

MASSAGE



Lets you claim on the spot



(Health Fund Rebates Apply - BUPA, NIB, AHM, DEFENSE FORCE, POLICE HEALTH, etc.)

HI-CAPS plus **MEDIBANK PRIVATE MEMBERS CHOICE PROVIDER***

(Note: Different rates apply - please check at reception)

*Registered Massage therapists are available for private health claims and Hicaps. Please specify at time of booking if you wish to claim.

REMEDIAL RELAXATION AROMATHERAPY DEEP TISSUE REFLEXOLOGY

30 min **\$62** - 60 min **\$90**

Cupping with Massage **\$15**

Cupping is used to improve circulation. Cupping lifts the body's connective tissue, loosening any adhesions and restoring blood flow to areas of the body that have been restricted.

Moxibustion added to massage **\$15**

Moxa is a Chinese herbal stick that is used as a heat source to stimulate acupuncture points to relieve pain and tension in the muscles and is very relaxing.

Health fund rebates apply.

Remedial Massage

A deep massage stimulating the body's meridian pathways and acupuncture points, aiming to restore blood circulation and movement. Excellent for stiff neck and shoulders, constant back pain, stress related tension, poor posture and body aches, injury management. Repairs damage to tendons, ligament and joints. Excellent pain relief for tense and knotted muscles.

Pregnancy Care/Mum-To-Be Massage - 30 min **\$65** - 60 min **\$95**

Excellent for pre-natal and post-natal care. Helps with low back pain and fluid retention. Helps to have efficient and stress free delivery.

Lymphatic Drainage - 90 min **\$135**

For fluid retention and cellulite, stimulates circulation and aids detoxification. A wonderful treatment complimenting weight loss and detox program.

Wi-Fi Massage - 45 min **\$79** - 75 min **\$109**

Are you spending too much time on the computer? Well this is the best massage for you! This technique incorporates Swedish, sports and deep tissue massage concentrating on head, neck, shoulders hands and arms, areas that are most affected by repetitive stress caused by working on the computer and includes a soothing eye treatment to relieve eye strain.

Indian Head Massage - 30 min **\$69** - 45 min **\$79**

Ayurvedic "Marma" Point Massage - Traditional Indian - 90 min - **\$159**

Hot Stone Massage - Winter Favorite! - 30 min **\$79** - 60 min **\$110**

FACIALS

Specialised Anti-aging Facials:

Note: Health fund rebates and HICAPS apply to our anti-aging facials.

COLLAGEN ENHANCING FACIAL 90 min **\$240**

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. 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! this treatment includes anti-aging diamond facial

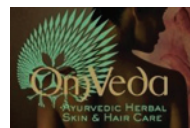
Cosmetic Facelift Acupuncture (Aesthetic Acupuncture)

Initial 2 hours **\$230** - Subsequent 90 min **\$175**

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.

Om Veda

Signature Facials



OmVeda Diamond Ultimate Facial - 90 mins **\$155**

An Absolute decadent and unique anti-aging facial using a powerful diamond ash and pure exotic ayurvedic herbs to **stimulate Collagen**, gives relief to tired and dull skin, and improving overall complexion by minimizing wrinkles. A powerful treatment for **anti-aging** and cellular oxygenation to the skin.

OmVeda Pearl Serenity Facial - 90 mins **\$155**

To enliven your skin using pearl proteins and exotic herbs. The treatment lightens and **brightens the complexion** returning smoothness and luminosity to your skin. Enhances **skin clarity and radiance**.

24 Carat Gold Facial - 90 mins **\$135**

A elegant and rich facial treatment using 24 carat gold leaf extracts and exotic ayurvedic herbs to restore rejuvenation and nourishment to dry depleted skin. A luxurious and **de-stressing treatment** for the skin.

Om Veda Silver Facial - 90 mins **\$125**

This treatment uses pure silver leaf and cooling herbs to reduce redness and calm irritated skin. Excellent **for sensitive skin**. A very healing and cooling treatment to restore equilibrium to sensitive, inflamed or sunburnt skin.

Brightening treatment Enzyme Peel - 60 min **\$99**. Added to Facial **\$59**

A powerful **skin brightening treatment** using concentrated enzymes to deep cleanse, refine and even skin tone. Works like microdermabrasion without the side effects! A great natural peel for a dramatic improvement in skin texture and smoother softer skin. Great addition to other facials for optimum results.

OmVeda Pearl Indulgence Facial - 60 min **\$125**

Excellent treatment for reviving tired skin, increasing radiance, **lightening hyperpigmented areas**, refining skin texture and restoring even skin tone and healing damaged skin.

