

Anti Aging, Cosmetic & Wellness Menu



Total Bliss

Health and Beauty

South Brisbane:

586 Stanley Street
(next to Baby Arrivals
& opp Mater Hospital)

Tel: 3846 1222

Centro Buranda:

Shop 8 Cnr of Cornwall
St and Ipswich Rd
(opp P.A. Hospital)

Tel: 3891 9934

www.totalblisshealthandbeauty.com.au

2011 - 2012 Menu

Signature Treatments to Total Bliss

A PRELUDE TO ANTI-AGING TREATMENTS

COSMETIC ACUPUNCTURE AND SKIN NEEDLING IS A COMPLETELY NATURAL TREATMENT AND WORKS WITH THE BODIES NATURAL HEALING RHYTHMS. BECAUSE IT TAKES ABOUT 30 DAYS FOR YOUR BODY TO RENEW EVERY CELL ON THE SURFACE WE HAVE FOUND THAT BY INTENSIVELY WORKING WITH YOUR SKIN FOR A PERIOD OF 8-12 WEEKS, IT ALLOWS YOUR BODY TO RETRAIN THE SKIN SO THAT AFTER YOU FINISH YOUR PACKAGE THE TREATMENTS CONTINUE TO REPRODUCE THE YOUTHFUL APPEARANCE DEVELOPED DURING THE ANTI-AGING TREATMENTS. **Skin needling** is an amazing and powerful treatment for conditions such as sagging skin, fine lines, hyperpigmentation, anti-aging, wrinkles, thin skin and lips, enlarged pores, acne, dull complexion, uneven skintone, scarring, cellulite and stretchmarks respond extremely well to the Trans Dermal roller which contains 192 micro needles with a 0.5 mm gauge. The needles cause micro trauma to the skin initiating collagen induction. It has been proven to increase Collagen Induction by up to 1000% after a single treatment!

The treatment is complimented with Chinese rejuvenation facial massage using a unique blend of anti-aging serum which aids skin cell rejuvenation and elasticity to the skin.

Collagen Facial

Excellent treatment for creases, fine lines, wrinkles and saggy skin by regulating the balance between elastin and collagen and increases microcirculation and oxygenation of the skin giving the face a firmer younger appearance.

Includes skin cleanse, acupressure massage with Chinese herbal anti-aging serum (rejuvenates skin cells), skin needling with dermal roller, unique traditional Chinese tool (Gua Sha) made of pure Jade crystal to stimulate acupuncture points of the face using specific techniques to stimulate collagen and promote anti-aging and microcirculation then application of skin rejuvenator 100 and Jade beauty roller to accelerate collagen production, drain facial lymphatic system and to tone the facial muscles by stimulating blood circulation and finishes with a powerful diamond mask which further stimulates collagen, a powerful mask for anti-aging and cellular oxygenation to the skin!

Collagen induction therapy will make your skin plumper and more resilient to repeated facial expressions and prevents future signs of aging from developing. The treatments deliver visible results and prevent future collagen loss if maintained at regular intervals.

Single session 1hr 30 mins **\$240**

5 treatment package **\$1025** (\$205 each, saving \$175)

Optional: Take Home kit for ongoing home care (which includes anti aging serum and dermal roller and instructions) \$145

diamond mask (for skin rejuvenation and reducing fine lines) to take home \$97.50

Hyper Pigmentation / Dull complexion / uneven skin tone

Single session 45 mins **\$150**

Package - Sessions of 5 **\$495** (\$99 each, saving of \$255)

Optional: Take Home kit for ongoing home care (which includes anti aging serum and dermal roller and instructions) \$145

Scarring, Cellulite and Stretch marks

Application of scar serum or anti-aging serum, lymphatic drainage massage, Chinese cupping (to eliminate toxicity and promote blood circulation), dermal skin roller and jade roller treatment. 60 min session **\$199**

Optional: Take Home kit for ongoing home care (which includes scar serum and special dermal scar roller and instructions) \$155

Age Spots on hands and thinning of skin

The dermal skin needle roller plumps the skin making it firmer and stronger and more resilient by increasing collagen levels. The application of the anti-aging serum aids skin cell rejuvenation. Add on any anti-aging facial **\$35**

Treatment on its own (includes hand massage with serum) **\$99**

Lip Plumping

After the anti-aging serum application the transdermal skin needle roller is used to plump the lips, increases colour to the lips and prevents lip lines. The lips appear fuller within 30 minutes of treatment.

