

## New Face & Body Treatments

### THE ULTIMATE EXPERIENCE

#### 3hrs: P.O.A (Price on application)

Melt away into a euphoric dreamland...revive your back, hands and feet with an exotic sand, clay and sea salt scrub. Experience a full body aromatherapy massage with acupressure and reflexology. Strip all your worries away with a heavenly hair masque and scalp massage and surface as a "new you" after a glowing aromatherapy facial tailored to your skin type...bliss!

NB: Not recommended for extreme problem skin types.

### AROMA FACIAL

#### 60mins: P.O.A

This is a beautiful facial specifically tailored to your skin type. You will enjoy all the pleasures of a foot bath, face/neck/shoulder cleanse, exfoliation, toning, lifting massage, aroma clay and cream facial masques, moisturise and an awesome head massage...naturally beautiful!

NB: Not recommended for extreme problem skin types.

### LUXURIOUS AROMA FACIAL

#### 90mins: P.O.A

All the pleasures of an aroma facial with an exotic aroma sand, clay and salt scrub on your back, feet and hands. Your back will be vitalised with an aroma body butter, your feet soothed with rosemary and mint, your hands massaged with lavender and geranium and your hair revived with a moisture masque...lush!

NB: Not recommended for extreme problem skin types.

### HEALING AROMA FACIAL

#### 90mins: P.O.A

An amazing concoction of crystal essences and essential oils mixed with an ancient healing foot scrub, reiki, classical facial moves, acupressure and shiatsu massage of the face, neck and shoulders. If you need a treatment to reach your mind, heart and soul, then this is for you! This special treatment also involves all the cleansing procedures of the aroma facial.

NB: Not recommended for extreme problem skin types.

## New Mobile Service Available

Call out fee applies.

## Yoga & Tai Chi Classes, Postural Treatments and Reiki Attunements

## Your Therapist

Elena holds a Diploma in Therapeutic Massage and a Diploma in Nutrition, is accredited with the Australian Traditional Medicine Society and is a yoga teacher. Elena has been developing her style over the last 20 years with professional training and experience in:

- Remedial/Lymphatic
- Swedish
- Sports
- Pregnancy Massage
- Deep Tissue
- Aromatherapy/Shiatsu
- Reiki
- Touch For Health
- Reflexology
- Aroma/Crystal Healing

Elena has experience with people of all ages and fitness levels. The clear signs of well-being experienced after a massage therapy can be maintained with regular yoga or Tai Chi classes held at the same clinic.



Your host: Elena Rabuda (B.Ed., Dip. T.M., Dip N., NLP)

### CLIENTS

- Please phone to make your appointment time.
- Please be on time to ensure you receive your full treatment.
- **10% discount for Students and Pensioners.**

### GIFT CERTIFICATES

- A wonderful way to give someone you love an extra special gift.
- Valid for six months
- Non-refundable, but can be used under a different name, changed to another treatment of the same value or used towards payment of a treatment of greater value.

### METHOD OF PAYMENT

- Cash, Visa, Bankcard, Mastercard, Cheque

### CANCELLATIONS

- Please give 24 hours notice prior to your appointment if you need to cancel. Thank you for your thoughtfulness.

# BROULEE BEACH WELLNESS CLINIC

'A helping hand'

## SERVICE MENU

7/77 Coronation Drive,  
Broulee NSW 2537  
Ph 02 4471 6198,  
brouleewellness@gmail.com

BY APPOINTMENT ONLY

BUSINESS HOURS:  
Mon-Sat: 9am to 5.30pm

After Hours, Sundays  
and Public Holiday  
available by special request

An amazing and holistic healing  
and wellbeing service that  
will always exceed your  
expectations in a professional  
and compassionate manner

## Revive with a massage

### REMEDIAL/THERAPEUTIC/DEEP TISSUE/LYMPHATIC SPORTS MASSAGE

Problem areas are addressed using specific techniques such as Acupressure, Trigger Point Therapy, Myofascial Release Therapy and Stretching. Powerful, slow, deep movements aid the release of blocked energy. Excellent for release of chronic pain, tightness, injuries, muscle spasms, body aches, headaches and more.

### SWEDISH MASSAGE

Depending on your requirements, this classic Swedish Massage method relieves muscle tension, improves circulation; skin and muscle tone and encourages peace and relaxation. A lovely experience using medium pressure at a medium to fast pace.

