

Phoenix Therapies

(Price List as of 1st November 2011 – prices are subject to change)

Unit 16, 225 Kingsway Road, Darch WA 6065

(08) 9303 9111

Massage, Pain & Mind Therapy

USING PLAIN ORGANIC OILS

Remedial / Therapeutic / Deep Tissue Massage (60 mins).....\$75

With ENAR Pain Therapy\$85

Remedial / Therapeutic / Deep Tissue Massage (30 mins).....\$60

Remedial / Therapeutic / Deep Tissue Massage (90 mins).....\$115

Seniors Massage (with valid Seniors Card).....\$65

** (includes Neuromuscular techniques & Trigger Point Release) **

USING ORGANIC OILS WITH ESSENTIAL OILS

Remedial / Therapeutic / Deep Tissue Massage (60 mins).....\$80

With ENAR Pain Therapy\$90

Remedial / Therapeutic / Deep Tissue Massage (30 mins).....\$65

Remedial / Therapeutic / Deep Tissue Massage (90 mins).....\$125

Seniors Massage (with valid Seniors Card).....\$70

** (includes Neuromuscular techniques & Trigger Point Release) **

Hot Stone Massage Full Body (allow 2 hours).....\$180

Hot Stone Massage (Neck, Shoulders, Back – allow 1 hour).....\$90

Reflexology (60 mins).....\$80

ENAR Pain Therapy - Initial Consultation and treatment (60 mins)\$80

ENAR Pain Therapy - Follow up treatments (30 mins)\$60

ENAR Pain Therapy Treatment Plan (4 x 30 mins sessions)\$200

(Extra time is charged at \$1 per minute)

Ion Spa Detox (Individual sessions - 30 mins)\$50

Ion Spa Detox Program (4 sessions).....\$160

Hypnotherapy (Initial Consult - 2 hours).....\$170

Hypnotherapy (Follow up Consult - 1 hour)\$85

Thought Field Therapy (Initial Consult - 2 hours).....\$170

Thought Field Therapy (Follow up Consult - 1 hour)\$85

Life-Coaching (Initial Consult - 2 hours)\$170

Life-Coaching (Follow up Consult – 1 hour).....\$85

6-week Group Guided Meditation Course\$80

Private Guided Meditation / Visualisation Classes (1 hour).....\$80

Reiki / Energy Healing Session (1 ½ hours).....\$125

Energy Blanket with CD Meditation / Visualisation.....\$75

Ear Candling.....\$75

Self Development & Stress Management Workshops (2 days)\$350

Heal Your Life Workshops (2 days).....\$350

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Pregnancy Massage & Maternity Care

<u>PREGNANCY MASSAGE</u>	1 hour	1 ½ hours
Pregnancy Massage (plain oils)	\$80	\$125
Pregnancy Massage (using essential oils)	\$85	\$130

MEDITATION FOR PREGNANCY (1 hour)

Group sessions (includes 6 sessions)	\$80
Private sessions (per session)	\$80

HYPNO-BIRTHING (The Mongan Method)

(Hypnosis & Relaxation Techniques for pregnancy, labour, birth & beyond)

Group sessions (4 x 3 hour sessions)	\$500
Private sessions (4 x 3 hour sessions)	\$620

HYPNOSIS FOR PREGNANCY & BIRTHING

Releasing & Relaxation Techniques

Private sessions (1 ½ hours)	\$125
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“BEAUTIFUL BIRTHING JOURNEY” WORKSHOP

We aim to empower women and their partner (or support person) with knowledge, skills and a positive frame of mind during pregnancy, labour and beyond to create a “beautiful birth experience”.

This workshop will feature both natural and medical practices, labour positions, induction focus points, massage and useful information so that you can make confident, informed decisions for your own peace of mind. For a workshop outline please go to our website and click on the “Labour & Birth” page to download the information and registration form.

One day workshop (per Couple).....\$200
(Maximum of 3 couples per workshop)

The group workshop runs from 9:30am till approximately 4:30pm usually on the first Saturday of every month, and includes morning and afternoon teas, comprehensive workbook with photos and facilities. (BYO lunch or cafe & bakery are available within our centre).

Private Sessions (Individual or Couples)

4 x 3 hour sessions\$620



Phoenix Therapies

ABN: 94 317 718 945

OUR THERAPY POLICY

- Please turn off your mobile phone once you are in the treatment room (if you leave it on or put it on silent it constantly affects the CD player in the room);
- Please arrive on time (or ideally 5 - 10 minutes earlier), as your therapy will need to finish on time so as not to inconvenience the next person. If you are late, this will only reduce the time of your own therapy.
- To save time, please don't wear jewellery;
- Please be clean – particularly your feet if you would like them to be worked on.
- Please don't wear perfume or other strong scents or moisturiser as it sometimes affects the oils that we use.
- Please do not have a cigarette just before coming in for any treatments. You may not notice the smell, but we do and so do our clients after you.
- If you are uncomfortable at any time during the therapy (the pressure, temperature, music etc) please tell us and an adjustment can be made. Remember, this is your time for your body and mind to release tension and stress so we need to know if something is not right.
- We prefer not to talk during your massage, so that you are gaining the full benefit from your treatment, and we are totally focused on providing you with the best possible outcome (*however this is totally at your discretion*);
- Drink plenty of water after your treatment to prevent dehydration, particularly if you have a massage. If you get a headache, feel dizzy or feel nauseas after your massage it usually means you are dehydrated and haven't drunk enough water.
- If you have private health insurance please ask for a receipt at the time of payment so that you can obtain your rebate.
- Please be aware of our cancellation and no show policy on the next page.



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OUR CANCELLATION POLICY

This therapy centre is extremely busy and we generally have a list of clients waiting for an appointment.

When a client does not arrive for a scheduled appointment it is usually too late to offer the time to someone on the waiting list, even though we will try.

The therapists working at Phoenix Therapies are contractors and they rely on a regular income and only get paid for the therapies that they complete; so their time is valuable.

It is unfair to them if people cancel at the last minute or just don't turn up so they lose that income and are then waiting long periods till their next client.

As you can appreciate in these instances, we are forced to charge a **\$40 cancellation fee if 12 hours notice is not given for cancellations**; and we will charge the **full appointment fee if clients just don't turn up or forget their appointments** so that enables us to pay our therapists. If a voucher is being used for your treatment then that voucher will become void unless the cancellation or no show fee is paid.

This procedure has become the regular practice for all professional services in the allied health industry, however if we are fortunate to fill your appointment time with someone else, then we will not charge you the cancellation fee.

We do make all clients aware of our cancellation policy on their client history form and once signed, this confirms that you the client acknowledges and accepts these conditions.

We thank you for your understanding and co-operation.

Vicki Hobbs
Owner