Add on to Collagen Anti aging facial **\$35**

Treatment on its own 40 min session **\$99** (includes mango butter mask for nourishing and hydrating the lips)

Optional: Take Home kit for ongoing home care (which includes anti aging serum and dermal roller and instructions) \$145

Skin Rejuvenation Jade Facial

100% Jade crystal a traditional Chinese beauty tool to promote youthful skin. Excellent for lymphatic drainage, puffiness, sagging skin, closes open and enlarged pores, redness, congestion and discoloration.

Facial includes deep cleanse, steam therapy, acupressure and lymphatic massage with Saffron serum ('queen' of beauty) pearl mask for increasing radiance and brightness to the complexion and the application of Jade Gua Sha crystal to stimulate acupuncture points and increase micro circulation with Jade dermal roller application with Pearl infused cream to refine skin and increase clarity.

75 minute session **\$185**

Optional: TAKE HOME KIT (Includes jade dermal roller and Gua Sha and Saffron serum and instructions) \$150

Pearl mask (enhances even texture to skin) to take home \$63.30

Jade Crystal Gua Sha and Dermal Jade Roller Treatment CAN BE ADDED TO ANY Om Veda FACIAL (Except Revival Facial) ADD ON \$49

Hair Loss Treatment

Get Fabulous results with male balding, hair thinning, brittle hair, female hair loss, and hair loss due to pregnancy and aging.

The scalp skin needling treatment in conjunction with hair restoration serum increase blood flow and helps with new hair follicle growth. Traditional Indian head massage is also performed during the treatment to further enhance the penetration of the hair serum deep in to the scalp for hair restoration and also promoting a deep sense of calmness and tranquility!

Not to mention healthy and shiny hair!!

75 minute session **\$165**

5 session hair restoration package **\$650** (\$130 each, saving of \$175)

Optional: Take home kit (which includes hair restoration serum and hair dermal skin roller) \$150

Acupuncture COSMETIC Menu

Note: Health fund rebates and HICAPS apply to these treatments.

Cosmetic Facelift Acupuncture

Initial session 2hrs **\$230** includes- chinese wellness and anti aging consultation, dietary advice, skin care analysis and vitamin therapy, anti aging supplements recommendations, deep cleanse and steam therapy, cosmetic acupuncture, saffron oil massage and jade roller treatment.

Subsequent sessions 90 mins **\$199**

5 treatments package **\$750** (\$150 each, saving \$245)

Add Gua Sha microstimulation and signature anti aging mask to treatment (30 min) \$45

Facial rejuvenation using acupuncture is a non-invasive painless and a holistic treatment to reduce signs of aging "naturally" fighting fine lines, wrinkles and sagging skin by stimulating collagen production and unblocks energy pathways to the face and skin which gives the skin a smoother and lustrous look! It's a gentle and effective alternative to botox, collagen injection, microdermabrasion and surgery. Cosmetic acupuncture is a holistic treatment focused on repairing internal

imbalances that manifest as puffiness, wrinkles, dark rings and blemishes. So it focuses on creating beauty from inside out so unlike other facial treatment, you not only look younger but you feel younger as your internal health gets balanced as well. The treatment incorporates traditional Chinese meridian massage techniques using Saffron oil serum which is regarded as the Queen in beauty treatment restoring natural glow and moisture to the skin, it prevents wrinkle formation and scars and gives a glowing beauty and freshness to the skin. Another traditional technique used is the luxurious Jade Roller to truly rejuvenate, lift the skintone and beautify the facial muscles.

Breast Enhancement Acupuncture

The benefits of the breast acupuncture is achieved by stimulating the coopers ligaments with a special japenese style acupuncture needles, moxibustion and Jade Roller treatment using a Camellia oil serum redistributing collagen in the breast area. After few weeks of treatment you can see up to a 10% increase in breast size. Unlike Cosmetic surgery the increase will be in the upper section of the breast as the firmness of the breasts increases providing more cleavage.

How Does Acupuncture Breast enhancement work?

Cosmetic Acupuncture can be used to lift breasts and increase cleavage naturally. The treatment is very gentle yet effective and is a painless process with no recovery time!. You too can have great looking breasts naturally.

By working with the body's natural energy it is possible to improve the firmness and appearance of the breast and accentuate cleavage. This special form of acupuncture helps regulate the hormones of the body and improve your health and breast tissue. Some acupuncture points are also used in different parts of the body to enhance this treatment which also benefits your whole body. The suggested treatment is about 7-10 sessions 1 week apart for best results.

