

# wellnessphilosophy

## acupuncture + skin clinic

### Services & Treatments

At Wellness Philosophy we pride ourselves on providing a peaceful environment in which therapeutic and relaxing treatments will be undertaken. We strongly believe and view the body as a whole and encompass this philosophy in all our treatments and therapy.

We are aware of the harmful effects of chemicals on the skin therefore prescribe and use PHYT'S certified organic products. At Wellness Philosophy our emphasis lies in overall health and well-being.

#### PHYT'S 100% Certified Organic Skin Care



PHYT'S Signature Facials are designed to stimulate the elimination of toxins within the skin, balance, soothe and nourish skin.

A course of 6 treatments (once a week) is recommended.

#### Facial Therapy

**Aqua Phyt's Facial**  
1 Hour/15 Minutes **\$150**

Based on hyaluronic acid, a molecule naturally present in skin. Designed to bind water to skin, providing intense hydration.

**Phyt's Organic Pumpkin Peel** **\$55**  
(with facial) **\$35**

Gentle resurfacing treatment exfoliates the skin to improve the appearance of fine lines, age spots, freckles and rough skin transforming dull lifeless complexions.

**Soin Equilibre**  
1 Hour **\$90**

An introduction to PHYT'S chemical free facial treatments. Soin Equilibre is suitable for all skin types; assisting to clear & detoxify the skin. Cleansing - Balancing - Hydrating - Cooling.

**Soin Anti-Comedon**  
1 Hour/15 Minutes **\$110**

A combination of essential oils and minerals effectively fights blackheads and their formation leaving skin fresh and smooth. Eliminates Balances Oil Secretion - Blackheads - Detoxifying.

**Soin d'O**  
1 Hour 30 Minutes **\$125**

Ultimate anti-ageing treatment for dull, dry, wrinkled skin which needs nourishment. Moisturising - Firming - Cooling - Balancing Detoxifying - Regenerating - Detoxifying.

**Soin Multi-Vita**  
1 Hour 30 Minutes **\$125**

A cocktail of vitamins and active ingredients fight the ageing process of the skin. Particularly suitable for a mature, dry wrinkled skin lacking tonicity. Soin Multi-Vita will lessen visible fine lines.

Lifting - Firming Moisturising - Oxygenating - Regenerating - Remineralising.

**Soin Oxygene**  
1 Hour 15 Minutes **\$120**

Formulated to oxygenate, hydrate, regenerate, cool & firm tired, dull, blotchy skin.

**Soin Oligo-Vital**  
1 Hour 15 Minutes **\$115**

A cocktail of essential oils and minerals designed to nourish, remineralise and moisturise prematurely aging skin. Remineralizing - Nourishing - Hydrating

**Soin Capyl**  
(Treatment for Sensitive Skin)  
1 Hour 15 Minutes **\$110**

Formulated to calm down redness and soothe the most sensitive of skins. Relieves Congestion - Soothing - Hydrating.

**Soin Energie Vitale**  
1 Hour 15 Minutes **\$115**

Suitable for combination, dehydrated devitalised skins. Ideal during the winter months, after sun exposure or during a change of season. Revitalising - Firming - Hydrating - Rejuvenating.

#### Manicures & Pedicures

**Foot Spa Pedicure**  
1 Hour **\$70**

A luxurious foot treatment encompassing soaking the feet, nail and cuticle work, exfoliation, heel rasping, tension release massage, foot mask and polish application.

**Pedicure**  
30 Minutes **\$45**

Relaxing foot treatment comprising of feet soaking, nail and cutical work, quick massage and polish application.

**Hand and Nail Treatment**  
45 Minutes **\$50**

A relaxing hand treatment including hand soaking, nail and cutical work, exfoliation, tension release hand massage and polish application. We use Zoya Nail Polishes which are toluene, formaldehyde & DBP free.



massage  
acupuncture  
cupping  
guasha  
reflexology

Sabrina D'Andrea  
0417 352 474

AACMA NO: 2164 CMRBV NO:1288  
B.A. HEALTH SCIENCE ACUPUNCTURE  
DIPLOMA BEAUTY THERAPY  
CERT. REFLEXOLOGY ORIENTAL MASSAGE

**230 Lygon Street**  
**East Brunswick 3057**  
**Tel: 0417 352 474**

#### Opening Hours

<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>9am - 5.30pm</b>
<b>Wednesday</b>	<b>9am - 8.00pm</b>
<b>Thursday</b>	<b>9am - 5.30pm</b>
<b>Friday</b>	<b>9am - 5.30pm</b>
<b>Saturday</b>	<b>9am - 1.00pm</b>
<b>Sunday</b>	<b>Closed</b>

#### Cancellation Policy

We understand that life presents unforeseen circumstances that may prevent you from attending your appointment. In the event of a cancellation or alteration of the appointment we ask that you provide us with 24 hours notice. Failure to do so may result in a cancellation fee.

