**BEAUTY AND SPA ESSENTIAL SERVICES**

**PACKAGES**

**SACRED SPA ROSE ESSENTIAL PACKAGE COST: $250 DURATION: 2HRS 30 MINS**

*Rose quartz crystals are used throughout this treatment.*

Rose is very beneficial for any skin type in particular it is soothing and gentle on sensitive skin conditions, and will deeply nourish dry skin. It is beneficial in supporting women’s hormones and improves overall mental health. Aromatically, it can be used to treat migraines. It also has antimicrobial, anti-inflammatory and anti-ageing properties.

Soak your feet in Spa of the World- Egyptian Milk and Honey with fresh rose petals, and British rose foot scrub, while inhaling rose essential oil to relax your nervous system. Enjoy a British rose petal back scrub and rose essential oil mask to deeply nourish and rejuvenate your skin and tired muscles. This is followed with hot towel compressions, a upper torso and back hot stone soothing massage. This treatment incorporates the rose quartz mask to improve overall health and vitality, relieving stress, tension and supporting the cardiovascular system.

Finishing with a restorative 60 minute anti-ageing rose facial treatment that will leave your skin super glowy, as well as a luxurious scalp and pressure point facial massage, using rose quartz pressure point stones.

Finish with a pomegranate and rose infused flavoured water and fresh strawberry sorbet.

**SERENE PACKAGE COST: $180 DURATION: 2HRS 30 MINS**

Soak your feet in Spa of the World-Egyptian Milk and Honey, and lavender aromatic warm water and African Ximenia softening foot scrub, while inhaling lavender essential oil or lemon balm essential oil to further your journey to serenity. Enjoy a softening back scrub, and hot towel compressions. You will be drenched in French lavender massage oil to destress body and mind, incorporating Swedish massage techniques all over body, then proceed into and a classical facial. Crystal eye masks are incorporated in treatment, chosen for specific needs.

Finally, a delicious fruit platter with an herbal tea will be provided

**BEGINNERS SPA PACKAGE COST: $160 DURATION: 2HRS**

Soak your feet in Spa of the World- Egyptian Milk and Honey, and lemon slices in warm water and enjoy a Milk and Honey softening foot scrub, while inhaling lavender essential oil or lemon balm essential oil. Then proceed into a full body massage catered to focusing on your specific needs, finishing with a classical facial. Careful consultation will be discussed before your treatment.

Finally, a delicious platter of fresh fruit of the day and a lovely refreshing cold infused tea will be provided.

**EDWARDS RICE RESTORATION SIGNATURE TREATMENTS**

**SIGNATURE INDIAN HEAD SACRED SPA MASSAGE COST: $150 DURATION: 1HR 30 MINS**

Have your feet soaked in a Thai lemongrass infused foot bath. To begin you will deeply inhale lavender or lemon balm to remove pent up stress and to assist you to relax, and begin your journey to bliss!

Beautiful sandalwood will be burning in the room during the entirety of the treatment to promote a deeper relaxed state.

This massage involves using the aromatic essentials oils: sandalwood; lavender or lemon balm and peppermint. You will begin lying on your back, and a face/eye mask with either jade (to support physical health throughout the body), amethyst (for overall health in the immune and nervous systems), or rose quart (improves overall health and vitality, by relieving stress and tension and supporting the cardiovascular system) will be utilised depending on what you require. This massage entails compressions up and down the body, pausing at the feet, performing pressure points, then begin on the décolletage, arms and hands areas, into the neck. Then we shall proceed to the scalp and give you a tantalizing head massage which will make you feel invigorated and energized – and a facial pressure point massage. To finish awaken by inhaling peppermint essential oil.

Session will conclude with paleo seed slice and a hydrating herbal tea.

**SIGNATURE TRANQUIL SKIN TREATMENT COST: $150 DURATION: 1HR 30 MINS**

Soak your feet in warm Moringa and lime water and receive a Moringa foot scrub. Enjoy a 30 minute Hot Stone warming back massage, and then proceed into a 60 minute classical facial. Crystal masks are incorporated ad used for specific needs. Careful consultation is discussed prior.

Finally, a delicious platter of fresh fruit of the day and a lovely refreshing cold infused tea will be provided.

