



every body needs a bit of peace & quiet

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*Peace
& Quiet*
a well being centre

Peace & Quiet is based on the concept of holistic health. From herbal medicines, natural therapies, massage, facial and body treatments to a cosy cafe lounge, Peace & Quiet offers refuge and renewal. Somewhere to unwind, relax and take some time for yourself.



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“ Life is busy; we make it that way. Our bodies have to keep pace and they will, we just need to nurture them along the way ”

Naturopathy

Naturopathy works within an age old philosophy which embraces the holistic concept that by treating the whole person and providing the right opportunity you can achieve optimal health. In addressing the underlying causes of illness and working from the premise that the body has an innate ability to heal itself, you can take control of your health.

Naturopaths at Peace & Quiet will assist you to achieve and maintain good health by offering not only diet and lifestyle advice, but also a range of complementary therapies such as herbal medicine, vitamin and mineral therapy, homeopathy and flower essences.

We welcome the opportunity to share your healing journey with you.

First Consultation

Duration: 1 hour

Following Consultations

Duration: 45 minutes

CLAIMING THE COST OF CONSULTATIONS

Rebates will be available from MOST Private Health Funds. Our Naturopaths have provider numbers to enable you to claim.



Remedial Therapy

Deep Tissue Massage

A firm massage that focuses on loosening stiff muscles and relieving tension.

Sports Massage

Suitable for pre and post sporting activity. Deep, vigorous loosening of muscles and joints to promote blood flow for an increased supply of oxygen and nutrients to muscles.

Remedial Massage

For treatment of acute or chronic (short or long term) injuries. Initial appointment will involve an assessment of the concerned area.

CLAIMING THE COST OF TREATMENTS

Rebates will be available from MOST Private Health Funds to claim the cost of remedial treatments.

Our Remedial Therapists have provider numbers to enable you to claim.

Myotherapy Treatments

The treatment of myofascial (soft tissue) pain and dysfunction, through the use of various modalities including trigger point therapy, deep tissue massage, electro mechanical stimulation, corrective and rehabilitative exercises, and dry needling.

Reflexology

A natural healing art applied to the feet, based on the principle that congestion and tension in the feet mirror tension in a corresponding part of the body. Designed to ease ailments such as headaches, back and neck pain and PMS.

Bowen Therapy

A remedial body technique that balances and stimulates energy flows throughout the body. Bowen consists of gentle moves, on soft tissue, each at a specific part of the body. Bowen is safe to use on all age groups, from newborns to the elderly.

Treatments

- 30 Minute Treatment
- 45 Minute Treatment
- 60 Minute Treatment

Journey through Pregnancy

Pregnancy Massage

Massage throughout pregnancy can be hugely beneficial for both mother and baby. At Peace & Quiet we offer the specialised care that is needed for pregnant mothers from the first trimester through to post-natal care. We use the comfort of a tailored pregnancy massage table and professional Mama Mio products.

Post Pregnancy Massage

Post pregnancy massage helps new mums regain normal muscle activity and strength, and can help alleviate muscle pains associated with lifting, feeding and stress.

Pregnancy Pilates: Refer to back of menu.

Pregnancy massage can help:

- Reduce swelling of the hands and feet
- Improve sleep and reduce insomnia
- Reduce muscle cramps
- Reduce pain associated with changes in the body and centre of gravity
- Balance stress levels
- Reduce sciatic pain
- Assist circulation and lymphatic drainage.

Recommended Pregnancy Treatments

Other Peace & Quiet treatments which are suitable for expecting mothers include:

- Manicures
- Pedicures
- Facials
- Reflexology treatments
- Bowen therapy
- Shirodhara treatments



Facial Treatments

Balance Facial

A complete skin balancing treatment prescribed according to the needs of your skin. Deep cleansing, exfoliation, nourishing mask and eye mask to restore skin to a beautiful healthy glow.

Duration: 45 minutes

Mineral Facial

A revitalising facial using the earth's natural minerals on the skin. Deep cleansing, exfoliation, replenishing mask and eye mask to awaken the skin with energy and vitality.

