

DAY SPA AT UNLEY PARK

LEVEL ONE
237-239 UNLEY ROAD
MALVERN 5061
Ph. 8271 1433
Fax 8 373 3358

info@dayspa.net.au
www.dayspa.net.au



For more in formation ask us...

During your Lithos Massage...

It's healing...

The application of heated and chilled rocks stimulates your circulation, encouraging the flow of blood enriched with oxygen and nutrients which accelerates healing. Applying heated rocks to sore muscles eases tension, alleviates stiffness and increases flexibility. The chilled rocks reduce inflammation.

It's cleansing and deeply relaxing... The gentle weight of each rock combined with massage helps to push toxins out of the muscles and into the lymphatic system to assist in eliminating metabolic waste. The strategic placement of either heated or chilled rocks on the neck, shoulders, back and arms, prepares the areas for deeper massage. The heated and chilled benefits of the rocks on the body acts immediately, even before the therapist incorporates a massage. The rocks combined with massage, in effect magnifies each massage stroke because the muscle tissue has been 'loosened' by the rocks. The benefits go beyond the therapist's hands alone.

It's preventative...

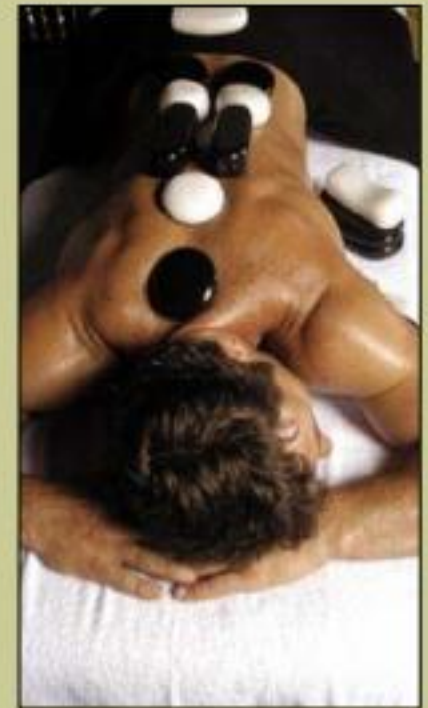
Lithos Therapy™ encourages the release of endorphins. When incorporated into a regular health and fitness program, Lithos treatments improve the integrity of soft tissue (muscles, tendons and ligaments) reducing the likelihood of injury. Lithos helps to increase the elasticity of collagen fibres in tendons, promoting greater flexibility.

It's beneficial...

When used in a facial or body wrap, heated Lithos rock instruments open your pores encouraging the release of toxins and the penetration of active ingredients. The chilled rock instruments calm the skin by reducing the redness. This anti-inflammatory effect is ideal for people with acne or psoriasis. The chilled rock instruments are ideal for soothing the skin after the extractions or waxing. A combination of heated and chilled rocks can also help to reduce puffiness and dark circles around the eyes.

Why try Lithos Therapy™?

Day Spa at Unley Park



Why try Lithos Therapy™?

Who will benefit?

- exhausted urbanites
- cold and flu sufferers
- people wanting to detox
- training/injured athletes
- fatigued travellers
- beauty aficionados
- wellbeing connoisseurs
- busy/stressed professionals
- new mothers and fathers through to grandmothers and grandfathers



What will it help relieve?

Body...

painful joints or muscles
mental or physical fatigue
depression or mood swings
fluid retention
arthritic symptoms
stress and anxiety
insomnia
digestive problems
jet lag
lethargy
headaches
sunburn

Face...

acne
Psoriasis
Coupe rose
rosacea,
puffy eyes,
premature aging etc



Clients' comments

"A unique style of treatment that invigorates the body and stimulates senses from within that you may have forgotten about."

"A truly effective and unique experience that everyone should try."

"It's like a heavenly heat flowing through your body, focusing on sore muscles"

"It is likely to become one of the most talked about, sought after and widely offered massage treatments"

"This is relaxation on a deeper level"

"I could actually feel the warmth of the rocks melt away any tension in my muscles and the chilled rocks felt lovely and revitalizing – a truly powerful effect.... an incredible feeling"

"Extremely relaxing (I must have fallen asleep at some stage because the time seemed to fly). I had a lot of warm rocks, not so many chilled rocks because I went along with a strained neck and a lower back injury (all from carrying the baby, would you believe!) so the therapist used the warm to relax the muscles. Amazingly I did walk away with my neck feeling back to normal. Also I was so very relaxed."