



be well

holistic ♥ therapies

OrganicSpa Facials

Massage Therapy

Self-Empowerment Sessions

Organic Wellness Products

Bringing out your
"Best You"

www.bewellholistic.com.au

BE Empowered

Counselling and Bodywork

“Moving Forward” session

- To clarity, calm and balance

Are you feeling ‘stuck’, out of balance, ‘not yourself’ or simply needing to unwind both mind and body? A Moving Forward session is 90 minutes of combined counselling and bodywork (massage, reiki and polarity therapy) to release mental stress and physical tension whilst gaining clarity and direction for moving forward in your current situation. Each session is personalised to meet your unique needs, with packages of 3 sessions available for deeper benefits.

“PrimeTuning” session

Enjoy the many benefits of this gentle but powerful energy healing system that transforms the vibrational state of your cells from negative to positive. Positive results can include increased energy, pain relief, health problems resolved, releasing of painful memories, increased clarity of direction and clearing of issues, and improved relationships.

“Best You” package

- Your journey from Surviving to Thriving!

Your “Best You” journey gets you off life’s treadmill and back in touch with your true joy, potential and aspirations. Using a combination of life coaching to focus on your desired changes, bodywork to reconnect you with your physical being and daily practices for calming and centering, your six weekly 90 minute sessions will have you living a life you love! Your 6 week package includes 6 x 90 minute face-to-face sessions, personalised body oil and Bush Flower Essence blends, candle, crystal and journal, weekly homework sheets and handouts, and email support between sessions

“Back to Balance” Days

“Retreat” for a day and spend time nurturing yourself with choices of bodywork, creative processes, relaxing in nature and guided meditation. Re-enter your life with a renewed sense of clarity, balance and ease. Enquire for dates and further details.



BE Well @ Home

Products

Personalised Aromatherapy Products

From body and bath products to sinus creams and headache gels, custom-made aromatherapy products are both effective and luxurious for you or a loved one!

Amazing Oils

Organic Magnesium products

Magnesium deficiency has been linked to almost every known disease, with topical application of magnesium being shown to have a higher absorption than oral supplements with no digestive upsets. Available as a spray, gel roll-on, bath flakes, moisturiser and stick.

Eco Tan

Australian made organic certified self-tanning and body care products – Award winning, no hidden nasties and beautiful on your skin!

HEALTH FUND REBATES

These are available with some funds for Remedial Massage and Aromatherapy. Please enquire if your fund is covered prior to booking.

GIFT VOUCHERS

Available for all treatments and products

PAYMENT

MasterCard, Visa and EFTPOS available



Your Therapist

DARLENE JOY

Dip Counselling, Dip Aroma, Dip RM,
Reiki II, PrimeTuning Level 3

With over 20 years experience in massage, bodywork, aromatherapy and counselling, I take a holistic approach to health and wellbeing, and am passionate about facilitating and supporting you to reach your full potential and live a life that you love ❤️

25 Thomas Street, Milton ❤️ 0428 146 370
email: darlene@bewellholistic.com.au



BE Radiant OrganicSpa Facials

Using Australian made and owned OrganicSpa salon only products. Organic, effective and affordable!

Organic beauty facial

Following a skin analysis, products will be chosen to heal, rejuvenate and enhance your skin condition as needed. With medicinal levels of certified organic plant extracts combined with 100% naturally derived ingredients, dry and dehydrated skin will be soothed and hydrated, stressed and tired skin will be replenished and brightened, oily and congested skin will be deeply cleansed and balanced.

Multi-detox clay specialty facial

Designed to purify, detoxify and rebalance the skin, this treatment utilizes kaolin and bentonite clay to exfoliate and draw impurities from the skin, chamomile and green tea extracts to calm and soothe, and hyaluronic acid to rebalance and lock in moisture. Your skin will glow with renewed health!