Duration: 45 minutes

Results Facial

Specialised facial treatments using highly concentrated products to deliver visible results. For moisture infusion, correcting and anti-ageing treatments.

Your therapist will assess your skin and recommend a treatment accordingly.

Duration: 1 hour

High Performance Facial

The ultimate in professional treatments for re-hydrating, rejuvenating and lifting the skin. Targets skin dysfunctions and ageing concerns, to deliver dramatic results. Your therapist will recommend a treatment plan specifically for you.

Duration: 1½ hours

Eye Treatment

Firming the eye area while reducing puffiness, fine lines and dark circles, this unique treatment offers outstanding results.

Duration: 30 minutes

Optional Treatments

While enjoying your facial you can at the same time increase the benefits and results to your skin by incorporating the following treatments:

- Eye Treatment
- Hair Treatment
- Bust Firming Treatment

“ Every face is unique and yet says so much. The smile is by far the best part as it shows true happiness from within. Let the rest glow just as brightly ”

Body Treatments

Body Polish

Gently exfoliates and cleanses the body so the skin can infuse the therapeutic benefits of our natural products. Exfoliation removes dull cells to reveal fresh glowing skin after the gentle massage application of hydrating body milk. The results are silky soft, conditioned and refined skin. Your therapist will assess your needs and assist in choosing a product accordingly.

Duration: 45 minutes

Cocoon Wrap

Muds and algae, clays and minerals, all contain nourishing extracts from the earth and sea. Immersing the body in these nutrient rich products after a complete body exfoliation feeds the skin and rids the body of impurities. While cocooned you will completely relax with a scalp massage and then finish with the body being re-hydrated.

Wraps are available as:

- Remineralising
- Detoxing & Toning
- Healing & Relaxing

Duration: 1¼ hours

Body Bronze

A full body exfoliation with an application of spray tan leaves the skin hydrated, soft and bronzed.

Duration: 1 hour

Bust Firming Treatment

Deep cleansing of the face, décolletage and bust followed by a lifting mask to firm and smooth. Specifically addresses loss of elasticity in the bust area, improving texture, hydration and colour of the bust, décolletage and neck. Perfect anti-ageing and post-natal treatment.

Duration: 45 minutes

Spray Body Bronzing

Tanning Solutions is an Australian owned company that offers a natural based, high performance, professional tan. The spray tan is available in four different shades: caramel, medium/dark, dark and ultra dark.

Duration: 15 minutes

Optional Treatments

While enjoying your cocoon wrap you can at the same time incorporate the following treatments:

- Hair Treatment
- Clean Facial Treatment
- Shirodhara Treatment

Signature Treatments

Shirodhara

Let this traditional Indian treatment unlock your senses and release tension to achieve a state of harmony.

Warm scented oil slowly runs from an Indian copper pot onto your forehead and is then massaged through your hair. A truly amazing experience.

Duration: 30 minutes



Crystal Point Therapy

Crystal Point Therapy uses a combination of crystal massage wands, aromatherapy oils and manual massage to remove tension and pressure from the body. The scent of aromatherapy oil also engages the senses and awakens the mind.

The wands work as a conductor of energy and, used in a rhythmic sequence, are both relaxing and therapeutic. Eases stiff joints and muscle tension, promotes lymphatic drainage and improves the flow of energy around the body.

Crystal Point Body Treatment

Duration: 1¼ hours

Crystal Point Foot Treatment

Duration: 30 minutes



Hot Stone Massage

By combining the long rhythmic strokes of a Hawaiian style massage with the gliding of hot stones, this combination of stone bodywork and Hawaiian lomi lomi has made hot stone therapy one of the most requested massage treatments in spas around the world.

You are transformed into a dream like state throughout the treatment.

Duration: 90 minutes



Relaxation Massage

Gentle flowing massage for relaxation of body and mind. Improves circulation and range of movement. Option of regular or aromatherapy massage.

