

The M.E.T centre

Massage clinic, Education and Therapy centre

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Now offering You the perfect package

When it comes to putting together a taylor made package there are a few questions you will need to ask, the main questions are:

How much time would you like to spend with us ?

What is your budget for the service you desire ?

What is your most urgent requirement ?

Once we know that, then your ideal combination can be put together. We can mix and match, combine and blend most of our treatments to help you relax, unwind, de-stress, drift away and be pampered. Alternatively we can ‘work out’ those muscular and mental tensions allowing you the space to release pain and remember wellness.

Have fun putting together your own package, or simply answer the few questions above and let us do the rest.

All of our products are adjusted to suit most skin type and are suitable for all ages and both men and women. As part of our commitment we use 100 % natural “Earth Blends” skin care products.

Please choose from the following options

1. \$ 35 treatments

30 min Table Massage (Your choice of Back, Neck, Head, Legs , Arm’s or Feet)

You choose the pressure you feel comfortable with. Your options range from relaxation, therapeutic to deep tissue / remedial A fantastic way to experience massage or treating a small problem area.

30 min Detox Foot Spa

Toxins and wastes such as aged cells that have accumulated in the body will be expelled quickly and safely allowing the body to recuperate. The different colour of toxins expelled will allow you to see and understand where toxins have accumulated in the body. A amazing experience

2. \$ 40 treatment

30 min Reflexology (Feet or Hands) Pamper session

Treatments begins with a scented Foot or Hand soak which relaxes and softens the skin and body. Followed by a Peppermint salt scrub and Reflexology treatment to rejuvenate your feet or hands. You will feel refreshed and very relaxed.

30 min Beamer Pen session

Infuse your being with light and energy as you have your reservoirs refilled and your Meridien lines cleared. You will feel a tangible difference to your energy levels as time goes by.

3. \$ 70 treatment

60 min Reflexology (Feet or Hands) Pamper session

Treatments begins with a scented Foot or Hand soak which relaxes and softens the skin and body. Followed by a Peppermint salt scrub and Reflexology treatment to rejuvenate your feet or hands. This treatment does have an effect on balancing your entire body system, You will feel refreshed and very relaxed.

60 min Table Massage

You choose the pressure you feel comfortable with and your option from a ranges of relaxation, therapeutic to deep tissue / remedial Remedial Massage is an intensive form of massage that aims to address the cause of pain and dysfunction. In all other techniques your massage therapist uses a combination of soft tissue techniques for warm up and deeper techniques like trigger point therapy, myofacial release, deep tissue massage, connective tissue therapy or stretching to relieve pain or soreness and assist the body’s return to its natural well state

60 Min Beamer Session incorporating an Aura-Soma bottles choice consultation

Treat yourself to a full infusion of light, energy and rebalancing. Beginning with your choice of Aura-Soma bottles and a small discussion as to the best option for your treatment today, we move on to the massage bed to receive the beams of light directly onto the skin, sending the messages of appropriate alignment directly where they are needed. Treatments range from a simple Colour Balance, and energetic alignment to treatment for Fear, Anxiety, Grief, Changes, Courage, Assertiveness, or a deep look at and reconnection with your purpose for being here, or a clearing of the space within to find that priority.

4. \$ 99 treatment

90 min table Massage

As above just longer, ideal if you have a specific problem

60 min table Massage and Mini Balance Beamer session

Enjoy a deeply relaxing massage of your back, legs, head and finish with an energy infusion of light. Based on the colours you have chosen to specifically support your journey right now, a treatment is worked out to best align with your choices.

5. \$ 130 treatment

120 min table Massage

As above just longer again the ultimate treatment or consider combining a few options.

90 min table Massage

Enjoy a luxurious body rub with the addition of the Aura-Soma Bio-Dynamic Balance oils, especially created to bring about the best possible balance within your body, mind and spirit. This gentle massage with 7 different coloured bottles for the 7 energy centres on the body includes a stunning combination of 49 herbs, essences, crystals and sacred water will take you on a journey deep within yourself.

Please choose a combination from the following optional add-ons

1. \$ 10 to \$15 add on Salt Glow treatment

Experience the amazing feeling when during a Massage Sea Salt blended with Epsom Salts is added to exfoliate the skin. Washed off with hot towels, the skin will feel new (10 years younger) and glowing

2. \$ 5 Aromatherapy oil/s

Carefully chosen Essential Oils will be added to the Massage oil

3. \$ 45 treatments 30 min Mini Facial

Allow us to indulge your skin in a cleanse, exfoliation, deep hydration, finishing with a relaxing face, scalp and neck Massage. A ideal pamper treatment to add to a Massage. You will feel fantastic.

4. Free add on Hot Stone Treatment

While we massage your legs, hot Volcanic Stones are placed on your Back to help relax, ease tension and increase circulation. So when we then treat your back you will feel in deep bliss.

Alternatively just wander in to check the place out and enjoy a spontaneous

Seated Chair Massage

Head, Neck and Shoulder Massage in our special chair starts from **\$15 for 15 min**. No booking is required just walk in and be served for as long as you feel like, please let us know how long that will be we add as you feel necessary at \$1 per minute

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Couples or groups can have sessions concurrently.

All of our Therapist are fully qualified and experienced in a wide range of modalities. Some of our therapist are registered with Health Fund's. (HICAPS) Please inform us when you make the booking if you wish to claim through your health fund to ensure that possibility.

Please arrive 10 minutes prior to your appointment, as you may have to fill in a health form. Late arrivals may cut your time short. A credit card or deposit may be required when you make your booking. A cancellation fee will be charged if you cancel on the day or do not attend your appointment. **We do offer a Mobile Service. A small Surcharge will apply.**

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