



0488 002 512
 healthwellnessglenaplin@gmail.com
 311 Stables Road, Glen Aplin QLD 4381

**HEALTH &
 WELLNESS CENTRE
 AT GLEN APLIN**

Wellness Training & Pampering Circuit

	Approx. 3 hour routine	Approx. time regime
Daily fees - \$200 Bookings only 12 month program \$2,200 (based on one visit per month)	Subscription members attract discounts of 10% on some specialty treatments	
Initial health assessment Includes diet journal and preferences.	<i>On first visit only</i> – added approx. one hour	1 hour (first visit only)
Hydration refreshments probiotic & herbal drinks	Available throughout your session	complimentary
Stretching and warm up exercise routine. Myofascial release exercises & Pilates. Aerobic Conditioning Cycle, stepping and treadmill and rowing machine	30 mins initially -as tolerance allows build to 1 hour in staged approach	30-60 mins
Cool down with foot massage using vibration plantar foot stimulator	30 mins	30 mins
Shower before entering spa (clients bring personal towels and toiletries)	10 mins	10 mins
Valley View hydrotherapy spa (value \$45)	15-30 mins	30 mins
Infra-Red Sauna – detoxification – warming relaxing (value \$45)	20-30 mins (build as tolerance allows)	30 mins
Shower post sauna	10 mins	10 mins
Rest period (optional)	Break 5-10 mins	10 mins
Shoulder and Neck Massage (value \$50)	10-20 mins	20 mins
Refreshing cup of herbal tea		
	Total time in Centre Visit	3 hours
4 Session daily times are:- 8am-11 & 11-1.30pm	& 12.30pm-2.30pm & 2.30 to 5.30pm	

Membership has Benefits & Advantages

Reduced cost for annual membership plan.

Regular and repeated sessions improve circulation and aerobic health, physical resilience and wellbeing.

Membership for 12 months gives access to 10% discounts for specialty treatments

Fees for specialty treatments are explained in separate areas for each treatment type.

H&W Centre request that customers bring their own toiletries and towels.

Exclusive use of faculties. - Suitable for single people or have with your friends in groups of up to 4 ladies.