



ANULA

HEALING

Treatment Menu

Anula Healing is a wellness sanctuary offering a range of organic therapies to indulge, nurture and relax you.

Our rooms are beautifully decorated and designed to give you a calming and tranquil experience.

All our therapists are highly qualified and dedicated to you and your wellbeing and offer a diverse range of treatments and therapies.

Business Hours:

Monday - Friday: 9am - 6pm
Saturday: 9am - 5pm

Sunday's and extended hours are available by appointment only.

Only The Finest

Anula Healing uses the finest products. Mukti Organic Skincare is a luxurious Australian certified organic spa and retail range featuring organic materials. Mukti is used by Anula Healing for its proven performance, lasting therapeutic benefits and delivery of results.

Gift Cards

Our gift cards are an ideal year round present for any occasion. Delight and nurture that special someone with the gift of any of our treatments, packages or beauty services.



Massages

Relaxation massage

Using long and loving strokes, along the length of your muscles gently easing aches and pains to rejuvenate you.
Back, Neck, Shoulders \$50 | 1hr - \$80 | 1.5 hr - \$122

Remedial/ Sports massage

Slower strokes, deeper pressure, targeting deeper layers of your muscle tissue to break down chronic fatigue patterns and increasing blood flow to these areas.
1/2 hr - \$52 | 1hr - \$90 | 1.5hr - \$140

Pregnancy massage

A beautiful relaxing massage for mother without any discomfort for the baby.
1hr relaxation - \$85 | 1hr remedial \$90

Polarity

Uses specific energy movements to unblock physical, mental, or emotional ill health, pain and discomfort. Healing awareness is focused through the hands of the therapist to bring health and balance.
1 hr - \$80 | 1.5 hr \$120

Aromatherapy massage

Enjoy a relaxing full body massage with essential oils carefully selected for you by your qualified aroma therapist.
1hr - \$99 | 1.5 hr - \$145

Lymphatic drainage massage

A specialised treatment to unblock glands and to stimulate the elimination of toxic waste and excess fluid through the lymphatic system. As an added bonus we include reflexology pressure points in our treatments.
1hr - \$80

Hot stone massage (relaxation)

Enjoy the therapeutic benefits and healing properties of hot stones to help deeply relax you and release muscle tension.
1hr - \$90 | 1.5 hr - \$140

Hot stone massage (Remedial)

A remedial massage that focuses on the deeper tissue by working the muscles with the hot basalt rocks and at the same time having them resting on other body parts allowing the heat to prepare the deep tissue for deeper work.
1hr - \$100 | 1.5 hr - \$150

Reflexology

A massage of your hands or feet where acupressure points of your body's meridians are stimulated to encourage optimum function of your nerves organs and tissues.
1/2 hr - \$55 | 1hr - \$85

Bowen Therapy

Bowen is a dynamic system of muscles and connective tissue therapy which uses small gentle and specific inputs into the body to heal itself. These inputs deliver signals to the body's nervous system and the brain responds to these signals to heal as well as balance the body.
1/2 hr - \$52 | 1hr - \$80

Raindrop Massage:

Combines essential oils with special massage techniques to add greater therapeutic benefits to the mind, body and spirit.
If customer supplies own oils -1 hr \$99 or Anula Oils - \$135.00 | 1.5 hr \$185



Facial Treatments

Our choice in products is Mukti. An Australian owned range that is certified organic using specially chosen ingredients that are safe for your skin and the environment. Mukti, meaning freedom and liberation, are dedicated to educating clients on making safe, informed and sustainable choices for their skins needs. Our selection and use of Mukti products supports our philosophy of healthy on the inside combined with healthy choices on the outside to provide:

Mini Maintenance facial

The name says it all! 30mins of pampering with specially chosen products for you. This facial increases circulation, hydrates and promotes cell regeneration and relation of the facial muscles.

1/2 hr - \$55

Rejuvenating 1hr facial

This facial is perfect for someone who is after fresh, clean, smooth skin and some well deserved TLC. Using products that have been chosen to suit your needs/ concerns.

1hr - \$85

Package of 6 x 1 hr facials \$465

Mukti signature facials

All these specialty facials begin with a relaxing foot ritual that will exfoliate lifeless skin from your feet and lower legs, leaving them soft and refreshed. Be even further relaxed with a complementary back neck and shoulder massage to ease tension and prepare you for your facial.

Ultimate hydration facial

This facial is ideal for skin that has been exposed to extreme weather conditions. It will leave your skin feeling relaxed, plump and hydrated.