### AROMATHERAPY/RELAXATION MASSAGE

Deep, gentle and extremely powerful using techniques that assist energy flow, blood flow and lymphatic circulation. Pure essential oils are tailored and chosen to treat your specific concerns. Using Acupressure and Trigger Point Therapy, this blissful experience detoxifies and eliminates all stress.

### PREGNANCY MASSAGE

Specific and safe techniques are used in this Massage to help you on your way with a safe and relaxed pregnancy. A definite must for all pregnant women. Specific areas are focused on to suit your personal needs and safe, soothing oil blends will lift your spirits!

### HEAD, HAND & FOOT HEAVEN

We hold major pressure points in our head, hands and feet that relate to our physical, mental and emotional body as a whole. Ancient and modern Healing Massage techniques are applied including Reflexology, Acupressure, Oriental, Indian and more. You will feel totally renewed.

Above treatments available in 45, 60, 90 or 120 mins



## Soul deep body treatments

### ORIENTAL HOLISTIC PULSING

An ancient healing art used by the Chinese to move the body's energy channels (meridians) freely throughout the body by applying pressure, rocking and a gentle to strong pulsing and vibration to the body. This treatment is excellent for sufferers of Chronic Fatigue, Lethargy and Arthritic Pain (as is Reiki and Crystal Energy Healing). Discover a new sensation of relaxation and awareness.

### ANCIENT HEAD MASSAGE

Hot towels, deep heating essential oils and the most sensuous and stimulating moves based on Oriental and Indian Medicine using pressure points along the Meridians make up this Massage. Perfect for all those suffering from minor and major head, neck and shoulder aches and pains.

### REIKI

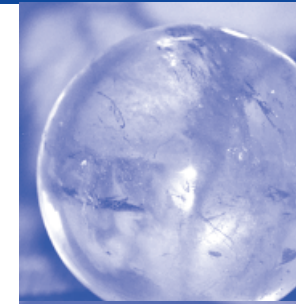
"Rei" means universal and "ki" means life force energy. Reiki is an amazing ancient Tibetan and Indian method of healing that Dr Mikao Usui from Japan founded in the late 1800's. Reiki supports, vitalizes, balances and cleanses all energies throughout the physical, emotional, mental and spiritual dynamics of the body. This ancient healing art accelerates the body's natural healing ability, bringing a deep sense of wholeness and well being.

Above treatments available in 45, 60, 90 or 120 mins

### PURE PAMPERING

#### 120mins:

This exotic deluxe body treatment is 2 hours of absolute relaxation! It is tailored to every client's individual needs. It involves an aromatic foot & hand scrub, full body Aromatherapy Massage with Acupressure, Shiatsu face, head & scalp treatment with essential oils, reflex foot Massage and finishes with an energy balance session using Reiki, Chinese Holistic Pulsing and Crystal Chakra Balancing sending you off into your very own state of euphoria.



## Specialty Treatments

### CRYSTAL ENERGY HEALING

Crystals are used on different parts of your body to help you release any unwanted energy and help your energy flow naturally and freely. A Crystal Pendulum is used to open and balance your body's natural energy centres (Chakras). Our Chakras are vital in helping us maintain a healthy balanced life.

### ABDOMINAL ALCHEMIC BALANCE

This treatment activates normal digestive processes bringing to balance its acid and alkaline properties. The digestive system is stimulated using feather-like touch, circular movements and gentle pressure. With a stimulated and balanced digestive system, the rest of the body easily recovers from the weakening effects of an unbalanced lifestyle. The result is an operating, healthier environment that will leave you feeling lighter, energised and balanced.

### REFLEXOLOGY

A therapeutic foot Massage that encourages the well being, health and balance of the mind, body and emotions by stimulating certain reflex points in the feet to bring about homeostasis within the body. Its origins date back over thousands of years and was used by the South American, Egyptian and Chinese Cultures. You'll be amazed how good you'll feel afterwards!

Above treatments available in 45, 60, 90 or 120 mins

### BENEFITS OF MASSAGE AND HEALING TREATMENTS

Improves circulation, eliminates toxins, improves muscle tone, strengthens the immune system, reduces pain and stiffness, reduces stress, soothes the nervous system, reduces arthritic pain, increases mobility, increases metabolic rate, regulates blood pressure, regulates emotions, improves positive life force energy and brings about a complete balanced resting state physically, mentally, emotionally and spiritually.