**MASSAGE MENU**

[More](https://www.facebook.com/pg/SacredSpaEssentials/services/?ref=page_internal)

**FULL BODY MASSAGE COST: $140 DURATION: 2 HOURS**

Begin by soaking and exfoliating your feet in warm magnesium water. Your full body massage incorporates back, legs, arms, stomach, décolletage, neck, face and Indian scalp massage and foot reflexology. Incorporating crystal eye masks catering for your specific needs. Careful consultation is discussed prior. Session will conclude with paleo seed slice and herbal tea.

**90 MINUTE ESSENTIAL MASSAGE COST: $120 DURATION: 1HR 30 MINS**

Begin by soaking and exfoliating your feet in lovely aromatic warm water. Your full body massage incorporates back, legs, arms, décolletage, neck and scalp. Careful consultation is discussed prior. Finally, a delicious platter of fresh fruit of the day and a lovely refreshing cold infused tea will be provided.

**60 MINUTE HOT STONE MASSAGE COST: $120 DURATION: 1 HR**

Begin by soaking and exfoliating your feet in lovely aromatic warm water. Your full body incorporates a hot stone back massage, then followed with Swedish tension relief massage on the legs, arms, décolletage, neck and scalp. Careful consultation discussed prior. Session will conclude with paleo seed slice and herbal tea.

[**SACRED PREGNANCY MASSAGE**](https://www.facebook.com/pg/SacredSpaEssentials/services/?ref=page_internal) **COST: $120 DURATION: 1HR**

*Note: Lying on side Pregnancy Massage – not for trimester 1 ladies!*

Gentler massage is to assist and ease your discomfort, supporting your whole self - mind, body and soul.

Begin by soaking your feet in lovely warm rose and frankincense essential oils with fresh rose petal water and magnesium exfoliation. Your massage includes back, legs, arms, feet, décolletage, shoulders, neck and scalp.[More](https://www.facebook.com/pg/SacredSpaEssentials/services/?ref=page_internal) Finally, a delicious platter of fresh fruit of the day and a lovely refreshing cold infused tea will be provided.

**60 MINUTE ESSENTIAL MASSAGE COST: $110 DURATION: 1HR**

Begin by soaking your feet in lovely aromatic warm water, your massage includes the back, neck, legs, arms, hands, décolletage, scalp and face. Careful consultation is discussed priorThe session will end with an herbal tea and basil and strawberry sorbet.

**45 MINUTE HOT STONE BACK MASSAGE COST: $80 DURATION: 45 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Begin by soaking your feet in lovely warm water and experience your treatment lying face down, careful consultation of pressure, and areas of focus will thoroughly be discussed prior. The session will end with a cold infusion tea and a lemon or pomegranate sorbet.

**40 MINUTE BACK OF BODY MASSAGE COST: $60 DURATION: 40 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Back of body, décolletage, shoulders, neck and scalp massage. Careful consultation of pressure, and areas of focus will thoroughly be discussed prior. Hot towel compressions on the feet and back are utilised. Relax with an herbal tea to assist with your health and wellbeing.

**40 MINUTE COLD STONE FACIAL AND SCALP MASSAGE COST: $ 60 DURATION: 40 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Comprising of cold stone lymphatic facial massage and proceeding into a relaxing and rejuvenating scalp massage. Aromatic oils which will be chosen for specific needs and to enhance your vitality. Ending with a refreshing herbal tea to improve your vitality.

**30 MINUTE BACK MASSAGE COST: $50 DURATION: 30 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Begin your back massage lying face down, careful consultation of pressure, and areas of focus will thoroughly be discussed prior. Décolletage, shoulders, neck and scalp are also massaged. Hot towel compressions on the feet and back are included. Finish with an herbal tea to invigorate you and to uplift you.

**30 MINUTE SCALP, DEC AND NECK MASSAGE COST: $50 DURATION: 30 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Experience a relaxing scalp, neck and décolletage massage whilst wrapped in warmly soft blankets. The treatment will incorporate a hair elixir treatment that will promote healthy hair. Finishing with a delicious infused cold tea to hydrate and nourish you.

