & Mask to maximise the results for your skin & add value for money.



Face & Neck Crystal or Diamond Micro-dermabrasion Facial \$150.

Packages ~ series of 3 \$405, 6 for \$780, 9 for \$1125, 12 for \$1440. Packages of 6 or more receive a FREE Pelactiv SPF sunscreen & Pelactiv Precious Oils to use at home in conjunction with your treatments.

Face, Neck & Décolletage \$185

Micro only \$85



## THE ULTRA PEN ~ MICRO NEEDLING

An anti-aging, skin treatment to target a range of skin concerns including wrinkles, uneven skin tone, reduce the appearance of pores, unwanted pigmentation, hyper-pigmentation including Vitiligo, scarring and stretch marks, acne and chicken pox scars, loss of elasticity, sun damage & Rosacea. Recommended at monthly intervals. \$199 each. With LED follow on extra \$50.



## IPL E-LIGHT

Using IPL E light technology to provide advanced skin treatments for a range of concerns including Acne, Skin Rejuvenation, Pigmentation, Spider Veins, Vascular capillaries. Consultation and patch test required. Not suitable for clients on photosensitising medications, check with your doctor first.

Skin Rejuvenation Face \$150

Skin Rejuvenation Face & Dec \$199

Acne Full Face \$80

Acne Half Face \$50

Pigmentation/Vascular Full Face \$85

Pigmentation/Vascular Half Face \$55

Pigmentation/Vascular Décolletage \$95

Spot Treatment \$10

## RF FRACTIONAL RADIO FREQUENCY

IS OUR ADVANCED ANTI-AGING TREATMENT WHICH DELIVERS SUPERIOR RESULTS FOR A RANGE OF SKIN CONCERNS. (THERMAGE)

The combination of Fractional RF and Dermal Stamping involves direct energy into the layers of the skin. This micro-needle treatment will stimulate and re-energise the skin, which promotes revival of tired and



dull skin, for clients wanting non surgical, anti-aging solutions. Its a wonderful anti-aging treatment for client's of all ages. This treatment can be done anywhere on the body that there is laxity in the skin. One of the benefits is that there is minimal downtime. There is no limitation on skin type as this treatment reduces the pigmentation, there are minimal side effects and organic mineral makeup may be applied immediately afterwards to avoid interruptions to daily life.

## PEDICURES –Please ensure all polish is removed prior to your appointment



**Mini Pedicure** Includes a foot spa, cuticle and nail care, removal of dead skin and polish \$60

**Spa Pedicure** As above with extra a relaxing leg and foot massage, aromatherapy oils and hot towels. \$75

**Deluxe Paraffin Spa Pedicure** All of the benefits of a Spa pedicure followed by a warm Paraffin wax treatment to soften feet & eliminate dead, dry skin. \$85

**Ultimate Pedi Treat** Incorporating a Deluxe Spa Pedi with a Paraffin Treatment finished with Shellac then dried with the UV lamp for instantly dried toenails. \$99

## SPRAY TANNING

Pelactiv tans offer an even colour tan and the benefits of added collagen for hydrating and firming the skin. We have 2 & 8 hour tans \$40

## BODY TREATMENTS

**Saya Frangipani & Coconut Body Polish** Our Frangipani + Coconut Body Polish is a natural delight that not only feels and smells magnificent but is also good for your skin texture, tone and overall appearance. Organic Coconut oil is packed with properties to nourish and moisturise the skin. The combination of Coconut sugar, Organic Raw Cane sugar and Sea Salt, are wonderful skin exfoliators that effectively smooth and soften the skin. \$75

**Saya Coffee Body Polish** This antioxidant rich, creamy and decadent Coffee body scrub sloughs away dead skin cells to leave the skin smooth, energised and deliciously scented. Coffee, Shea Butter, Cane Sugar and Coconut Oil work together to invigorate and stimulate circulation, while softening and nourishing to reveal brighter, more luminous looking skin. \$75

**Saya Vanilla + Coconut Body Polish** is a natural delight that not only feels and smells magnificent but is also good for your skin texture, tone and overall appearance. Organic Coconut oil is packed with properties to nourish and moisturise the skin. The combination of Coconut sugar, Organic Raw Cane sugar and Sea Salt, are wonderful skin exfoliators that effectively smooth and soften the skin. \$75

**Pelactiv Body Scrub** See and feel the difference with a Pelactiv exfoliation to remove dead dry skin cells from the body - using Pelactiv's body products. First is an application of Pelactiv's Body Scrub combined with Pelactiv AHA for Body Solution, then finished with Pelactiv Body Lotion to leave skin smooth, hydrated and radiant. \$75

