

Complete Wellbeing Program

Week 1

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	PC	BG	PC	BG	PC	BG	PC	BG	PC	BG
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
5:00-6:00										

Week 2

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	PC	BG	PC	BG	PC	BG	PC	BG	PC	BG
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
5:00-6:00										

Week 3

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	PC	BG	PC	BG	PC	BG	PC	BG	PC	BG
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
5:00-6:00										

Week 4

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	PC	BG	PC	BG	PC	BG	PC	BG	PC	BG
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
5:00-6:00										

Week 5

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	PC	BG	PC	BG	PC	BG	PC	BG	PC	BG
8:00-9:00										
9:00-10:00										
10:00-11:00										
11:00-12:00										
12:00-1:00										
1:00-2:00										
2:00-3:00										
3:00-4:00										
4:00-5:00										
5:00-6:00										

*PC = Private Coaching Session BG = Body Grooming

5 Week Program



Complete Well Being Program

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You can try any of the below treatments for just \$1 per min

(eg: a 15 minute Foot Massage costs \$15)

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|---|--|
| 1. Boxersize P.C. Session 30min | 21. Hand or Foot Therapy 30min |
| 2. Extreme P.C. Session 30min | 22. Unwind Bath Treatment 20min |
| 3. Minimum P.C. Session 30min | 23. Mineral Mud Bath Treatment 20min |
| 4. Cardio P.C Session 30min | 24. De Tox Bath Treatment 20min |
| 5. Cycling P.C. Session 30min | 25. Raspberry Delight Bath Treatment 20min |
| 6. Swimming Corrector P.C. 30min | 26. Peppermint Bath Treatment 20min |
| 7. Fat Burner P.C. Session 30min | 27. Aching Leg Massage 20min |
| 8. De-Stress Express Massage 30min | 28. Neck & Shoulder Massage 20min |
| 9. Sports Massage 30min | 29. Body Waxing or Clipping 20min |
| 10. Signature Massage 30min | 30. Hand & Foot Restore Treatment 20min |
| 11. Cellulite Massage 30min | 31. Hair Blow-dry 20min |
| 12. Toxin Flush Massage 30min | 32. Secret Mixture Hand Treatment 20min |
| 13. Relaxation Massage 30min | 33. Classic French Manicure 20min |
| 14. Smooth 2 the Rescue Massage 30min | 34. Cracked Heel Treatment 20min |
| 15. Full Body Exfoliation Treatment 30min | 35. Express Sore Shoulder Massage 15min |
| 16. Rejuvenating Body Wrap 30min | 36. Express Foot Massage 15min |
| 17. Pedicure or Manicure 30min | 37. Express Mani or Pedi 15min |
| 18. Body Waxing or Clipping 30min | 38. Express Head & Face Massage 15min |
| 19. Vitamin Boost Facial Treatment 30min | 39. Emotional Trigger Point Balance 15min |
| 20. Hair Straighten or Volumising 30min | 40. Body Waxing 15min |

\$500 Singles 500 min or \$1000 Family 1000 min

+ Complimentary Starter Gift

Complete Self Wellbeing Program
30min Fitness Training Sessions
20min Relaxation Treatments
15min Pamper Treatments

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To make an appointment or for more information about the Smooth Well Being program phone: 0405 477 477

Or visit: smoothrelaxationstudio.com

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Smooth Relaxation Studio is located at the Melbourne City Baths 420 Swanston Street, Melbourne CBD

\$1
Per Minute
Assorted
Treatments

Private Coaching Sessions
Relaxation & Sports Massage
Body Grooming & Conditioning
Stress Management Treatments

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The importance of Water

- Water cleanses our bodies of toxins
- Water hydrates our skin and bodies
- Water helps with shedding excess fat

Have you drunk enough water today?

The importance of healthy Eating

- Food choices effect your weight and determines energy levels
- Food provides the necessary vitamins and minerals
- Food is important for healthy growth and development

What food fuels your body?

The importance of Exercise

- Helps the mind and body to function efficiently
- Helps improve cardiovascular function and blood flow
- Helps you to live longer and stronger

A healthy body houses a healthy mind!

The importance of Relaxation

- Relaxation can balance the emotions and clear the mind
- Relaxation can rejuvenate both body and mind
- Relaxation can restore a healthy blood flow and boost the immune system

Remember that stress is a Killer!

The importance of Self Grooming

- Helps improve your appearance
- Helps to build self esteem and self respect
- Helps build positive body image

We want you to look and feel your best!

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