



HEALTH & WELLNESS CENTRE AT GLEN APLIN

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Detoxification Treatments

Several elements for achieving optimal results .

A. PRESSORTHERAPY

-detoxification cleansing, weight loss, muscle stimulation.

Initial health assessment (\$90 once only) Includes diet journal and preferences.	On <u>first visit only</u> – added approx.	30 mins – 1 hour
sessions	Massage and infra-red therapy plus EMS muscular stimulation	Requirements -what you need to bring with you
45 -60 minutes	150.00	Bathers, towel, soft cotton top and pants
6 treatments	900.00 (discounted \$780.00)	Recommended for optimum results

B. Spa & Infra Red Sauna

- Relaxing massage of hydrotherapy & deep cleansing of Sauna Infra-Red heat.

SAUNA & HYDROTHERAPY SPA	Fees & Time frame	Members deal
	\$90 pp	\$80 pp
SAUNA – Infra red detoxification	30 MINUTES	30 mins
SPA -hydrotherapy muscle relaxing	30 minutes	30 mins
Note: Customers required to	provide personal towel and toiletries	