



ABOUT US

Two sisters sharing their euphoria – our passion for food, fitness and health, and how they can combine to nurture you.

Euphoria is our wellness clinic and café that offers you all of the above in one place.

From the wellness clinic's high-quality professional care to the deliciously nurturing café – and even a steam room for that in-between quiet space – Euphoria offers a comforting and relaxing zone for healing, or just a welcoming escape from the daily grind.

OUR SERVICES

REMEDIAL, SPORTS & RELAXATION MASSAGE

FUNCTIONAL HIIT CIRCUIT PILATES

ANTE & POST NATAL THERAPIES

MYOTHERAPY

CLINICAL PILATES

REFORMER PILATES

STEAM ROOM

ONLINE BOOKING IS AVAILABLE

Please visit our website to access Group Class timetables, convenient online booking, purchase class passes & packages, gift vouchers and steam room sessions

www.euphoriacafeandwellness.com.au

Private Health Rebates available dependant on level of cover * HICAPS on spot claiming

MYOTHERAPY

Myotherapy is a form of manual therapy which focuses on the assessment, treatment and rehabilitation of neuro-musculoskeletal pain and associated pathologies.

It involves a physical evaluation and an integrated therapeutic approach to affected muscles, joints, nerves, and associated viscera (organs) and is used in the treatment of acute or chronic conditions and in preventative management.

MYOTHERAPY PRICES

Initial Consultation & Treatment
\$110-\$130 (60-75 minutes)

Subsequent Treatments:
60 minutes \$110 / 30 Minutes \$60

SOME OF THE CONDITIONS AND CONCERNS WE CAN HELP PEOPLE WITH ARE:

- Neck pain, tension & stiffness
- Back pain & Sciatica
- Associated joint & vertebral dysfunction and pain
- Shoulder pain, impingement syndrome, frozen shoulder
- Function & mobility issues
- Headaches & migraines
- Fibromyalgia & Chronic Fatigue Syndrome
- RSI, Carpal Tunnel, tennis/golfer's elbow, tendonitis and other chronic overuse syndromes
- Hand & finger numbness or tingling – Thoracic Outlet Syndrome
- Knee, leg & foot pain – such as shin splints, patella tracking dysfunction, runners knee, ankle sprains
- Pain & dysfunction associated with stress & tension
- Pregnancy: ante & post-natal complaints
- Rehabilitation stage of an injury or illness
- Scoliosis & kyphosis
- Stiffness, Tension & pain associated with poor posture
- Sporting & occupational injuries

Euphoria Café and Wellness Centre
734 Burke Rd Camberwell 3124

MASSAGE THERAPIES

Ante/Post Natal Massage

60 minutes \$100
30 minutes \$55

Swedish Relaxation

90 minutes \$140
60 minutes \$95

Sports Massage

90 minutes \$140
60 minutes \$95
30 minutes \$50

Remedial Massage

90 minutes \$150
60 minutes \$100
30 minutes \$55

Private Health Rebates available dependant on level of cover
* HICAPS on spot claiming

STEAM ROOM

30 mins • \$30 (per person)
5 Pack • 30 mins • \$135
10 Pack • 30 mins • \$260

Private Session • 30 mins • \$50
Bring A Friend (private session) +\$10
*during non-peak times

Shower & change room facilities available
No extra charge for robe or towels

SMALL GROUP CLASSES

REFORMER PILATES (MAX 5 PEOPLE) – 45 MINS

- Beginner (ante/post natal welcome)
- Intermediate

SMALL GROUP CLASSES 1: 5

CASUAL PASS	\$30	5 PACK	\$145
10 PACK	\$280	20 PACK	\$500

PRIVATE 1:1 OR 1:2 SESSION

1:1 \$110 / 1:2 \$70 per person

CLINICAL PILATES 1:4

Involves an initial assessment by a Health Practitioner to tailor a unique program to manage your condition and achieve your specific goals, followed by 1 - 3 one on one (1:1) sessions prior to joining small group clinical classes of 1:4

INITIAL ASSESSMENT \$110 (30-45 mins)

1:1 Session \$110 - 45 minutes

SMALL GROUP CLASSES 1: 4 - 45 mins

Casual Pass \$35

5 Pack \$160

10 Pack \$300

20 Pack \$560

FUNCTIONAL CIRCUIT PILATES (SUITED FOR ALL FITNESS LEVELS)

(max 8 people) – 45 mins

Modified Pilates exercises consisting of dynamic strength and high intensity cardio intervals to get results fast.

CASUAL PASS	\$30	5 PACK	\$145
10 PACK	\$280	20 PACK	\$500

Timetable and class booking available online
www.euphoriacafeandwellness.com.au

NOURISH CAFÉ

Our café at Euphoria is a home away from home – a place that nurtures you with our great food, full-bodied coffee, a delightful assortment of treats and warm, rustic atmosphere.

We offer both 'naughty' and 'nice' foods, prepared by the head chef, believing that a holistic and balanced approach includes indulgence among more nutritious choices.

Whether you're with a loved one or friends, or you're after some quality 'me' time, come inside Euphoria's café for extra nourishment after your wellness clinic appointment – or just pop in and soak in the delicious offerings and ambiance.

FIND US

734 Burke Rd, Camberwell VIC 3124

Tel.:03 9042 2053

hello@euphoriacafeandwellness.com.au

www.euphoriacafeandwellness.com.au



EVERYONE IS WELCOME!

We also love making your busy morning feel easier with our take-away coffees and other easy treats, that are all house made and cater for the health conscience.

Groups larger than 6; please call to reserve seating