OmVeda Mango Butter Facial - 60 min **\$99**

A nourishing and hydrating treatment for dry and pigmented skin. Improves natural **moisturisation of the skin**.

OmVeda Skin Rejuvenator - 60 min **\$99**

A **rejuvenating treatment** for the skin, helps with dulling of the skin.

OmVeda Vitamin Enriched - 60 min **\$99**

This treatment provides the skin with **Vitamin E boost** and nourishment.

OmVeda Clove Purifying Facial - 60 min **\$95**

A purifying treatment specially designed for skin suffering from the effects of excess oil, acne and pimples. It is an **anti-bacterial treatment**.

Express Facial

Revival Facial - 40 min **\$69**

This facial is a quick pick me up treatment and allows you to experience some of the exclusive Om Veda skincare range.

PURE FIJI PARADISE PEDICURE

FILE and POLISH - 25 min **\$45** EXPRESS PEDICURE - 40 min **\$60**
DELUXE PEDICURE - 75 min **\$95**

PURE FIJI TREATMENTS

Pure Fiji Body Exfoliation - 60 min **\$99**

(also includes dry brushing treatment)
♦Pure Fiji Coconut sugar glow
♦Pure Fiji gingerlilly coconut creme polish



Pure Fiji Body Wraps - 60 min **\$99**

(also includes dry brushing treatment)
♦Pure Fiji Hydrating coconut Body Wrap (for dry skin and hydration)



www.totalblisshealthandbeauty.com.au

SPA PACKAGES

ULTIMATE DAY SPA PACKAGE Approx 2.5 hours. Get pampered! A day spa escape to renew and recharge your body and have it looking its best!

- ♦Pure Fiji Coconut and Sugar Glow Body Polish
- ♦Pure Fiji Scented Hot Towel Treatment
- ♦Relaxing Back Massage
- ♦Luxurious Hydrating Pure Fiji Coconut Body Wrap

Value \$330 ... **Only \$260** saving of \$70

THANK-YOU MUM PACKAGE

- Approx 2.5 hours
- ♦Hot stone relaxation body massage
 - ♦Om Veda Mango Butter Facial
 - ♦Indian Head Massage
 - ♦Pure Fiji Scented Hot Towel Treatment

Value \$340 ... **Only \$260** saving of \$80

BODY BLISS PACKAGE

- Approx 2.5 hours
- ♦Pure Fiji Coconut Sugar Glow Body Polish
 - ♦Pure Fiji Scented Hot Towel Treatment
 - ♦Relaxing Full Body Massage
 - ♦Om Veda Silver Facial

Value \$372 ... **Only \$269** saving of \$103

SHEER INDULGENCE PACKAGE Approx 2 hours. An excellent pampering package.

- ♦Relaxing Full Body Massage
- ♦Pure Fiji Scented Hot Towel Treatment
- ♦Om Veda Pearl Indulgence Facial

Value \$273... **Only \$189** saving of \$84

YUMMY "MUMMY" PACKAGE Approx 1.5 hours. A essential comforting spa experience for mum to be.

- ♦Pregnancy Care Massage
- ♦Foot Reflexology Massage
- ♦Om Veda Revival Facial
- ♦Scalp and head massage

Value \$262 ... **Only \$189** saving of \$73

HUBBY'S PAMPERING SPA RITUAL Approx 1.5 hours. This spa treatment is exclusively for absolute indulgence for your beloved hubby.

- ♦Deep Tissue Back Massage
- ♦Pure Fiji Scented Hot Towel Treatment
- ♦Indian Head Massage
- ♦Om Veda Revival Facial

Value \$270 ... **Only \$179** saving of \$91

A TOUCH OF SERENITY Approx 2.5 hours. Indulge your senses with this feel good and serene spa package designed to give you renewed energy for winter months.

- ♦Hahana Hot Stone Back Massage
- ♦Reflexology Foot Massage
- ♦Pure Fiji Scented Hot Towel Treatment
- ♦OmVeda Mango Butter Facial

Value \$303 ... **Only \$250** saving of \$53



Email: admin@tbhb.com.au

Jump online and follow us on



www.totalblisshealthandbeauty.com.au



COUPLES ESCAPE PACKAGES

COUPLES DREAM ESCAPE

Approx 1.5 hrs
Share special moments together with this spa pamper package with your loved one.

