

# Living Well Essentials

## Aromatherapy and Massage Price List

### Aromatherapy Clinical Consultation

1/2hr \$50

1hr \$99

### Aromatherapy Massage

75 mins includes mini facial \$120

60 mins \$99

### Packages-

Stress buster 2hrs \$199

Detox support 2hrs \$199

Bath & massage blend \$15

Personalised blends for diffusion \$25

Aromatic room scents \$15

Roll on remedies \$15

Personalised roll on perfumes \$15

Gift Certificates available

Most Health funds do provide a rebate for Aromatherapy Massage. Check your eligibility with your health fund.

## Living Well Essentials Aromatherapy and Massage

82 Mowbray Tce East Brisbane QLD 4169  
Mon to Thurs 10am to 7pm. Sat 10am to 3pm. Bookings are required, please call to make an appointment.

[www.livingwellessentials.com.au](http://www.livingwellessentials.com.au)  
E: [kim@livingwellessentials.com.au](mailto:kim@livingwellessentials.com.au)  
M: 0414 754 543



## Living Well Essentials

### Aromatherapy and Massage

**Kim Ellis, Dip Aromatherapy**

Clinical Aromatherapist

Accredited Member Australian

Traditional Medicine Society (ATMS)

## 3Rs of Aromatherapy Relax, Restore, Rejuvenate

**Looking for gentle, relaxing and restorative Aromatherapy treatments to support you in living well?**

At Living Well Essentials you will experience a professional therapeutic treatment in a peaceful and supportive environment with Kim Ellis a fully qualified Clinical Aromatherapist and accredited member of the Australian Traditional Medicine Society.

Kim will consult with you to understand your specific health and wellbeing needs and incorporate personalised blends and treatments to enhance your ability to heal naturally.

In an Aromatherapy treatment you will experience the benefits of 100% therapeutic grade essential oils (natural plant extracts) to address any physical and emotional conditions. Kim specialises in stress relief and detoxification support.

You will leave the clinic feeling relaxed, restored and supported in your journey to live well.

### Therapeutic Services

- Aromatherapy Clinical consultation
- Aromatherapy relaxation massage
- Aromatherapy for stress management
- Aromatherapy for detox support
- Guidance on Essential oil safety and effective application methods
- Personalised essential oil blends for bath, massage, diffusion or inhalation



### What are Essentials oils and Aromatherapy

Essential oils are natural plant extracts.

Some of the most commonly used essential oils include lavender, peppermint, lemon, tea tree, patchouli, sandalwood and rose.

There are many other essentials oils from varied plants with wonderful aromas and varied therapeutic benefits.

Aromatherapy is the use of essential oils, often in massage and inhalation, to improve physical, emotional and psychological conditions supporting you in living well.

**Looking for a natural therapist who will spend time to really get to know your health and wellbeing needs?**

An Aromatherapy clinical consultation is designed to look at your current state of health and wellbeing; general lifestyle including diet, exercise, physical and emotional wellbeing. We will then work together to set wellbeing goals and develop a treatment plan that will support your healing process.

Treatments are designed to enhance your body's ability to heal naturally. They work holistically often complimenting traditional treatments and lifestyle changes. I encourage you to be a proactive partner in supporting your own wellbeing (detoxification and emotionally releasing). My role is to assist you with therapeutic treatments which will benefit your desire to live well.

I will create one or two personalised aromatherapy blends, using 100% therapeutic grade essential oils to be used in the treatment plan.

Methods of application could include aromatherapy massage, aromatic bath, inhalation, environmental scenting using diffusers and aromatic spritzers, compresses, essential oils blended with vitamin rich skin salves and roll-on remedies.

**Living Well Essentials –  
Aromatherapy and Massage**