



**HEALTH &  
WELLNESS CENTRE  
AT GLEN APLIN**

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311 Stables Road, Glen Aplin QLD 4381

## Foot and Hand Care

Foot and hand massage, nail care-manicures and pedicures.

<b>Service</b>	<b>\$ / mins</b>	<b>details</b>
Sublime HFC Package	150 (1.5 hrs)	Total Hand -Foot Care
detail		
Foot massage	15 (15 mins)	Includes foot spa & Reflexology
Hand massage	15 (15 mins)	Aromatherapy oils & Reflexology
Manicure	45 (20 mins)	Nail health care with cuticle care, shaping plus includes clear or natural polish
Pedicure	45 (20 mins)	
Polish		Note: customers encouraged to bring preferred polish colour of choice.
EMS foot stimulation	30 (30 mins)	Electromagnetic plantar stimulation to reduce foot pain and leg cramps
Refreshments	complimentary	Coffee, teas, probiotics
Entertainment while you relax	Music or movie	Your choice