You can also get around a 10% increase in breast size. These treatments only change the top of the breast giving it a fuller, rounder look and an increase in cleavage. The treatments are accumulative and over the weeks of treatment a gradual change takes place. It is a great treatment for sagging breasts.

First session also includes FREE 30 min consultation with Practitioner to discuss concern and advice on Anti-Aging herbal and dietary recommendations (Worth \$65). 90 min session **\$220**

Packages of 10 sessions: only **\$175** each (\$1750) saving \$450

Ayurvedic Wellness Menu

Ayurvedic and Indian rituals

Shirodhara Ananda 90mins

\$160

A stream of warm, medicated oil is dripped on your forehead (poured very slowly onto 3rd eye on forehead) via a specially designed copper pot. This treatment is an absolutely blissful experience restoring calmness and balance to the mind.

Especially suited to emotional and mental disorders, extreme hyperactivity of mind, stress related conditions, depression, headaches and insomnia. The whole treatment is very relaxing and includes an Indian head, shoulder and face massage. Try this treatment at least once! Guaranteed to have a de-stressing effect on you!

Ayurvedic Marma Point "Energy" Massage 90mins

\$159

Experience the ancient art of traditional Indian healing. By stimulating marma (pressure) points, internal organs and systems are stimulated and brought back into balance. A very therapeutic and balancing treatment for the whole body and mind.

Indian Head Massage

For stress tension and headaches. Excellent for stress related problems and mental fatigue. A relaxing treatment that promotes a deep sense of calmness and tranquility.

• 30 min \$69

• 45 min \$79

Indian Foot Massage

Unique Indian foot treatment using Kasa (Indian vessel) bowl for foot marma point stimulation, relaxation and wellbeing.

• 30 min \$59

• 40 min \$69

Indian Herbal UBTAN Body Purification 60 mins

\$115

A delicious and exotic customised ayurvedic herbal powder blend and fresh ingredients is blended and applied to your body in the form of a mask to peel away the old cells so the new ones can grow. In addition to exfoliating and beautifying the skin, the Ubtan mask targets individual skin and body needs such as blood purification and detoxification leaving your skin totally detoxed, smooth and balanced.

AYURVEDIC REVIVAL PACKAGE Approx 4 hrs

A body decadent treatment with a traditional Indian beauty ritual. The ultimate in ayurvedic destressing spa escape. You will feel balanced, relaxed and renewed with this unique spa experience.

- Ubtan Herbal Body Purification Treatment
- Steam Therapy
- Indian Head Massage
- Ayurvedic Marma Point Massage
- Herbal Hot Towel Treatment
- Vitamin Enriched facial

Value \$502 ... **Only \$430** saving of \$72

THE JEWEL OF INDIA Approx 3 hrs

A tempting and Luxurious exotic Indian spa journey.

- Ayurvedic Marma Point Energy Balancing Massage
- Herbal Hot Towel Treatment
- Om Veda Ultimate Diamond Facial
- Om Veda Eye Enhancer Treatment

Value \$414 ... **Only \$369** saving of \$45

AYURVEDIC REJUVENATION PACKAGE Approx 2 hrs

Indian rejuvenation spa package for mind and body balance.

- Shirodhara Ananda Oil Pouring Bliss
- Indian Head Massage
- Indian Foot Massage
- Herbal Hot Towel Treatment

Value \$359 ... **Only \$295** saving of \$64

MONSOON BLISS Approx 2 hrs

A blissful package giving you a sense of tranquility and relaxation.

- Shirodhara Ananda Oil Pouring Bliss
- Indian Head Massage
- Hot towel treatment
- Eye enhancer treatment

Value \$343... **Only \$285** saving of \$58

OM VEDA AYURVEDIC BODY TREATMENT AND WELLNESS MENU

Om Veda Ayurvedic Body Awakening 1.5 hrs

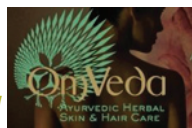
\$250

After a brisk body brush with a customised blend of Ayurvedic herbal powders, warm herbalised oil specifically selected to balance your senses is gently streamed over your body prior to an indulgent marma point massage which will help release everyday stresses. The customised herbal powders are then sprinkled on the oil followed by an energetic exfoliation. The treatment awakens body needs such as balancing hormones, detoxification, blood purification, improve skin texture and leaving you feeling energized and regenerated.

