

[Lifeforce Journeys]



*“You can never cross the ocean, unless you have the courage
to lose sight of the shore”*

Please note that services and prices are subject to change without prior notification.
Effective January 2016

Treatments

Deep Tissue Massage

Designed to suit individual needs, this therapeutic massage incorporates firm pressure techniques, together with trigger point therapy and stretching, to alleviate muscle tension and improve mobility.

90 minutes \$110.00

60 minutes \$80.00

Swedish Massage

Specifically designed to calm the nervous system using soothing relaxation techniques, this massage will assist the body and mind to rebalance.

90 minutes \$110.00

60 minutes \$80.00

Hot Stone Massage

Allow the heat of volcanic stones to massage on a deeper level. This therapeutic massage will assist with the removal of toxins through the lymphatic system, and increase the body's circulation.

90 minutes \$110.00

60 minutes \$80.00

Organic Spa Facials

Experience luxury through nature with this results-driven facial, specifically designed to suit your skin's needs. The luxurious Organic Spa care range from Byron Bay is enriched with the finest quality certified organic and locally sourced ingredients, combining the therapeutic properties of plant extracts and essential oils. Vegan-friendly.

90 minutes \$110.00

60 minutes \$80.00

Fitness Services

Personal Training Session 1

Focusing on personalized fitness goals, this highly motivating session will target muscle groups with strength training and cardio components, to challenge your body and your mind.

60 minutes \$80.00

Personal Training 12 Session Pack

60 minutes \$840.00*

Personal Training Session 2

Get fit while having fun with a high intensity training session, incorporating strength and conditioning, cardio, speed and agility, plyometric drills, body weight exercises, skipping and boxing techniques. Designed to push you out of your comfort zone, to achieve maximum results in minimal time.

30 minutes \$50.00

Personal Training 12 Session Pack

30 minutes \$480.00*

Body Revive Flexibility Class

This full body stretch and relaxation class is designed to increase flexibility and calm the nervous system. Gentle mat exercises will help you to re-energize and gain focus, allowing you to switch off from your busy schedule to find inner peace and balance.

30 minutes \$15.00 pp

Body Revive Flexibility Class 10 Session Pack \$100.00*

Nutrition & Recovery Toolkit

For optimal results, the Nutrition & Recovery Tool Kit is an essential part of your Lifeforce Journey. Discover the importance of macronutrients and meal timings with simple nutritional guidelines, based on your body type. Start to implement systems to assist with optimal recovery from training by learning the importance of massage, steam and sauna, post workout supplementation, flexibility and rest.

\$80.00

*session packs are pre-paid in full

Lifeforce Journey Packages

Motivation Package

1 month

\$500.00*

3x 60 min Personal Training sessions

Bio-scan (body composition analysis)

Nutrition & Recovery toolkit

60 min Massage*

1 month unlimited flexibility classes

Discounted supplements & fitness apparel with preferred suppliers

Transformation Package

3 months

\$1,200.00*

12x 30 min Personal Training Sessions

2x Bio-scans (body composition analysis)

Nutrition & Recovery toolkit

3x 60 min Massages*

3 months unlimited flexibility classes

Discounted supplements & fitness apparel with preferred suppliers

Determination Package

12 months

\$6,300.00*

2x 30 min Personal Training Sessions per week

4x Bio-scans (body composition analysis)

Nutrition & Recovery toolkit

Fortnightly 60 min Massages*

12 months unlimited flexibility classes

Discounted supplements & fitness apparel with preferred suppliers

Professional Hair, Make-up & Spray Tan package

*Lifeforce Journey packages are pre-paid in full

*Massages can be exchanged for Facials upon request

Lifestyle Consultations

Designed to empower you with the tools and techniques needed to succeed in living your Ultimate Lifestyle. These one-on-one sessions will inspire, motivate and encourage you to be true to yourself and design the life you want to live. Your journey of self-discovery will teach you practical and sustainable methods that can be implemented into your life, to gain clarity about who you really are and want you want, and how to make positive changes.

Your journey will focus on key elements that make up the foundation of you.

- Discover who you are
- Discover your “why”
- Discover your talents and passions
 - Create your vision
 - Clarify your goals
- Understand limiting beliefs
 - Achieve success
- Achieve your Ultimate Lifestyle

Lifestyle Consultations are tailor made to focus on the specific areas in your life, that you feel need improvement. These sessions may be confronting, so I ask that you be truly honest with yourself, challenge your usual way of thinking, and allow yourself to step out of your comfort zone. I will be supporting you throughout your journey, every step of the way.

Initial Lifestyle Consultation

90 minutes \$110.00

Lifestyle Consultation

60 minutes \$80.00

12 session pack \$840.00*

*session packs are pre-paid in full

