



WELLNESS MESSAGES

## FIND RELIEF NOW

from stress, discomfort, anxiety & pain  
with luxury massage treatments

**SHAPE & BEAUTY**  
THE FAT FREEZE CLINIC

### About Us

At The Fat Freeze Clinic – SHAPE & BEAUTY, we are focused on providing the best massage therapy services with the highest levels of customer satisfaction.

Our clinic is staffed with knowledgeable, friendly, massage therapists who are dedicated to helping you find relief from stress, anxiety, and pain.

Our extensive range of luxury treatments is designed with the individual in mind, to restore balance to body, mind and spirit.

We are also certified Stockist of Environ products and facial treatments.

So set your mind free and surrender to the power of the human touch.

## Treatments

### MASSAGES

**Swedish Back, Neck & Shoulder Massage**      **30 min**

Invigorates Swedish massage movements to increase blood flow. It eliminates toxins and releases muscle tension.

**Swedish Full Body Massage**      **60 min**

From the soles of your feet to the crown of your head, this full body massage will deeply relax your body and mind.

**Hot Stone Back, Neck and Shoulder Massage 30 min**

Volcanic heated lava stones in combination with Swedish massage movements will penetrate into the core of the muscle, leaving you with ultimate relaxation. Helps with poor blood circulation and anxiety.

**Hot Stone Full Body Massage 60 min**

Indulge yourself in a full hour of ultimate relaxation

**Sports / Deep Tissue Massage 45 min**

A combination of specialized movements that work deep in the muscle to release all toxins. We focus on areas of the body that are over used and stressed from repetitive and vigorous movements. This is an excellent massage for athletes, runners and body builders.

**Reflexology 45 min**

Reflexology works on the premise that all organs in the body have reflexes in the feet. By stimulating these reflexes, we are stimulating the body to heal itself. Using these ancient techniques our therapists will bring your body into a state of relaxation.

**Shea Aromatherapeutic Massage 30 min**

100% Pure Essential Oils are used to restore tight and tensed muscles. This massage stimulates the nerve endings of the skin and improves texture. You will leave feeling rejuvenated and relaxed.

**Lymph Drainage 30 min**

Lymphatic drainage for the legs, increases blood circulation and aids in removing of toxins and waste.

**Leg & Foot Massage 30 min**

Specialized massage techniques are used to increase blood circulation, aids in lymphatic drainage

**Indian Head Massage 20 min**

Special techniques are used in the neck area to stimulate nerve endings. Pressure pointing on the head help relieve tension and headaches. Improves the ability to concentrate and assists in sleep related problems.

**FACIALS**

**Esse Booster 30 min**

100% Organic Skin Care Facial- deep cleansing, exfoliating, facial massage, pressure pointing, moisturize

**Healing Earth Anti -Ageing 45 min**

Cleanse, deep exfoliating, Ozone steam, Anti-Ageing facial mask, facial massage, moisturize, Anti-ageing Serum (choice of hand or foot massage included)

**ENVIRON® VITAMIN FACIALS**

Environs unique step-up system allows skin to become comfortable with increased levels of vitamin A and other essential vitamins, antioxidants and peptides to guide the skin on its journey to a soft glowing appearance. Professional treatments and home skin care programs all contribute to Environs philosophy.

***Environ® Express Vitamin Therapy***                      ***30 min***

Pre-cleanse, cleanse, tone, antioxidant serum, moisturize & SPF

***Environ® Ultimate Vitamin Therapy***                      ***90 min***

Pre-cleanse, Ozone steam, exfoliate, cleanse, tone, Roll-Kit (optional), Active serum Col Gel, Alginate mask, moisturize & SPF

***Environ® Enhancing Vitamin Therapy***                      ***60 min***

Pre-cleanse, Ozone steam, exfoliate, cleanse, tone, Roll-Cit (optional), Active serum Col Gel, Active serum CQ, Alginate mask, moisturize & SPF

***Environ® Deep Cleanse Vitamin Therapy***                      ***60 min***

Pre-cleanse, Ozone steam, exfoliate, cleanse, extraction, tone, Alginate mask, moisturize & SPF

***Environ® Purifying Vitamin Therapy***                      ***90 min***

Pre-cleanse, Cleanse, tone, Lac Pam, moisturize gel, Alginate mask, moisturize & SPF

***Environ® Hands-On Vitamin Therapy***                      ***60 min***

Pre-cleanse, Ozone steam, exfoliate, cleanse, Alpha tone, Roll-Cit (optional), Active serum massage, Alginate mask, moisturize & SPF

***Environ® Teenage Facial***                                      ***45-60 min***

Especially for troublesome skin