



BODYBLISS
MARGARET RIVER



extensive menu and pricelist - 7 days a week

massages

designed to meet your needs

traditional massages

*allow 60 mins: \$85 or 90 mins \$120

- relaxation/swedish
- pregnancy

holistic massages

*allow 60 mins: \$95 or 90 mins \$135

- remedial
- therapeutic
- deep tissue
- trigger Point

specialised massages

*allow 60 mins: \$100 or 90 mins \$135

- clinical aromatherapy
- manual lymphatic drainage

signature massages

*allow 90 mins: \$125

- hawaiian huna
- sublime traditional indian
- hot rock massage

*extras: back exfoliation: \$15

feet

fabulous feet/massage

allow 15 min: \$25

After your full body massage, we will turn our attention to your aching feet with a dedicated 15 minute treatment using our luxurious spearmint balm, revitalising even the tired feet.

dancing Feet Scrub/Massage

allow 30 min: \$45

This treatment includes thyme & aloe vera foot polish, with warm towels followed by a revitalising peppermint foot cream massage

seated padabyhunga soothing foot treatment

allow 40 min: \$55

Feet... we abuse them, over use them and squash them into shoes that suffocate them, yet they take us on every journey we venture into. This treatment will reward them for never letting you down and taking you places you could never go without them! whilst you are seated your feet will be soaking in special salts and flower petals & herbs you will receive marma point scalp massage, then incorporating massage to the legs & feet to ensure total relief.

reflexology

allow 60 min: \$95

Is an ancient alternative therapy dating back to Egyptian times. Our feet, hands and ears contain reflex points that respond to organs, glands and parts of our body. When stimulating these reflexes our nervous system encourages relaxation, improved circulation, slowing of the mind and other wonderful benefits. Reflexology is a calming therapy which gently facilitates your body's healing. Re balance your body with reflexology today!

swiss reflex treatment

allow 75 mins: \$105

Is a deeply relaxing foot treatment incorporating Reflexology and Clinical Aromatherapy. The body's needs are determined through the reflex points in the feet, then an Aromatherapy blend is created using therapeutic grade essential oils to be massaged onto the feet. This treatment is personal and unique.

packages

the ultimate experience...

bliss out

allow 75 mins: \$125

Perfect for those wanting a relaxing, nourishing and therapeutic face, body and foot ritual. Includes sublime mini-facial, bodybliss relaxation massage, head massage & foot massage.

heavenly

allow 90mins: \$135

Sublime half body massage & facial treatment - using a unique purely natural skin care range for the dedicated full facial with a relaxing half hour back massage including hydrating torso, neck, face, head legs, arms & divine foot massage. This treatment is well-liked as it has everything to help you just utterly relax and let go.

shiva shirodhara

allow 100mins \$140

You will start off by receiving a marma point head massage to relax the mind and muscles. Followed by a relaxing leg & foot massage to ground you. Once you are feeling peaceful the Shirodhara commences... warm, healing oil is poured into a special vessel. The oil streams onto the forehead from the pot, and flows over onto the scalp for 15-20 mins. When the oil is finished an intensely soothing scalp massage is performed, incorporating all the pressure points to stress release. Finishing off with a mini facial & marma point massage for the face. A truly uplifting holistic treatment that incorporates pressure point massage for head and body releasing stress and calming of the mind. Has to be experienced!

luxury

allow 2 hrs: \$175

2 hour full body aromatherapy massage & facial combination - an absolutely deluxe treatment all over commitment from head to toes. This ritual also treats the legs to combat fatigue, water retention and heaviness leaving your legs feeling wonderfully light and fresh, includes an uplifting head massage to get you back in your body!

revival

allow 2 hrs: \$185

2 hour body scrub/massage & facial combination - starts off with an invigorating salt scrub of your choice this is sprinkled on your body then massaged in circular movements, the salt scrub is then removed with an abundance of warm towels, followed by a blissful hydrating massage, leaving your skin polished & glowing. Eliminating toxins, reviving and stimulating... finally a heavenly moisturising facial is performed including face, neck and head massage.

nurture

allow 2.5hrs: \$215

All over deep experience that will help to calm and cool stressed and frayed nerves. Helps to relieve nervous tension, stress and mild anxiety, your choice of rose & mallow full body polish or shirodhara & spearmint foot treatment. Followed by warm nurturing Aromatherapy compresses and massage. The Aromatherapy oils used are Essential Therapeutics, the ultimate professional aromatherapy range. This treatment is also excellent for muscular aches and pains.

pure bliss

allows 3 hrs: \$255

The Ultimate head to toe experience. This signature treatment combines a hydrating body exfoliation, nourishing hand and foot mask, complimented with a hydrating nourishing facial. Your choice of Indian head massage or Ripali hair ritual, and ending with a 90 minute massage of your choice. Its certain that you will have totally surrendered and let go after this ritual.