**25 MINUTE FOOT REFLEX MASSAGE COST: $40 DURATION: 30 MINS**

*Crystal Eye masks are used in this treatment, chosen for specific needs!*

Begin by soaking and exfoliating your feet in lovely warm water, and then commence the treatment wrapped in warm blankets as reflex, hot stones and pressure point movements are used to massage the feet. Herbal tea will be provided at end.

**20 MINUTE FOOT MASSAGE COST: $30 DURATION: 20 MINS**

Commencing with soaking your feet in lovely warm magnesium water, and after commence with a relaxing foot and calf massage utilising warm oil and body butter to hydrate and soothe soreness. To assist with relaxation a crystal eye mask will be utilised during this time. Finish with an infused herbal/fruit water.

**20 MINUTE SCALP MASSAGE COST: $30 DURATION: 20 MINS**

Experience a relaxing scalp massage whilst wrapped in warmly soft blankets. The treatment will incorporate a hair elixir treatment that will promote shiner hair, hydration and growth. Finish with an infused herbal/fruit water.

**ENHANCMENT PACKAGES**

|  |  |  |
| --- | --- | --- |
| **UPGRADE** | **DESCRIPTION** | **COST** |
| **EYE MASK** | Upgrade your treatment with Drops of Youth bouncy eye mask to reduce puffiness or dark circles under the eyes. | $15.00 |
| **SHEET MASK** | Upgrade your treatment with Sheet Masks catered to particular skin needs | $10.00 |
| **BACK SCRUB** | To exfoliate and hydrate and treat problem areas | $20.00 |
| **HOT STONES** | To release muscle tension, circulation and toxins as well as improve overall skin appearance. It also reduces stress and promotes better sleep. | $20.00 |
| **CRYSTAL FACIAL TOOLS** | Facial rollers, Gua sha, pressure point massager, eye rose massager the benefits are to reduce facial inflammation and puffiness, improve overall skin tone and to brighten the skin. Promote lymphatic drainage. Anti-ageing properties | $30.00 |
| **LYMPHATIC EYE MASSAGE** | Cold stones are gently massaged on the face and eye area to help reduce inflammation, puffiness, tiredness and even to reduce headaches/migraines. Pressure points are used for extra benefits. | $30.00 |
| **SCALP MASSAGE** | To reduce stress and tension | $20.00 |
| **FOOT MASSAGE** | To improve relaxation and vitality | $20.00 |

**WHAT DO WE DO?**

Edwards Rice Restoration Centre aspires to assist and guide you on your personal journey of restoration, as the body has an innate ability to restore itself. We want to help you to gain a new zest for life and become proactive in regaining your health, encompassing your mind, body and spirit. Here at Edwards Rice Restoration Centre believe that… *The more you meditate on the Word of God, the more it exposes the character flaws that you need to fix. As you fix your mind on the Word of God, your heart is progressively transformed into a heart of love, joy, peace, patience, humility, and self-control (Galatians Chapter 5, verses 22-23).*

Our qualifications consist of: Bachelor of Health Science -Naturopathy and 29 years expertise as an Education Specialist, with a passion in the early years and special education (Diploma Of Teaching – Primary, specialising in Early Childhood, and Learning Support). Marianne is a member of The Australian Natural Therapists Association (ANTA), and Naturopaths and Herbalists Association of Australia (NHAA). Marianne’s passion and driving force in Mental Health disorders (MHD), is due to one of her four children being autistic, and a niece with severe MHD, and her youngest son being born with Brachial Plexus Palsy (BPP). Anneliese is a qualified Beauty Therapist with 5 years’ experience, who is passionate about assisting you to not only feel good on the outside but also, on the inside and to help you unlock your inner glow and to help restore peace and relaxation to your body. Anneliese holds a Diploma of Beauty, Spa Therapy, and Diploma of Photography, Screen Media, and currently studying a Bachelor of Ministry.

A Beauty/Spa specialist concentrates on beauty therapies for the face and body, as well as assisting you to feel good about yourself, inside and out through the therapeutic benefit of touch. This can consist of hot stone massage, reflexology, aromatherapy, release tired and stressed muscles and to just be a listening ear.

