

Hands & Feet Treatments

Acrylic/Gel Nails

Full set	6,000vt
French full set	6,500vt
Refill	4,000vt
Refill French tip	4,500vt
Single repair	300vt
Replacement nails	500vt
Shape & Polish	2,000vt
French Shape & Polish	2,500vt
Tips (temporary)	2,500vt
Nail Art Single/Full	250vt / 2,000vt

Manicure **30 mins 2,500vt**

Peppermint oil soak, file and cuticle care, buff, massage and polish.

Deluxe Manicure **60 mins 3,900vt**

All the benefits of standard manicure plus exfoliating scrub and mask.

Nail Shape and Polish **1,300vt** Nail Polish **800vt**

Pedicure **45 mins 3,000vt**

Peppermint oil soak, file and cuticle care, scrub, massage, buff and polish.

Deluxe Pedicure **60 mins 4,500vt**

All the benefits of standard pedicure plus mask, hot stones, massage, buff and polish

Tinting

Eyelash	1,300vt
Brow	800vt

Waxing

Lip or Chin	600vt
Eyebrow	900vt
Under Arm	1,100vt
Half Leg with strip wax	1,800vt
Half leg with hot wax	2,500vt
Full Leg with strip wax	4,000vt
Full leg with hot wax	6,000vt
Bikini	1,600vt
Bikini Extend	2,400vt
Bikini Full	3,000vt
Back or Chest	2,500vt

Little Ladies and Gentlemen (Kids)

Mani/Pedi 15 mins (nail art 200vt ea)	1,300vt
Relaxing Massage 20 mins	1,500vt
Reiki 20 mins	1,800vt

Our Products

Vashti Purely Natural Skin Care is a holistic skin care range that supports health and wellbeing.

Group bookings/Conferences/Weddings

We are able to cater for small to large groups. Choose from our pamper packages or tailor make one to suit your individual needs.

Natural Health Products / Health Foods

We supply a wide range of natural health products including gluten free, vitamins, herbs, tissue salts, flower essences, essential oils, Inner Health and much more.

Gift Vouchers Available

Gift vouchers are a great way to indulge your loved ones, friends or colleagues. We can help you design a gift to suit your needs.

How to book and when to arrive

We recommend that you book ahead for all treatments and arrive at least 15 minutes before scheduled time. All treatments are available for couples or friends in our dual suite. Treatments are completed as scheduled, so please be aware that if you arrive late, your service will end on time so that the next guest is not delayed.

Cancellation/Postponement

We understand that sometimes you need to cancel or postpone your treatment. If so, we require a minimum of 4 working hours notice (working hours 8:30am to 5pm daily) or a 100% cancellation fee will apply. Should you not arrive for your booking, the full charge will apply also.

Payment

We accept Vatu or AUD cash, MasterCard and Visa. Please note we have a surcharge of 5% for all payments made via credit card.

Opening Hours

Monday to Friday 8:30am to 5:00pm

Thursday Night till 6:30pm

Saturday 9:00am to 4:00pm

Lotus Health & Beauty
Lini Highway, Nambatu
(Opposite Au Bon Marche)
Po Box 5074

Port Vila, Vanuatu

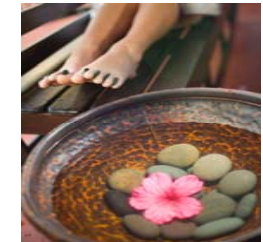
T: (678) 28811 F: (678) 28833

E: relax@lotushealthbeauty.com

W: www.lotushealthbeauty.com



Lotus
Health & Beauty



Rejuvenate and relax your
mind, body and spirit.

Health Centre Directory

PH: (678) 28811

Prices valid 01/04/08 – 31/03/09

Massage & Holistic Treatments

Escape into our tranquil and spacious double Lily Room with your partner or friend for side by side treatments or enjoy some time out on your own.

Hot Stone Massage – Drain away stress with this relaxing treatment using warm basalt stones firmly massaged into muscles to rebalance and restore.
30 mins 4,000vt **60 mins 7,000vt**
90 mins 8,500vt

Aromatherapy Massage - Relaxing and re-balancing massage using highest grade essential oils.
30 mins 4,000vt **60 mins 5,500vt**
90 mins 7,500vt

Rejuvenating Massage - A deeper style massage that relaxes and releases tired aching muscles.
30 mins 3,000vt **60 mins 5,000vt**
90 mins 7,000vt

Back, Neck & Shoulder Massage
30 mins 2,500vt **60 mins 4,500vt**

Foot Massage
30 mins 2,500vt

Island Massage - Traditional Island-style massage designed to soothe and relax. **60 mins 3,000vt**