Om Veda Ananda 2 hrs

\$299

The journey to Ananda (bliss) begins with a 45 minute Marma point massage using customised Ayurvedic herbal oils for your constitution. The journey to continues with an Ayurvedic Shirodhara treatment where warm herbalised oil is poured in a steady stream over your forehead and head which is extremely beneficial in treating headaches, hair loss, reducing irritability and stress and improving sleep patterns. Shirodhara is renowned for its ability to release serotonin and impart a feeling of total wellbeing. The ritual extends to a head and neck massage to complete your journey into a truly blissful state.



OmVeda Vedic Venture 3 hrs

\$330

This total body, mind and soul nurturing commences with a hair and scalp massage with specially blended hair oil followed by a full body Marma Point Massage using herbalised oils specifically selected for your constitution. A herbal steam then helps to infuse the oils into the body, eliminating toxins and soften the muscles. After this a freshly made Ayurvedic mask is applied to the body to continue the detoxification process and exfoliate your skin. Rest warmly covered while we treat you to a soothing hand or foot massage. We follow this with an appropriate body moisturiser for your skin. This is the ultimate destress treatment to rejuvenate, detox and give the skin a youthful glow.

OmVeda Samsara Prana 3 hrs

\$345

Focusing on the vital points and energy flow in the body this treatment helps when your Prana (vital life force energy) needs to be rebalanced. After the anointing of the Feet a full body Marma point massage with herbalised Ayurvedic oils will help to release blocked energy and restore vitality. Now rest comfortably wrapped while a stream of warmed sesame oil is poured slowly over your forehead stimulating your (third eye) chakra, calming the nerves and taking you to a deep state of relaxation.

After a relaxing scalp massage sit back and relax with warm spicey ginger tea while we treat you to a to a Ayurvedic hand and foot treatment. You will feel balanced and calm after this nurturing and grounding therapy.

OmVeda Vatakizhi Treatment 75 min

\$169

Kizhi means a bundle of herbs. Vata disorders affect joints, muscles and mobility. A therapeutic bundle of herbs are selected for their ability to reduce aches and pains from arthritis, rheumatic joint pain, swelling and sprains before being soaked in warm herbal oils and applied over the body.

OmShiro Stress Buster: 60 min

\$120

Hair and Scalp Treatment Om Veda Signature Head treatment based on ancient traditional Ayurvedic principles.

The regular use of herbalised oils helps to keep the scalp healthy, calm the mind and release tension. Selected Hair Oil is warmed and gently massaged into the scalp, focussing on vital energy points that help to release stress and increase circulation to the scalp. The hair is wrapped in a warm towel for 30 minutes to allow the properties of the herbs to infuse into the scalp. The treatment helps to stimulate the circulation, promote hair growth, eliminate scalp dryness and release stress. Also includes ayurvedic hand massage.

OmVeda Barefoot Beauty 60 min

\$85

Take the plunge with feet you are proud to show off! The OmVeda Hot Honey Pedi is a 60 minute exotic indian therapeutic foot treat that deep cleanses and purifies, stimulates and revives while luxuriously pampering and completely spoiling tired tootsies.

Concessions

We happily give **10% discount*** for full-time students, seniors, pensioners, children, Princess Alexandra Hospital staff, Mater Hospital staff, Royal Brisbane Hospital Staff and Greenslopes Private Hospital Staff (Must show I.D. proof). No concessions or hospital discounts on weekends.

Our **BLISS VIP Card** holders get **15% discount** on all services and treatments. Also includes 2 **free** 60 minute facials or 2 **free** body polishes worth up to \$250, 1 **free** session of cosmetic acupuncture facelift worth \$190, **FREE WELLNESS CONSULTATION** with the natural medicine practitioner including IRIDOLOGY ANALYSIS WORTH \$210, **\$25 % off** Gift Vouchers, **50% off** massage with any body polish and wrap treatment, **25% off** when referring a friend, **10% off** products and up to 12 sessions of spa/sauna steam facilities and refreshments with a friend worth \$840 for a year! ANNUAL FEE IS only \$299 PER YEAR! Please ask Total Bliss Team to organize a card for you **TODAY** and get up to **\$2500 treatments FREE!**

For bookings telephone South Brisbane: 3846 1222 or Buranda: 3891 9934.



GIFT VOUCHERS AVAILABLE