**Pelactiv AHA Back Treatment** Pelactiv professional body products are used for this treatment to provide a deep exfoliation with Alpha Hydroxy Acid. Combined with a Scrub, Massage, Hot Towels, Treatment Mask and Moisturiser. A luxurious Facial for your back, to leave your skin noticeably smoother and softer. 50 Min \$95

## MAKE-UP

We use beautiful Australian made Certified Organic INIKA makeup & Gorgeous Cosmetics

School Ball \$55

Special Occasion \$75

Wedding includes consultation (not trial) \$85

Trial \$75

False lashes \$10 extra



INiKA  
ORGANIC



NSF Certified  
Organic



Certified Cruelty  
Free



Certified Vegan



Certified Halal



Truth in Beauty

## MEN'S TREATMENTS

Eye Brow Wax \$20

Nose wax \$15

Back Wax \$45

Back & Shoulders \$50

Chest & Stomach Wax \$50

IPL-Super Hair Removal Back \$175

IPL-SHR Chest \$125

IPL-SHR Stomach \$115

IPL-SHR Shoulders \$70

IPL-SHR Neck \$50



Men's Deep Cleanse Pelacitv Facial \$125

Men's Pelactiv Rejuvenation Facial \$125

Men's Saya Organic Deep Cleanse \$125

Micro-dermabrasion with AHA Peel & Mask \$150

Micro-derrmabrasion & LED light therapy \$200

Men's Micro Skin Needling \$199

Men's Spa Pedicure \$75



Deep Tissue/Remedial Massage (Hi-caps available) 60 mins \$98

**PACKAGES** Please note: Credit card required securing bookings over 1.5 hrs. 24 hrs notice required if cancelling appointments for packages or 50% charge will apply

**REBALANCE ~ NATURAL THERAPIES PACKAGE** Relax & allow your body to rebalance & release all tension. A combination of popular and powerful natural therapies. Your qualified Reflexologist/Reiki therapist will provide you with an Herbal Tea & Foot Spa, 1/2 hr Reflexology & 1/2 hr Reiki treatments. Combining the benefits of therapeutic Essential Oils. Allow 75 mins \$95

**HOLISTIC WELLNESS PACKAGE** Take time out to soothe & heal your mind, body & spirit with a Holistic Wellness Package. Begin your treatment with a relaxing Epsom Salts Foot Spa & an herbal tea. Incorporating therapeutic essential oils. Feel tension drop away whilst enjoying an Indian Head Massage and your choice of either 1/2 hr of Reflexology or 1/2 hr of Reiki, to rebalance & calm the body, soul & mind. Allow 90 minutes \$130

**BLISSFUL BEAUTY PACKAGE** Begin your treatments with a Saya or Pelactiv Mini Facial. Includes a Lash Tint & your choice of either a Brow Tint or Brow wax. Finished with a Mini Pedicure to leave you looking & feeling beautiful! Allow approx 2.25 hrs \$180

**PAMPER PACKAGE** Take the time, YOU deserve to be pampered! When you need some TLC indulge with a Pamper Package. Begin with our relaxing Back Half Body Massage with essential oils & Hot towels. Then your choice of either a Pelactiv or Saya Mini Facial. Your therapist will follow with a Mini Pedicure, to leave you feeling pampered from head to toe. Allow 2.75 hours \$240

**SPA BLISS PACKAGE** This beautiful treatment begins with an aromatherapy Salt Glow Treatment to remove any impurities and enhance the texture of the skin, whilst improving circulation. Then we smooth over your body with your customised body treatment mask. Be cocooned in warmth whilst you drift off and enjoy a pressure point face and scalp massage to promote deep relaxation. To complete this wonderful experience we finish with a 1 hr blissful massage. Allow 2 hrs \$200

**BLISSFUL RELAXATION PACKAGE** Begin with a relaxing Back Half Body Massage to release any stress & tension. Choose either a Pelactiv or Saya Facial, which includes a relaxing face, neck & shoulder massage. Finish with a delightful Spa Pedicure & herbal tea. Total relaxation! Allow approx 3.25 hrs \$275

**BLISSFUL INDULGENCE PACKAGE** The ultimate indulgence to spoil that special person or yourself when you need time out! Experience hours of bliss, pampering & indulgence. Begin with an essential oil foot soak & herbal tea. Followed with your choice of our beautiful Saya Organic Scrubs ~ Frangipani & Coconut OR Coffee OR Vanilla & Coconut. Feel every ounce of stress melt away with a beautiful Hot Stone Back half body Massage & with essential Oils. Finish your package with your choice of a Paraffin Spa Pedicure or a Saya or Pelactiv Mini Facial Treatment. Pure & divine Bliss!! Allow approx 3.25hrs \$295