Peace & Serenity – Relax with an aromatherapy massage followed by a Reiki healing using crystals, flower essences and essential oils.
60 mins 6,300vt **90 mins 7,900vt**

Reiki Healing - A spiritual treatment using healing crystals and essential oils to balance your body's seven Chakras. Refreshing for your body, mind and spirit.
30 mins 3,000vt **60 mins 6,000vt**

Sound, Colour & Vibrational Healing – Brings your body back into balance using the peaceful, healing energies of Reiki, Colour, Acutonics Tuning Forks (which gently vibrate with specific healing frequencies on key energy centres in you body), as well as the of relaxing, healing sound of music.
60 mins 6,500vt

Ear Candling
A simple yet effective and relaxing treatment used by many cultures to relieve a variety of ear complaints.
60 mins 3,500vt

Wellbeing Consultation

Get your health back on track. Treatments, which may include vitamins, supplements, flower essences, Reiki, homeopathic and other natural remedies, are designed to assist your body to heal itself and to enable you to achieve your full potential. May relieve stress, candida, menstrual problems, menopause, fertility, allergies, digestion and much more.

Adult 30 mins 3,500vt **60 mins 6,000vt**
Child 30 mins 3,500vt **60 mins 5,000vt**

Relationship Counselling

Combining traditional counselling strategies with a holistic approach to support and encourage couples during challenging times.

30 mins 3,500vt **60 mins 6,000vt**

Stress Management Consultations

Feeling stressed, lonely anxious or a bit flat? A Stress Management Consultation will teach you simple techniques to get you back in balance and help you to feel like yourself again. **60mins 6,000vt**

Success Coaching

Supports and motivates you to set, monitor and achieve your goals and to help you live the life you dream of. **60 mins 6,000vt**

Feng Shui Space Clearing

Bring peace and harmony into your home or office. This powerful technique with origins in Bali clears out old, unwanted or negative energy and invites in new, fresh energy and abundance.

Min 2 hrs on site 12,000vt

Reiki Workshops - Learn to work with healing energy in a profound and sacred way. Learn to give and receive a complete Reiki treatment PLUS experience your own Self Healing. Levels 1, 2 and Master available. **POA**

Meditation Classes / Private Lessons - Learn different meditation techniques to help bring peace and calm into your life, in a supportive and friendly environment.

Group Classes held weekly or privately Max 8 Single Private Classes **60 mins 3,500vt**

Reflexology (Sue Antoniou)

Working on your feet, reflexology treats your whole body, promotes balance within, relaxes and eases your stress and tension, improves circulation and helps release toxins. **60 mins 3,500vt**

Facial Treatments

Allow the earthy tones and herbal scents of Vashti to relax and soothe your senses, as the essential oils awaken, replenish and restore your skin.

Express Facial **30 mins 4,000vt**
A relaxing mini facial which includes cleansing, toning, exfoliating and moisturising.

Lotus Island Facial **45 mins 4,500vt**
Refresh and revitalise your face with the freshly prepared locally grown, organic products to energise your skin. Treatment also combines the healing qualities of rose quartz crystals. **BONUS FREE** foot massage.

Deluxe Facial **60 mins 5,500vt**
Enjoy a soothing foot massage as your skin receives a deep cleansing treatment which includes cleansing, exfoliating, mask, eye treatment and cold stone face massage.

Mens Facial **60 mins 5,500vt**
Specially designed for men, this treatment includes cleansing, exfoliating, mask and moisturising, eye treatment and cold stone face massage, while you enjoy a soothing foot massage.

Body Treatments

Body treatments are in our Frangipani Room which features a refreshing shower. Choose from rejuvenating or detoxifying.

Body Scrub **40 mins 4,000vt**
Vashti salt scrub combined with citrus essential oils is great for exfoliating, detoxifying and moisturising the whole body. After a warm shower your body will be gently massaged with a light moisturising cream.

Scrub and Mud **75 mins 6,500vt**
High in essential nutrients and minerals which ease muscle soreness and nourishes, revitalises and repairs skin cells. After a gentle body brush and citrus exfoliating scrub, you will shower off and a soothing full body mask will be applied. A body massage* with light moisturising cream will complete this full body experience.

*Add a 30 mins Rejuvenating Massage **1,500vt extra**



Spa Pamper Packages

Escape into our Lily room with your partner or friend for side by side treatments or enjoy some time out on your own.