#### Arrival Time

We advise that on your first visit to the clinic you arrive 10 minutes prior to your appointment time in order to allow sufficient time to fill out a consultation form that provides us with information regarding your physical, medical, any allergies etc which are important in ensuring the best treatment protocol for your health. Late arrivals may risk their appointment being reduced.

**Private Health Cover**  
**Rebates Available**

# wellnessphilosophy

acupuncture + skin clinic

## Services & Treatments

### Waxing Services

Eyebrows	\$15
Upper Lip	\$10
Chin	\$12
Sides of Face	\$15
Full Face	\$32
Eyebrows & Lip	\$20
Eyebrows, Lip & Chin	\$25
Full Leg	\$45
Full Leg & Bikini	\$60
Full Leg & Extended Bikini	\$70
Full Leg, Bikini & Underarm	\$75
Half (lower ) Leg	\$25
Half (top) Leg	\$30
Half Leg & Bikini	\$40
Half Leg & Extended Bikini	\$50
Half Leg, Bikini & Underarm	\$60
3/4 Leg	\$35
Standard Bikini	\$18
G String Bikini	\$25
Underarms	\$18
Stomach	\$15
Full Arm	\$30
Half Arm	\$25

### Male Waxing

Back	\$40
Chest	\$30
Chest & Abdomen	\$40
Back, Shoulders & Neck	\$45
Full Arm	\$35
Full Leg	\$55

### Brow and Lash Tinting

Eyebrow Tint	\$10
Eyelash Tint	\$18
Lash & Brow Tint	\$25

### Body Exfoliation

1 Hour	\$80
--------	------

Your journey begins with a relaxing back massage followed by a deeply exfoliating and cleansing Certified Organic Scrub to remove impurities, dead surface skin cells and stimulate circulation. The treatment is completed with the application of a nourishing body cream.

### Back Therapy

45 Minutes	\$70
------------	------

Deep cleansing, exfoliating, extractions and re-balancing via a mask and treatment cream.

### Acupuncture

Initial Consultation - 1.5 Hours	\$85
Subsequent Consultations - 1 Hour	\$75

NOTE: Price does not include herbs etc additional costing if prescribed

### Cosmetic Acupuncture - 1.5 Hours \$120

Facial Rejuvenation Treatment to help with fine lines, wrinkles, pigmentation, age spots, puffiness, sagging, breakouts & acne, loss of elasticity, dark circles, sun damage and tired looking complexions.

### Massage -Tui Na

1 Hour Massage	\$85
Half Hour Massage	\$60

NOTE: Includes the usage of Cupping and Guasha if required

### Reflexology

1 Hour Treatment Session	\$70
--------------------------	------

### Ear Candling

\$45

An effective relaxing treatment assisting with sinus issues, hay fever, headaches, earaches and ear blockages.



massage  
acupuncture  
cupping  
guasha  
reflexology

Sabrina D'Andrea  
0417 352 474

AACMA NO: 2164 CMRBV NO:1288  
B.A. HEALTH SCIENCE ACUPUNCTURE  
DIPLOMA BEAUTY THERAPY  
CERT. REFLEXOLOGY ORIENTAL MASSAGE

**230 Lygon Street  
East Brunswick 3057  
Tel: 0417 352 474**

### Opening Hours

<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>9am - 5.30pm</b>
<b>Wednesday</b>	<b>9am - 8.00pm</b>
<b>Thursday</b>	<b>9am - 5.30pm</b>
<b>Friday</b>	<b>9am - 5.30pm</b>
<b>Saturday</b>	<b>9am - 1.00pm</b>
<b>Sunday</b>	<b>Closed</b>

### Cancellation Policy

We understand that life presents unforeseen circumstances that may prevent you from attending your appointment. In the event of a cancellation or alteration of the appointment we ask that you provide us with 24 hours notice. Failure to do so may result in a cancellation fee.

### Arrival Time

We advise that on your first visit to the clinic you arrive 10 minutes prior to your appointment time in order to allow sufficient time to fill out a consultation form that provides us with information regarding your physical, medical, any allergies etc which are important in ensuring the best treatment protocol for your health. Late arrivals may risk their appointment being reduced.

**Private Health Cover  
Rebates Available**