Age vita renewal specialty facial

This facial has been designed with one thing in mind - RESULTS! A highly concentrated Vitamin C and Green Tea Mask is blended during the treatment to maximise its antioxidant and skin brightening benefits, restoring radiance to dry, dull and pigmented skin.

BioHydra infusing facial

This anti-aging treatment is designed to boost skin hydration with a specialised mask infused with Mountain Pepper Berry extract and Hyaluronic acid, formulated to restore the skin's lipid barrier and stimulate the production of collagen and elastin.

AHA rejuvenate peel

To revitalize, refine, brighten and decongest the skin, this intense anti-aging treatment utilizes natural alpha hydroxyl acids and fruit enzymes (no harsh chemicals) to deeply exfoliate and achieve visible results. Soothing aloe vera and olive leaf extract help your skin feel cool, calm and refreshed. For pigmentation, scars, acne or resurfacing, we recommend a course of 6-12 treatments undertaken weekly.

Lactic and enzyme peel

For intense refining and anti-aging, this freshly blended compound of 40% active organic lactic and fruit acids and enzymes helps to increase cell turnover and smooth and resurface the upper layers of the skin while boosting and locking in hydration. Maximise the benefits of this super effective peel with a 4 pack to be taken 1-2 weeks apart. No redness, irritation or down time with this peel!

Add a little extra pampering...

Add on an **AHA Rejuvenate Peel** to any facial for optimum results

Pamper your hair and ease any lingering tension with a luxurious **Warm Oil Scalp Massage**

Soothe and refresh tired eyes with a **Deluxe Eye Treatment**

Complete your pampering with a **Back, Neck and Shoulder Massage** or **Leg and Foot Refresher**

BE Relaxed and Renewed Massages

Each massage treatment begins with a complimentary consultation, includes professional quality pure essential oils and ends with recommendations for continued self care, with the full massage time on the table.

Aromatherapy relaxation massage

Relax tired and tense muscles, improve circulation and lymphatic drainage, boost your immune system, lower your blood pressure and calm your mind with a soothing relaxation massage enhanced by a personalised blend of pure aromatherapy oils.

Eastern equilibrium

For those seeking calm and balance in both mind and body, this treatment uses the slow repetitive stimulation of acupressure points to facilitate the release of physical tension, calm the mind and restore the body's natural energy flow, bringing you to a place of increased vitality and inner peace.

Remedial massage

Remedial massage has a therapeutic focus on particular areas of the body requiring relief from chronic pain, muscular tension or injury, with firmer pressure being applied as appropriate. This is a highly effective treatment for headaches, sciatica, muscular spasms, restricted mobility and a range of other physical conditions.



Your choice of 30, 60 or 90 minute sessions

Pregnancy and oncology massage also available

BE Well Prices

♥ BE Radiant ... OrganicSpa Facials

Organic beauty facial 50 mins	\$70
Multi-detox clay specialty facial 60 mins	\$90
Age vita renewal specialty facial 60 mins	\$90
BioHydra infusing facial 60mins	\$95
AHA rejuvenate peel 35 mins	\$55
Pack of 6 weekly treatments	\$275
Lactic and enzyme peel 35 mins	\$65
Pack of 4 weekly treatments	\$195
<i>Add a little extra pampering</i>	
AHA rejuvenate peel 15 mins	\$20
Warm Oil Scalp Massage 10 mins	\$15
Deluxe Eye Treatment 10 mins	\$15
Back, Neck and Shoulder Massage or Leg and Foot Refresher 20mins	\$25

♥ BE Relaxed and Renewed Massages

30 mins	\$55
60 mins	\$85
90 mins	\$110

♥ BE Empowered ... Counselling and Bodywork

"Moving Forward" session - To clarity, calm and balance 90 mins (single session) 3 session pack (taken within 3 months)	\$120 \$299
"PrimeTuning" session 60 mins	\$60
"Best You" package - Your journey from Surviving to Thriving! 6 week package: single payment 3 weekly payments	\$695 \$250