



We make life easier by coming to you

Mee Spa Wellness and Beauty offers holistic wellness therapies, a form of healing that considers the whole person – body, mind, spirit, and emotions – in the quest for optimal health. Our program offers regularly scheduled bookings to fit in with our clients' lifestyles.

Mee Spa is about providing balance, health and bringing harmony to our clients. All treatments provided are individualised, and care is taken to deliver a treatment program that will benefit and assist wherever possible. Massage can vary from Swedish, Therapeutic, Reflexology, Deep Tissue, Reiki, or Aromatherapy applied techniques.

Benefits of regular care;

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and/or anxiety
- Reducing tension within muscles
- Increasing hydration to the skin's complexion
- Relaxation and bringing balance to your life

Treatments can be provided on a portable massage table, recliner chair, wheelchair, hospital-style bed and lounge chair. Some clients feel relaxed being treated in their garden on a nice day, in the privacy of their bedroom or the comfort of a spare living room.

Mee Spa's main treatment focus is to initially spend time building a rapport with our clients, especially clients who may be non-verbal or have difficulty with communication. Building trust, maintaining clear communication, and gradually introducing massage are key to a positive experience.

Treatment style can vary from leg and foot massage to providing a full-body custom massage.

Treatment Pricing;

1 Hour Massage - \$105.00

45 Minute Massage - \$90.00

30 Minute Massage - \$75.00

Introduction to Massage - \$37.50

All treatments include organic certified aromatherapy oils or carrier oils, relaxation spa music and regular health updates upon request.

Payment Method;

Mee Spa accepts cash payments, debit and credit cards via our Square Reader device, pre-paid gift vouchers, and caters for those clients who require an invoice.

For more information or a client enquiry, contact katrinavaz@meespa.com.au



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