Continued over leaf...

phone: 0409 602 547

www.bodyblissmargaretriver.com.au

head and hair

heavenly head massage

allow 20 mins: \$ 35

this head massage vitalises the mind and body, increases flow of cerebrospinal fluid, helps to improve sight and memory and balances the pituitary and pineal glands.

seated indian scalp massage

allow 30 mins: \$ 45

You will be treated to the sacred art of Indian scalp massage, which the Indians are famous for. Just by massaging your scalp we can relax your entire body, and amazing stimulating and soothing experience that will leave your head in the clouds, your scalp massage includes shoulders and neck to rid you of all your tension. Ideal for those who suffer from headaches.

ripali hair ritual

allow 60 mins: \$105

An ancient 'bath house' style of therapy that uses traditional herbs and oils to cleanse and nourish both skin and scalp. Leaves the hair silky and with a shine that rivals any mainstream hairdressers treatment. Includes a wonderful Indian scalp massage to put you in a state of total relaxation along with a mini facial to leave you feeling totally pampered.

shirodhara therapy

allow 60 mins: \$95

The most powerful of Ayurvedic treatments. You will start off by receiving a marma point massage to relax the mind and muscles. Then warm, healing oil is poured into a special vessel. The oil streams onto the forehead (third eye chakra) from the pot, and flows over onto the scalp for 15-20 mins. When the oil is finished an intensely soothing scalp massage is performed, incorporating all the pressure points for stress release for the face & head.

wellness therapies

our therapists have over 15 years experience in this field

reiki healing

allow 60 mins: \$95 or 90 mins: \$125

Access your deepest mind and body wisdom, the all knowing - being it and living it... Reiki means UNIVERSAL LIFE FORCE it is a hands on healing modality where the universal life force flows through the therapists body as a channel and into the recipient. Reiki balances energy, increases creativity, increases vitality, releases stress, relaxes you and loosens the emotional body so the healing can take place. Increases awareness, amplifies energy, chakra balancing and crystals are also used to assist in the process.

bush flower essence consult

60 mins: \$85 - includes remedy

"flowers are the fruits of the earth & people are the fruits of heaven, flowers have come to unite heaven and earth" Dr. Edward Bach

Illness, disease and emotional problems are only indicators that we have strayed off our individual path. The Essences, as well as helping us to return to that path, can assist us to work through and resolve our problems and imbalances. They can also help to give us an understanding of why came about in the first place and what needs to be done to clear them, by unleashing the positive qualities inherent in us all.

When combined with another treatment remedies are \$20 each

clinical aromatherapy consult

60 min: \$85 - includes blend

therapeutic grade essential oils to stimulate the body's natural healing response. The chemical composition and aroma of extremely high quality and pure essential oils can provide powerful physical emotional and therapeutic value. It can treat a variety of conditions, help manage symptoms. Some examples are mood disorders, respiratory and bronchial conditions, digestive disorders, aches and pains, arthritis, skin conditions and detoxification. Can only be done with a fully qualified clinical aromatherapist.

When combined with another treatment blends are \$20 each

zero point energy healing/massage

1 hour: \$85 or 1.5hr: \$125

Addresses imbalance at an energetic level to "reorganise" your bio-energy field, i.e., if there is a block in your body this gentle & powerful tool with the radius of 30 metres will unblock and allow the energy to flow. This technology is profound and has to be experienced to be believed. Using the Amega AM Wand, it is made up of a special combination of granulated crystals, energized using Quantum Physics technology.

guided meditation

allow 1 hour: \$95

Through meditation you will be guided on a beautiful journey of relaxation, stress release and self discovery. Learn how to open yourself up to healing and take you further along your path to happiness, learning to disconnect from all that is going on around you and retain your self worth and inner peace. Wonderful for clearing blockages and it feels empowering.

chakra balancing

allow 1hour: \$95

Cleanse, balance, protect your energy centres with this hands on healing peaceful modality using crystals, aromatherapy, Tibetan chimes and Reiki, the word Chakra in Sanskrit translates to wheel or disc. The most significant are the Seven main Chakras located along the central line of the body, from the base of the spine to the top of the head. They are located in the ethereal body and they express the embodiment of spiritual energy on the physical plane. The Chakras are constantly rotating and vibrating. The activities in them influence our: Body Shape, Glandular processes, Chronic physical ailments, thoughts and behaviour. When one (or more) of the chakras are blocked and the energy does not flow harmoniously through them, or it is wide open, it will result as an imbalance that is manifested in all areas of life.

past life therapy

allow 1.5-2hrs: \$140

Past life therapy can be done in varying ways. One way is, for example, to follow a symptom through several lives. Doing so you may find that a client seeking your help for incurable migraine experiences how he/she was wounded in the head in a previous life. The re-experiencing of this situation with all its emotions and insights (free from pain) is often enough for the migraine attacks to subside. You can also proceed further to follow the symptoms through several lives to ascertain what the client, by his/her symptoms, actually wishes to say to him/herself - what could he/she learn from the situation. Unavoidably, serious and sometimes painful questions of responsibility and guilt are inevitably raised, but it is nevertheless very valuable to have done so. This is true self-realisation.

hypnotherapy

allow 1.5-2hrs: \$140

Hypnosis, a totally natural phenomenon, is most pleasant & particularly relaxing a person can converse quite easily whilst within the state. Hypnosis Therapy - is used for issues such as smoking, nail biting, stress/anxiety, weight control, relaxation, confidence boosting etc. commitment required min. 3-4 sessions

We bring something special here at Body Bliss, focussing exclusively on you in an environment that embodies relaxation, balance & wellbeing. embracing healing wisdom and the exceptional skills of our well-travelled intuitive & experienced therapy team.

We always endeavour to book you in the same day. Some therapies are with specific therapists so flexibility is always a must.



Sonya, Prashanti, Rebecca-Ann,
Tamara, Rae & Lisa

Welcome you!

*Also offering deluxe mobile call out
service to the South West*