- ♦Aromatic full body salt scrub
- ♦Pure Fiji scented hot towel treatment
- ♦Relaxation back massage

Value \$219 each ... Only **\$139 each** saving of \$80

COUPLES INDULGENCE PACKAGE

Approx 2 hours
Couples time out spa pampering for some serious relaxation

- ♦Relaxation back massage
- ♦Vitamin enriched Facial
- ♦Foot reflexology treatment
- ♦Pure Fiji scented hot towel treatment

Value \$279 each... Only **\$179 each** saving of \$100

EXPRESS SPA PACKAGES

RELAXATION SPA PAMPERING: 1.5 hours

Back scrub and exfoliation with steam therapy, hot stone back massage and revival facial.

Value \$208 ... Only **\$150** saving of \$58

DE-STRESS SPA PACKAGE: 1 hr. Back massage and revival facial.

VALUE \$129 ... Only **\$99** saving of \$30

AYURVEDIC SPA PACKAGES

THE JEWEL OF INDIA \$240

Approx 2.5 hours (Value \$347)
A tempting and Luxurious exotic Indian spa journey. Experience feeling like a princess with this very unique beauty spa ritual.

- ♦Ayurvedic Marma Point Energy Balancing
- ♦OmVeda Ultimate Diamond Facial
- ♦OmVeda Eye Enhancer Treatment

AYURVEDIC REJUVENATION PACKAGE

Approx 2 hours **\$220** value \$339
Ultimate in Ayurvedic rejuvenation program creating a balance between mind and body at deep levels.

- ♦Shirodhara Ananda Oil Pouring Bliss
- ♦Om Veda Signature Facial
- ♦Indian Head Massage

AYURVEDIC REVIVAL PACKAGE

Approx 2.5 hrs (Value \$363) **\$269**
A Body Decadent treatment with a traditional Indian beauty ritual. The ultimate in ayurvedic de-stressing spa escape. You will feel balanced, relaxed and renewed with this unique spa experience. This treatment is beneficial for you if you are in great need of nurturing, purification and reducing deep seated stress!

- ♦Ubtan Herbal Body Purification Treatment
- ♦Ayurvedic Marma Point Massage
- ♦Vitamin enriched facial



AYURVEDIC TREATMENTS

Shirodhara Ananda - 90 mins \$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.

Ayurvedic Marma Point "Energy" Massage \$159

90 mins. 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 • 30 min \$69 • 45 min \$79

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.

Indian Foot Massage • 30 min \$59 • 40 min \$69

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

Indian Herbal Ubtan Body Exfoliation Pampering Treatment \$115

60 mins. An exotic ayurvedic herbal treatment leaving your skin totally detoxed, smooth and balanced.

THREADING

Facial Threading

Brow Threading **\$19**

Lip Threading **\$12**

Chin Threading **\$15**

Full Face Threading **\$54**

WAXING / TINTING

WAXING DEALS

ANY 3 WAXING : **10% OFF** ANY 4 + WAXING : **15% OFF**

Facial Waxing

Brow waxing from **\$19**

Lip waxing **\$12**

Chin waxing **\$15**

Full face waxing **\$54**

Tinting

Eyelash tinting **\$19**

Eyebrow tinting **\$17**

Ladies Body Waxing

Half Leg **\$37**

¾ Leg **\$44**

Full leg **\$53**

Top leg wax **\$33**

Stomach **\$22**

Bikini **\$28**

G-string **\$37**

Brazilian **\$69**

4 week follow-up **\$59**

Full arm wax **\$36**

Half arm wax **\$28**

¾ arm wax **\$32**

Underarm **\$22**

"Give the Gift of Pampering today"



GIFT VOUCHERS

Spoil someone you love with our Gift Vouchers. It is an excellent way to give time out and well being to your loved ones. Also a perfect gift for a loved one difficult to buy for.

Our Gift Vouchers include Complimentary gift bag with gorgeous gift card and luxurious Pure Fiji Body Butter (for pick up at reception only).

CONCESSIONS

10% discount for Princess Alexandra Hospital and Mater

Hospital staff on individual treatments only.

Discount not available on Waxing/Tinting services.



PURE FIJI
STOCKIST

SOUTH BRISBANE:

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

Phone: 3846 1222

Mater Hospital Parking and
Free parking at rear.

ANJELEEN'S ROOMS

Ground Level
104 Dawson Road,
Upper Mount Gravatt
Phone: 3846 1222

Email: admin@tbhb.com.au

MASSAGE
FACIALS
SPA PACKAGES
PURE FIJI TREATMENTS
PARADISE PEDICURE
WAXING / TINTING
THREADING
and more . . .



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Open: Mon - Fri 9 am - 8 pm

Saturday: 9 am - 4 pm

Sunday: 10.30 am - 5 pm

Website: www.tbhb.com.au

Now open 7 days - South Brisbane

Threading available
including Sunday

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