



0488 002 512

healthwellnessglenaplin@gmail.com

311 Stables Road, Glen Aplin QLD 4381

## HEALTH & WELLNESS CENTRE AT GLEN APLIN

**Price Schedule Health & Wellness Centre Glen Aplin** ( 31.10.2024 prices subject to change & may vary)

### Pro-Ageing Treatments

<b>HiFU – Non Surgical Face Lift</b>	\$1250	Face chin eyes (suborbital) (90 mins)
	\$500	Neck Decolletage
	\$500	Backs of hands
<b>Oxygeneo</b>	\$200	Single Body area
<b>Ultra-Sound</b>		
– only with manual facials	\$100	Face
	\$150	Face & Decolletage
	\$50	Hands (Both backs of Hands )
<b>Facials</b>	\$100	Face & Decolletage (includes brushing)
<b>Plasma Therapy</b>	\$45	Per area (15 min)- with facials only
<b>Hydra Facial</b>	From \$90	Per area
<b>IPL</b>	\$90	Per area
<b>Deluxe Hand and Foot. Care</b>	\$150	Mani-Pedi, massage, reflexology ( 1.5 hrs)
<b>Deluxe Sauna &amp; Spa</b>	\$90 pp	1 hr
<b>Holistic Cleansing</b>	\$350 pp	Pressor-Therapy + Sauna & Spa

### Body Sculpture

<b>Cool Shaping.</b>		
	\$260	Two handle treatment
	\$550	Four handle treatment

### Health & Body - SHAPEMS Electromagnetic Therapy

### Infra Red Light Therapy

Skin treatments	\$75	Per area ( 30 mins )
Joint & Muscle Tx	\$75	Per area ( 30 mins)
Scalp	\$150	Hair and scalp (60 mins)



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## Holistic Health Wellness

<b>Aerobic Fitness</b>	\$40	Our group Zumba sessions for 5-10 people
<b>Gym sessions coached</b>	\$90	30 min session (individual coaching)
<b>Gym sessions</b>	\$98	60 min session (self-guided program)
<b>Casual circuit raining visit</b>	\$200	3 hours (see circuit training schedule details)

## Massage

<b>Massage</b>	\$80-190	30-60 mins 60 min session
<b>Relaxation Mindfulness.</b> Ikmmm		
<b>Holistic cleansing</b>	\$350	See price list
<b>Dietary Supplements.</b>	-	
<b>Nutrition Education.</b>		Minimum 10 participants
Group education sessions	\$40 pp	5 person maximum group size
Cooking classes	\$150 pp	

## Health & Wellness Centre Membership

\$2,200 annual fees	2 visits a month = 24 sessions = \$91 per visit
Members Pampering circuit training	\$91 per visit
Payment options available	Smart Pay EFTPOS available