1.5 hr - \$115

Deep cleanse facial

Detoxify and purify your skin with this deep cleanse facial. Remove impurities, and dead skin build up giving your skin a radiant glow. Perfect for people suffering congestion or acne.

1.5 hr - \$115

Sensitivity facial

This facial is ideal for people who suffer from redness, itching and swelling. The sensitive facial uses only the gentlest of completely natural products on your delicate skin. You can be at ease knowing that your skin can feel as soft and smooth as you deserve.

1.5 hr - \$115

AHA Facial

You can now say goodbye to dull lifeless skin and welcome glowing refined skin. With instant results it is the excellent pick-me-up. The AHA facial uses organic fruit acids, instead of harsh chemicals. Your skin will thank you with the softening of fine lines, reduced pigmentation and a lighter, brighter appearance. For longer lasting and more effective results a course of 6 AHA facials over a 6-8 week period is highly recommended.

1x 1.5 hr - \$130 | Course of 6 treatments \$649 (normally \$780)



Body Treatments

Full body scrub (exfoliation)

Rich mineral sea salts and crystals which exfoliate the skin and beautiful oils such as sweet almond, grape seed, hazelnut, apricot kernel, jojoba, vitamin E, avocado and pure essential oils Lemon Myrtle, Sweet Orange, Grapefruit and Peppermint oil leaving it feeling and smelling absolutely amazing. Your skin will be completely nourished after we apply a delicious lotion.

Express Exfoliation - \$60

Exfoliate and Hydrate

Exfoliate your skin and nourish it with an organic body hydration treatment. After your exfoliation treat your skin to a moisturising massage and let it soak in Mukti certified organic Pink Grapefruit Body Lotion, featuring shea nut butter, cocoa butter and coconut.

1 hr \$90

Body Wraps

Calming body wrap

Using a specially tailored blend of essential oils such as lavender, rosewood, sandalwood, sweet orange and ylang ylang and an infusion of organic chamomile tea and the opportunity to sit and relax after your treatment with a complimentary cup of chamomile tea, this wrap will certainly have you feeling calm and at ease with life. Highly recommended- aromatherapy full body massage with the use of the same oils to leave you floating home.

Invigorating Wrap

Great for stimulation of cellulite, with the use of a stimulating brush and infused 'Emma's blend organic tea' (Bill's bean specialty) with lemon grass, green and peppermint tea and essential oils such as geranium, lemon, sweet orange, grapefruit and jasmine

Highly recommended- lymphatic drainage massage with focus on stimulating unwanted cellulite areas

Purifying and detoxify wrap

Be infused with green tea that will help to flush out the system. This detoxifying wrap is excellent if you are feeling sluggish. Leave feeling stimulated, uplifted and smelling delicious! Highly recommended with either reflexology or lymphatic massage for maximum results and relaxation.

- \$90

Manicures and Pedicures

Polish	\$15
File and Polish	\$22

Deluxe Manicure

Give your hands a well deserved break with a full hand exfoliation, cuticle treatment, nourishing hand and arm massage, nail shaping and a polish to finish.

45 min - \$55 | 1hr - \$65

Deluxe Pedicure

Feel like you are walking on air! Give your feet the 5 star treatment. Start by soaking your feet in the foot spa, followed by a full foot and lower leg exfoliation, cuticle treatment, foot and lower leg massage and reflexology, nail shaping and nail polish.

45 min \$55 | 1hr - \$65

Why not add a paraffin wax treatment to your Manicure or Pedicure for just \$15



Waxing and Tinting

Eyebrow wax and shape	\$17
Eyebrow tint	\$17
Eyelash tint	\$18
Bright eyes (all the above)	\$44
Eyebrow, Lip and Chin	\$40
Full leg & Bikini	\$65
Half Leg wax	\$35
Half Leg and Bikini	\$50
Full leg wax	\$52
G-String wax	\$35
Bikini wax	\$20
Brazilian wax	\$55
Half arm wax	\$22
Full arm wax	\$30
Lip wax	\$12
Chin wax	\$12
Sides of face	\$15
Underarm	\$17
Half Leg and Underarm	\$35
Gents back	\$45 - \$50
Chest wax	\$45 - \$50
Gents Leg Wax	\$60

Wedding Makeup

Special Ocasions	\$45
Wedding trial	\$45-\$50
Wedding	\$60



Girls Day Out Packages

A perfect chance to escape the daily grind with 2 great friends to indulge your body and nurture your soul. Available most weekends a Girls Day Out package consists of 3 x 1/2 hour treatments that can vary between massage, facials and foot or hand treatments. These packages are available on Saturdays from \$130 for package A or \$173 for the Deluxe Package. Be sure to book in advance so you're not disappointed as these packages do book out. Must choose the same package. 50% deposit is payable 1-2 weeks to hold your booking. Please arrive 15 mins earlier to complete a client information form. So why not bring the girls, treat yourselves and make a day of it - You deserve it don't you?