- 1. Tropical Treat (1½ hrs) 6,300vt**
 - Mini Facial
 - Island Massage 60 mins
- 2. Chill Out (1½ hrs) 5,400vt**
 - Rejuvenating Massage 30 mins
 - Pedicure or Manicure
- 3. Gorgeous Goddess (3 hrs) 11,900vt**
 - Manicure or Pedicure
 - Rejuvenating Massage 60 mins
 - Deluxe Facial
- 4. Beautiful Body Bliss (2 hrs) 10,800vt**
(Detoxify or Rejuvenate)
 - Deluxe Facial
 - Body Scrub & Mud
- 5. Mind Body and Soul (2¼ hrs) 11,250vt**
 - Reiki Healing 60 mins
 - Body Scrub and Mud
- 6. Lotus Luxury (5 hrs) 23,310vt**
 - Deluxe Manicure
 - Deluxe Pedicure
 - Deluxe Facial
 - Aromatherapy Massage 60 mins
 - Body Scrub & Mud
- 7. Volcanic Organic (2 hrs) 11,900vt**
 - Coconut Oil Hair Treatment
 - Volcanic Earth Facial
 - Coconut Ash Body Scrub + Mud
 - Body Glow Island Massage

All Spa Packages include a Tropical Fruit Platter, Herbal Tea and Filtered Water

All prices are VAT inclusive
Valid to 31 MAR 08
PH: (678) 28811



Wellbeing Packages

These packages are aimed to help facilitate and support your own innate healing process in a gentle and nurturing environment according to each individual's requirements and desired outcomes. Start your body, mind and soul healing now...

- 1. Detox & Refresh (4.5 hrs) 19,800vt**
Designed to gently cleanse and detoxify your body using natural therapeutic products.
 - Body Scrub & Mud 75 mins
 - Aromatherapy Massage 60 mins
 - Deluxe Facial 60 mins
 - Deluxe Pedicure 60 mins
- 2. Stress Buster (4.5 hrs) 20,250vt**
Uplifting and supportive, for your complete wellbeing.
 - Rejuvenating Massage 90 mins
 - Reiki Healing 60 mins
 - Private Meditation Classes 60 mins
 - Wellbeing Consultation 60min
- 3. Health & Harmony (1 Day) 32,850vt**
A Body, Mind & Spirit Makeover...
 - Wellbeing Consultation 60 mins
 - Private Mediation Class 60 mins
 - Reiki Healing 60 mins
 - Reflexology 60 mins
 - Body Scrub 40 mins
 - Rejuvenating Massage 20mins
 - Deluxe Facial 60 mins
 - * Light Lunch Included

All Spa Packages include a Tropical Fruit Platter, Herbal Tea and Filtered Water

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Wedding Pamper Packages

Enjoy some quality time with your loved one in our romantic Lily room for some side by side pampering by candlelight. Then relax and enjoy with a glass of champagne and some tropical fruit.

For the Newly Engaged Couple

- Lovers in Paradise (1 hr) 5,250vt pp**
- 2 x 60 mins Aromatherapy massage
 - Glass of champagne
 - Tropical fruit plate

For the Bride and Groom

- Wedding Bliss (2 hrs) 9,500vt pp**
- His and Hers Deluxe Facial
 - 60 mins Rejuvenating Massage
 - Glass of champagne
 - Tropical fruit plate

For the Bridal Party

Celebrate this happy time with your friends, family and fellow members of the bridal party.

- Pre-Wedding Pamper (2½ hrs) 12,000vt pp**
- Manicure or Pedicure
 - 30 mins Rejuvenating Massage
 - Deluxe Facial
 - Glass of champagne
 - Chocolates
 - Tropical fruit plate

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Lotus
Health & Beauty

Romance Pamper Packages

Enjoy some quality time with your loved one in our romantic Lily room for some side by side pampering by candlelight. Then relax and enjoy with a glass of champagne, chocolates and some tropical fruit.

Lover's Luxury (1 hr) 5,500vt pp

- ♥ Rejuvenating Massage 60 mins
- ♥ Glass of champagne
- ♥ Chocolates
- ♥ Tropical fruit plate

Romancing the Stone (2 hrs) 11,925vt pp

- ♥ Hot Stones Massage 60 mins
- ♥ His and Hers Deluxe Facial
- ♥ Glass of champagne each
- ♥ Chocolates
- ♥ Tropical fruit plate

Love is in the Air (2½ hrs) 12,000vt pp

- ♥ Manicure OR Pedicure
- ♥ Rejuvenating Massage 30 mins
- ♥ Deluxe Facial
- ♥ Glass of champagne
- ♥ Chocolates
- ♥ Tropical fruit plate

All prices are VAT inclusive
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