- 45 Minute Treatment
- 60 Minute Treatment

Waxing and Tinting

A full selection of waxing and tinting services are available.

Refer to price list.

Hands & Feet

Tidy Manicure

Warm soak, cuticle work, finished with nail buff, file and moisture boost. Colour optional.

Duration: 30 minutes

Tidy Pedicure

Warm soak, cuticle work, finished with nail buff, file and moisture boost. Colour optional.

Duration: 30 minutes

Spa Manicure

A softening regenerating treatment for the hands and forearms. A warm soak with rejuvenating salts, gentle exfoliation, therapeutic wrap, cuticle work and moisturising massage. Colour optional.

Duration: 45 minutes



Spa Pedicure

Feet and legs are gently exfoliated after soaking.

A peel, mask and callous work will smooth and nourish clean skin.

A moisturising massage to finish with optional colour.

Duration: 1 hour



Packages

Healing Hands

- Shirodhara Treatment
- Aromatherapy Massage
- Mineral Facial
- Herbal Tea

Duration: Allow 1½ hours

Inner Calm

- Shirodhara Treatment
- Body Polish
- Aromatherapy Massage
- Herbal Tea

Duration: Allow 1½ hours

Mood Food

- Relaxation Massage
- Balance Facial
- Eye Treatment
- Spa Manicure
- Crystal Point Therapy
Foot Treatment
- Herbal Tea

Duration: Allow 2½ hours

Polish & Shine

- Relaxation Massage
- Cocoon Wrap
- Results Facial
- Bust Firming Treatment
- Eye Treatment
- Herbal Tea

Duration: Allow 2½ hours

High Gloss

- Body Polish
- Clean Facial
- Hair Treatment
- Spa Pedicure
- Spa Manicure
- Herbal Tea

Duration: Allow 2¾ hours

Warm Harmony

- Body Polish
- Hot Stone Massage
- Balance Facial
- Hair Treatment
- Herbal Tea

Duration: Allow 2½ hours

Wedding Packages

Beautiful Bride

- Body Polish
- Balance Facial
- Spa Manicure
- Spa Pedicure
- Professional Make-up (on the day)
- Herbal Tea

Appointments customised to your needs.

Complete Bride

- Relaxation Massage (30 minute)
- Results Facial
- Body Bronze including full Body Polish
- Eye Treatment • Tidy Manicure
- Tidy Pedicure • Eyelash Tint
- Professional Make-up (on the day)
- Herbal Tea

Appointments customised to your needs.

Grooming the Groom

- Men's Facial including Scalp, Head and Shoulder Massage
- Eye Treatment
- Hair Treatment
- Spa Manicure
- Relaxation Massage (45 minute)
- Herbal Tea

Duration: Allow 2½ hours

Peace & Quiet Man

Men are most welcome at Peace & Quiet. While the entire Peace & Quiet menu is suitable for men including remedial massage, naturopathy consultations and manicures, there are a number of services which are specifically tailored for men.



Men's Facial

Commencing with a scalp, neck and shoulder massage, this customised facial is designed specifically for male skin. Deep cleansing, nourishing mask and re-hydration. Regular care helps in the prevention of blackheads and razor burn.

Duration: 1 hour

Men's Waxing

Men's waxing services are available. Refer to price list.

Men's Package

- Men's Facial including Scalp, Neck and Shoulder Massage
- Shirodhara
- Relaxation Massage (60 minutes)
- Herbal Tea

Duration: 2½ hours



Gift Vouchers

Share some Peace & Quiet by giving a Gift Voucher

Gift vouchers can be arranged according to a specific treatment or service, or alternatively you can nominate a dollar amount.

Vouchers for retail products are also available.

UFS members purchasing a gift voucher for treatments or services will receive 10% discount. Members purchasing a gift voucher for products will receive 15% discount. Member discount is only given at the time of voucher purchase.

All gift vouchers are presented in a gift box and are valid for 12 months from the date of purchase.