A naturopath takes a holistic approach to your health and well-being and help you to understand the why, what, and how, and together the practitioner and client will design a treatment to redirect your pathway to optimal health. Marianne will guide and facilitate your journey so as to re-claim, nurture, educate and take authority over your own health. A Naturopath will gather information and assess your whole health picture by taking and reviewing your history, lifestyle, existing medications, existing supplements, dietary habits, stress, sleep, exercise, medical diagnoses and environmental influences, and to work out the root cause of your presenting condition. Another role of a naturopath is to support your body so that you can achieve your health goals.

Naturopathy can be applied to almost all health conditions which maybe: acute; chronic; and the prevention and management of disease. Some of the areas which Marianne is interested in are as follows: Individuals and Family as well as ministry and mental health

* Women’s, men’s, and teenager’s general health and wellness – immune, sleep, reproductive, skin, gastrointestinal problems.
* Child health - stomach complaints, colds, flu, ear infections, bladder and kidney complaints, sleep problems
* Acute cold and flu, respiratory and immune imbalances.
* Immune health and wellness – poor immune resilience, asthma, and sinusitis, ear infections, bronchitis, pneumonia, and Glandular fever
* Gastrointestinal health – indigestion, bowel health, digestive issues, detoxification, candida, IBS, leaky gut syndrome, weight-loss, and dietary assistance
* Autoimmune support and management – Rheumatoid Arthritis, Diabetes Type 1, Lupus, psoriatic arthritis, and multiple sclerosis.
* Reproductive health – prostate, PCOS, endometriosis, menstruation, infertility, pregnancy – pre and post support and wellness.
* Endocrine health and support – low energy, burnout, fatigue, chronic fatigue, fibromyalgia, thyroid conditions, blood sugar imbalances, Diabetes, adrenal and hormone imbalances.
* Heart and Cardiovascular support – Ehler’s Danlos Syndrome, Metabolic Syndrome, Cholestrol, and Heart Health
* Mental health – anxiety, panic attacks, autism, Asperger’s, ADHA, hyperactivity, trauma, depression, mood imbalances, postnatal depression, sleep, insomnia, employee and pastoral health and vitality.
* Musculoskeletal conditions- pain and chronic pain management, arthritis, and restless legs syndrome.
* Skin health and support and guidance via our beauty therapist – heat rash, tinea, acne, dermatitis, psoriasis, rosacea, eczema, and seborrheic dermatitis.
* Nerve injury - Brachial Plexus Palsy
* Anti-ageing – support, guidance, Type 2 Diabetes
* Pastoral or Ministers general health and wellbeing – burnout, stress, fatigue, mental health, and Christian restoration.

OUR TEAM

Our qualifications consist of: Bachelor of Health Science -Naturopathy and 29 years expertise as an Education Specialist (Diploma Of Teaching – Primary, specialising in Early Childhood, and Learning Support), also 21 years as a Home Schooling Parent. Marianne is a member of The Australian Natural Therapists Association (ANTA), and Naturopaths and Herbalists Association of Australia (NHAA). Marianne’s passion and driving force in Mental Health disorders (MHD), is due to one of her four children being autistic, and a niece with severe MHD, and her youngest son being born with Brachial Plexus Palsy (BPP).

Anneliese is a qualified Beauty Therapist with 5 years’ experience, who is passionate about assisting you to not only feel good on the outside but on the inside and to help you unlock your inner glow and to help restore peace and relaxation to your body. Anneliese holds a Diploma of Beauty, Spa Therapy, and Diploma of Photography, Screen Media, and currently studying a Bachelor of Ministry.

ABOUT

BEAUTY AND SPA THERAPIES

Our Senior Beauty/Spa therapist is highly qualified and passionate with 5 years’ experience in the industry, providing you with a holistic and rejuvenating treatments with a selection of lavish grooming, day spa, skin and wellbeing experiences, which have thoughtfully been chosen.

Experience holistic and empowering therapies — with a suite of exquisite and breath-taking grooming, day spa, and skin and wellbeing services— mindfully selected and wonderfully blended to create glowing beauty inside and out. Not only considering your outer glow but the beauty the remains inside each of us which need to be nurtured and looked after, so that we can relax, refresh and reconnect with our inner most being. We here at Edwards Rice Restoration Centre are here to facilitate your journey to health, beauty and wellbeing.

