

- ♦ **Skin conditions:** eczema, dermatitis, psoriasis, acne.
- ♦ **Musculoskeletal disorders:** osteoarthritis, sciatica, low back pain, shoulder and neck pain, 'frozen shoulder' and 'tennis elbow'.
- ♦ **Sporting injuries:** sprained ankles and knees, torn ligaments and bruises.
- ♦ **Psychological conditions:** depression, emotional disturbances, anxiety, nervousness and addictions such as smoking.

Cosmetic Facelift Acupuncture

Initial Session: \$230

Subsequent Sessions: \$175

Facial rejuvenation using acupuncture is a non-invasive painless and a holistic treatment to reduce signs of aging "naturally" fighting fine lines, wrinkles and sagging skin by stimulating collagen production and unblocks energy pathways to the face and skin which gives the skin a smoother and lustrous look! It's a gentle and effective alternative to botox, collagen injection, microdermabrasion and surgery. Cosmetic acupuncture is a holistic treatment focused on repairing internal imbalances that manifest as puffiness, wrinkles, dark rings and blemishes. So it focuses on creating beauty from inside out so unlike other facial treatment, you not only look younger but you feel younger as your internal health gets balanced as well.

The treatment incorporates traditional Chinese meridian massage techniques using Saffron oil serum which is regarded as the Queen in beauty treatment restoring natural glow and moisture to the skin, it prevents wrinkle formation and scars and gives a glowing beauty and freshness to the skin. Another traditional technique used is the Gua Sha and luxurious Jade Roller to truly rejuvenate, lift the skintone and beautify the facial muscles.



Total Bliss Health and Beauty

586 Stanley St (next to Baby Arrivals and opposite Mater Hospital)

Mater Hospital Parking and free parking at back of centre (Jacobs Lane)

Email: anjeleenkoklas@tbhb.com.au

ANJELEEN'S ROOMS

Grnd Level, 104 Dawson Road, Upper Mount Gravatt

www.anjeleenkoklas.com.au

www.tbhb.com.au

Phone: 3846 1222

Total Bliss is Medibank
Private Members' Choice
provider for:

Acupuncture and Remedial Massage



medibank
P R I V A T E
M E M B E R S

We have  HICAPS 

on premises for instant claiming.

Phone: 3846 1222

The prices shown are discounted (special rate) for the Medibank Private Members' only.

Medibank Private pays a portion (as per your health cover for example 70%) and you pay the difference only.

REMEDIAL MASSAGE

Remedial Massage 30 minutes (normally \$62) \$54

Remedial Massage 60 minutes (normally \$90) \$77

What can remedial massage do for you?

Stimulates blood flow to the muscles, removes toxins in the muscles that cause pain and stiffness, calms the nerves to ease discomfort, tones and relaxes muscles and improve joint mobility.

Remedial massage is a very deep and vigorous massage. It is based on an understanding of the body's meridian pathways and acupuncture points; different points are stimulated via strong finger pressure depending on the particular problem. Very firm rubbing is involved, aiming to restore blood circulation and limb movement.

Conditions: Stress, stiff neck and shoulders, constant back pain, stress related tension, poor posture and body aches, injury management, frozen shoulder, tennis elbow, whiplash, headaches, sport injuries and "computer related tension".

Benefits to You: No pain! Rejuvenation of muscles, tension-free you!

CUPPING added to Remedial Massage

Only \$20 (normally \$50)

A very effective way of applying deep tissue pressure to the skin by placing small cups, usually made of glass, that have been heated, on various acupressure points of the body. These warm cups are placed in specific areas which are used to draw out toxins through the skin. Cupping is used to improve circulation, it acts by drawing out the cold, wind and damp from the body, in order to rebalance Yin Yang and Qi energy and to draw out toxins and to treat back and muscle pain, frozen shoulder, arthritis and flu / cold. Cupping lifts the body's connective tissue, loosening any adhesions and restoring blood flow to areas of the body that have been restricted. It is also excellent for stress, fatigue, aches and pains.

 **HICAPS**  **Fast claims . . . on the spot.**

Lets you claim on the spot for Remedial Massage
and Acupuncture and Holistic Therapies.

ACUPUNCTURE - initial consultation (normal rate \$75) \$67

ACUPUNCTURE - subsequent visits (normal rate \$55) \$56

What is Acupuncture?

Acupuncture takes a holistic approach to understanding normal function and disease processes and focuses as much on the prevention of illness as on the treatment.

When healthy, an abundant supply of Qi or "life energy" flows through the body's meridians (a network of invisible channels through the body). If the flow of Qi in the meridians becomes blocked or there is an inadequate supply of Qi, then the body fails to maintain harmony, balance and order, and disease or illness follows. This can result from stress, overwork, poor diet, disease pathogens, weather and environmental conditions, and other lifestyle factors and becomes evident to the practitioner through observable signs of bodily dysfunction.

The practitioner looks carefully for these signs of health and dysfunction, paying particular attention not only to the presenting signs and symptoms, but also to the medical history, general constitution, and the pulse and tongue.

Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (acupuncture points) along the body's meridians to clear energy blockages and encourage the normal flow of Qi through the individual. The practitioner may also stimulate the acupuncture points using other methods, including moxibustion, cupping, laser therapy, electro-stimulation and massage, in order to re-establish the flow of Qi.

Benefits to You:

- ◆ Provides drug-free pain relief.
- ◆ Effectively treats a wide range of acute and chronic ailments.
- ◆ Treats the underlying cause of disease and illness as well as the symptoms.
- ◆ Provides an holistic approach to the treatment of disease and illness, linking body, mind and emotions.
- ◆ Assists in the prevention against disease and illness as well as the maintenance of general well-being.

Acupuncture is known to treat a wide range of disorders including:

- ◆ **Neurological conditions:** headaches, migraines, difficulty sleeping, nervous tension.
- ◆ **Cardiovascular disorders:** high or low blood pressure, chest pain, poor circulation.
- ◆ **Respiratory conditions:** bronchial asthma, acute and chronic bronchitis, acute tonsillitis, sinusitis, hay fever, chronic cough, laryngitis, sore throat, influenza and the common cold.
- ◆ **Digestive system disorders:** gastritis, heartburn, flatulence, constipation, liver and gall bladder disorders, and weight control.
- ◆ **Gynaecological and obstetric disorders:** premenstrual tension, painful, heavy or irregular, or the absence of periods, hormonal disturbances, menopause, difficulty with conception, and morning sickness.

Phone: 3846 1222

Open Monday - Friday 9.00 am - 8.00* pm Saturday: 9.00 am - 4.00* pm.

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*Closing times vary. Sundays by appointment.