Gift vouchers are non-refundable and must be presented at the time of your appointment as payment, or the treatment will be charged at full price. Peace & Quiet vouchers are redeemed at retail prices and are not claimable on private health insurance. UFS member discount is given to the purchaser at the time of purchase only.



Professional Products

Sothys

Sothys skincare formulations have evolved as a result of intensive research and development in France. They are based on the very latest in cosmetic biotechnology such as sophisticated plant and marine proteins, natural enzymes and aromatic extracts. Sothys products deliver outstanding quality and results.

Bod

Bod is an Australian owned company with the philosophy of uniting eastern wisdom with the knowledge of modern therapeutic practice. Using only the purest natural ingredients of plant extracts and essential oils, Bod is designed to care for the skin, promote balance and restore harmony and health.

Ahava Skin Care

The only cosmetics enterprise indigenous to the Dead Sea region, Ahava is driven by a passion to unearth the secrets of the revitalizing effects of minerals on the skin. Ahava have translated this deep knowledge base into a series of superior skincare product lines, based exclusively on the rich resources of the Dead Sea region. The Dermud range is recommended for use by diabetics.

American Crew Men's Grooming

Direct from the professional salon industry comes American Crew, a range of exclusive grooming products for men. Known for their quality hair care and styling products, the American Crew range includes every possible hair care solution for classic grey, thickening and scalp care, to sport and shave ranges.

Mama Mio

Mama Mio is specifically designed for pre and post natal mothers. The creams and oils are designed to maximise skin elasticity during and after pregnancy (combating the nine month stretch).

Pure Fiji

From Fiji, discover intensive hydrating body oils, creamy coconut lotions, nourishing hand made soaps and fresh sugar scrubs that will get your skin glowing.

Susan Posnick Mineral Cosmetics

A complete line of mineral cosmetics including multi-purpose face, lip, and eye products. The mineral foundation contains 9 pure mineral ingredients, including a high sun protection for the prevention of premature aging and sun damage.



Centre Information

Opening Hours

Peace & Quiet is open Monday to Saturday. Our opening hours are:

Monday	10am to 6pm
Tuesday	10am to 8pm
Wednesday	10am to 6pm
Thursday	10am to 8pm
Friday	10am to 6pm
Saturday	10am to 4pm

Appointments

We recommend that you arrive 15 minutes prior to your appointment to meet your therapist or practitioner, complete your consultation form and relax.

We do require 24 hours notice if you wish to change or cancel your appointment.

For treatments \$50 or more we require a 50% deposit. A cancellation within 24 hours of your appointment or no show may forfeit your deposit or gift voucher.

Gift vouchers must be presented as payment at the time of your appointment, or your treatment will be charged at full price.

Parking

Peace & Quiet is situated on Sturt St between Raglan and Errard Streets. Both Raglan and Errard Streets have un-metered parking which means you have a short stroll to Peace & Quiet and don't have to worry about the meter running out.

What to Bring

Come along to your appointment in comfortable clothes.

For treatments we will provide you with towels, shower facilities and hair-dryers. We will also provide disposable underwear for wet body treatments, but if you prefer, you may choose to bring your own bather bottoms.

UFS Member Benefits

Peace & Quiet is owned and operated by UFS Dispensaries. UFS members receive 10% discount on services and 15% discount on retail products and cafe purchases.

Health Issues

To ensure your well-being during a treatment, our practitioners need to know about any illness, health condition or allergy you may have.

Your practitioner will talk through these issues with you to ensure your treatment is tailored appropriately.

Our Commitment to Your Peace & Quiet

We understand you want to relax and enjoy your treatment and this is why we'll let you do just that (...we'll keep quiet during your treatment!). However, be sure to let us know if there is anything you need throughout your treatment. To ensure that you and all our clients experience true peace and quiet, we ask that everyone is mindful of keeping noise to a minimum. We would also appreciate mobile phones being turned off.

Peace & Quiet is a family-friendly venue, however as clients and staff cannot supervise children during your treatment, please ensure you have arranged suitable supervision.