Conducting skin analysis and advising clients on skin and body care, as well as performing facial or body massage and treatments which may include spa therapy, reflexology and aromatherapy. Applying make-up and advising clients on make-up application techniques, as well as performing manicures and pedicures.

NATUROPATHY

Our Naturopath teaches her clients to utilise diet, exercise, lifestyle changes and cutting edge evidence based therapies to improve their bodies’ innate ability to fight and prevent disease and illness and treat the whole person.

The six Naturopathic principles which are followed and founded on medical tradition and scientific evidence are as follows:

1. Healing power of nature: human bodies have a powerful ability to self-heal, therefore by removing the barriers such as poor diet an individual can be empowered to make the change and improve their health.
2. Identify and treat causes – seek to find and treat the cause of the symptoms – find the root cause.
3. Do no harm – ensure client’s safety at all times, use low risk therapies and customise each treatment plan to fit the individual client.
4. Educate client – practitioner as teacher. Teach clients how to eat, exercise, relax and nurture themselves physically and emotionally, as well as support self-responsibility and work closely with each client.
5. Treat the whole person. We each have a unique physical, mental, emotional, genetic, environmental, social, sexual and spiritual makeup.
6. Prevent illness. Being hands-on with one’s own health saves money, pain, misery and lives. A Naturopath will evaluate risk factors, heredity and vulnerability to disease to give you the tools to combat and prevent disease.

**NATUROPATHIC SERVICES**

Edwards Rice Restoration Centre - endeavours to be a home of quality family healthcare, and passionate in mental healthcare (MHC), with compassion and integrity, focusing on MHC for the whole family across lifespan, and in workplace and ministry domains.

Naturopathy is suitable for a wide range of acute and chronic health concerns including:

Individuals and Family health

* Women’s, men’s, and teenager’s general health and wellness – immune, sleep, reproductive, skin, gastrointestinal problems.
* Child health - stomach complaints, colds, flu, ear infections, bladder and kidney complaints, sleep problems
* Acute cold and flu, respiratory and immune imbalances.
* Immune health and wellness – poor immune resilience, asthma, and sinusitis, ear infections, bronchitis, pneumonia, and Glandular fever
* Gastrointestinal health – indigestion, bowel health, digestive issues, detoxification, candida, IBS, leaky gut syndrome, weight-loss, and dietary assistance
* Autoimmune support and management – Rheumatoid Arthritis, Diabetes Type 1, Lupus, psoriatic arthritis, and multiple sclerosis.
* Reproductive health – prostate, PCOS, endometriosis, menstruation, infertility, pregnancy – pre and post support and wellness.
* Endocrine health and support – low energy, burnout, fatigue, chronic fatigue, fibromyalgia, thyroid conditions, blood sugar imbalances, Diabetes, adrenal and hormone imbalances.
* Heart and Cardiovascular support – Ehler’s Danlos Syndrome, Metabolic Syndrome, Cholestrol, and Heart Health
* Mental health – anxiety, panic attacks, autism, Asperger’s, ADHA, hyperactivity, trauma, depression, mood imbalances, postnatal depression, sleep, insomnia, employee and pastoral health and vitality.
* Musculoskeletal conditions- pain and chronic pain management, arthritis, and restless legs syndrome.
* Skin health and support and guidance via our beauty therapist – heat rash, tinea, acne, dermatitis, psoriasis, rosacea, eczema, and seborrheic dermatitis.
* Nerve injury - Brachial Plexus Palsy
* Anti-ageing – support, guidance, Type 2 Diabetes
* Pastoral or Ministers general health and wellbeing – burnout, stress, fatigue, mental health, and Christian restoration.

Initial Consultation Cost $140 Duration: 90 minutes

This is about discovery and together working out the root cause. Questions will be asked to assist with solving the problem to your health issues. If you have any recent test results, or referrals, these will also be considered. Some basic examinations may be carried out such as weight, blood pressure, tongue, fingernail analysis, and iridology which will assist in determining the underlying cause. Marianne is also happy to liaise and collaborate and or refer to your GP. Also, together we will discuss the best possible treatment options including diet, herbal medicines, nutritional supplements, lifestyle and exercise changes, so as to assist you on your road to optimal health. Also prior to the follow up consultation research and other pertinent evidence will be obtained so as to better address the underlying causes and to help you in your search for better health.