Package A

Express pedicure or manicure
1/2 hr facial
1/2 hr massage

Deluxe

Package A

45 min facial
45 min massage
45 min body scrub

or

Package B

45 min facial
45 min massage
45 min pedicure



Beauty/Massage Packages

Time Out

Ideal for the person who struggles to find time to put themselves first, indulge with a 1/2 hr Facial and a 1/2 hr Massage that you could nearly fit into your lunch break.

1hr - \$99

Head to Toe

Escape into a 45min full Body Massage , 15min Scalp Massage and 1/2 hr Reflexology to feel invigorated from head to toe.

1.5 hr - \$125

Pamper pack

Allow yourself to be pampered and nurtured while experiencing a 1hr Massage and 1hr Deluxe Facial with caring hands.

2hrs - \$155

Sole delight

The perfect indulgence for detoxing and cleansing the body and mind treating the entire body. Package includes a 1hr Reflexology to make your feet feel great and a 1hr Pedicure to make your feet look great.

2hrs - \$140

Wrap and Rock

You'll float through your day after being pampered with a 1hr Body Wrap paired with a 1hr Hot Stone Massage, feeling relaxed, renewed and re-energized.

2hrs - \$170

Indulge and Nourish

Indulge and nourish your body with this 2.5 hour body treatment which includes a body scrub, moisturising body wrap and a relaxation massage

2.5 hr - \$210

Nurturing package

Enjoy time to yourself and treat yourself as you deserve! This desirable package includes a 1hr body wrap to re-hydrate you, a 1hr rejuvenating facial to restore your natural glow, a 1hr aromatherapy massage to relax you all over, finishing with a 1hr pedicure to really ensure you feel as though you're walking on air.

4hrs - \$308

Pure bliss package

If your feeling run down and in the need for some hard earned TLC, this is the package for you. This gorgeous package begins with a 1hr Body Wrap coupled with a 1hr Rejuvenating Facial , followed by a 1hr Pedicure and 1/2 hr Reflexology session. The day is complete with a 1.5 hr Hot Stone Massage and a complementary lunch of quiche and salad.

5hrs - \$410

Total indulgence

Spend the entire day being pampered from head to toe. You'll leave feeling as light as a feather as our therapists treat you like a King/ Queen. Perfect as a special gift or the pick-me-up we all need. Over the course of the day you will be treated to a 1hr Body scrub, 1hr Body wrap, 1hr Rejuvenating Facial, 1hr Pedicure and 1/2 hr Reflexology as well as a 1.5 hr Hot Stone Massage. As a special BONUS with the Total Indulgence package we would like to offer you a complimentary lunch of quiche and salad, cuppa & sweet treat.

6hrs - \$465



Couples Packages

Romantic Interlude - A perfect way to celebrate a special occasion or the ideal way to spend some quality time indulging each other together. Make a day of it and just relax...

COUPLES BLISS

2 x 1 hr relaxation massage

2 x 1 hr facial

\$300

Or make that a 1.5 hour massage each for \$380

RELAX, RECHARGE AND RENEW

2 x 1 hr relaxation massages

2 x 30min express facials

2 x body exfoliation

\$360

Or make that a 1.5 hour massage each for \$435

COUPLES HEAD TO TOE

2 x 1.5 hr relaxation massage

2 x 30 min hr reflexology

2 x 30 min facial

\$425

Add on to any of these packages the following:

Pure essential oils

Hot Stone

Remedial massage

(\$15 pp charge for any of the add-ons)

For Men

It's not all for the girls. We have a range of treatments that are suitable for men.

Remedial massage \$90

Relaxation massage \$80

Hot stone massages \$90 - \$100

Mens Facial \$85

Mens Waxing - waxing price list.



Bridal - Time Out Packages

The Ultimate Bridal Package 5 hrs - \$405

Hot Stone massage
Full Body Wrap
1/2 Reflexology
Full Body Exfoliation
1 hr facial
45 min nourishing hand treatment

Bridal Relaxation Package 3 hrs - \$225

45 min relaxation massage
45 min nourishing facial
45 min pedicure
45 min manicure

Groom - Time Out Package

Gentleman's Treat - 3 hrs - \$230
Deep cleanse facial
1 hr relaxation massage
Back scrub
1/2 hr reflexology

Why not talk to one of our fantastic staff to customise your ideal package.