To recap:

In-depth case history including:

* full body system overview;
* patient and family health history;
* detailed lifestyle, exercise and dietary analysis recommendations;
* clinical measurements and diagnostic testing;
* Unique treatment protocol using botanicals, nutrients, essential oils, flower essences, and nutraceuticals supplementation.

N.B. Adult, teenager, young adult - $140

Individual child -$90

Pensioner rate $100 - please contact prior to booking

Family of 4 - $350. Please contact prior to booking. Extra children $90 per child.

Follow up Cost $ 100 Duration: 60 minutes

Follow up Cost $ 70 Duration: 30 minutes

Acute Consultation Cost $60 Duration: 30 minutes

Skype Consultations

Initial consultation – will be person to person – even if I have to fly to you – however – you will pay for my flights and accommodation. I don’t believe I can offer you optimum care if I haven’t seen you personally – I have a duty of care to ‘First do no harm.’

Initial consultation is the same as above.

Follow up skype consultation Cost $ 100 Duration: 60 minutes

Follow up skype consultation Cost $ 60 Duration: 30 minutes

**HEALTH CONSULTATIONS**

Assisting clients to achieve/maintain optimal health and possible MH recovery, via education/empowerment, and ascertaining root cause through research utilisation to advance understanding of safe, effective, holistic treatments approach to stimulate the body’s innate healing ability.

**PACKAGES**

**CHRISTIAN GUIDED PRAYER AND MEDITATION –** *The more you meditate on the Word of God, the more it exposes the character flaws that you need to fix. As you fix your mind on the Word of God, your heart is progressively transformed into a heart of love, joy, peace, patience, humility, and self-control (Galatians Chapter 5, verses 22-23).*

**1 hour - $60**

**2 hour - $120**

**3 hour - $180**

**4 hour - $240**

**Restore package – 3 visits and 2 massage treatments offer $700**

You will be encouraged, supported and guided throughout 10 weeks to assist you to take control of your life and health. This is for the individual who may have 1 or 2 health concerns such as poor sleep routine, fatigue, who just may need to be put on the right track, so as to gain back one’s life.

Includes: 1 x Initial Consultation

1 x total body massage

1 x neck, head and shoulder massage

2 x Follow up Consultations

3x Phone Check-ins between appointments

Weekly Emails

Meal Plan, recipes and shopping list

Christian Guided Prayer and Meditation 1 hour @ $60 weekly

Monthly exercise and lifestyle plan

(Package must be used within an 8 week period for optimal results. Not suitable for individuals with a chronic or long standing illness or autoimmune conditions that need long term corrective care and support – see the Resurrection program if this is for you – Payment plan of $70 per week over 10 weeks).

*{Herbal and nutritional supplements shall be extra cost}.*

**Resurrection Package – 25 weeks – Reset and improve your life. Cost $ 2000**

You will be guided and supported in your journey to a healthier functioning you. Along the way you will improve your energy, more focused mentally, not as tired, fewer aches and pains, reduced brain fog, and with better-quality of life and improved vitality.

This is suitable for people who have long standing health conditions who may need to discover the underlying cause to their health concern rather than just treating the symptoms. Unfortunately, it will take a few months and you are after support and guidance.

PROGRAM INCLUDES

20 Weeks of customised support and guidance

1 initial consultation

6 x follow up consultations

2 x full body massage

2 x head, neck and shoulders massage

1 x foot massage

10 x Phone Check- ins

Weekly Emails

Monthly Meal Plan, recipes and shopping list

Christian Guided Prayer and Meditation @ $60 for 1 hour each week.

Monthly exercise and lifestyle plan

(Payment plan $80 weekly over 25 weeks – eligibility for this package will be assessed during the intial consultation. The initial fee will be deducted from the total cost of the package once you are eligible to commence the program). *{Herbal and nutritional supplements shall be extra cost}.*