

### COLONIC HYDROTHERAPY

New Client Session + Infrared Sauna	\$ 150 1HR 45MINS
Session + Infrared Sauna	\$ 130 1HR 20MINS
New Client Session	\$ 140 1HR 15MINS
Session	\$ 120 1HR

### Session Packs

Initial 3 Sessions + Infrared Sauna	\$ 360
3 Sessions + Infrared Sauna	\$ 340
New Client 3 Sessions	\$ 330
3 Sessions	\$ 310

### KINESIOLOGY

New Client Session	\$ 190 2HRS
Session	\$ 130 1HR
Extensive Session	\$ 150 1HR 20MINS
New Client Child* Session	\$ 70 1HR
Child* Session	\$ 50 45MINS

### SPINOPRACTIC MASSAGE

New Client Massage	\$ 65 30MINS
Massage	\$ 45 20MINS
Add compression boots, hips or arms	\$ 20 15MINS
	\$ 35 30MINS

### LYMPHATIC MASSAGE

New Client Massage	\$ 55 45MINS
Massage	\$ 40 30MINS
Add compression boots, hips or arms	\$ 20 15MINS
	\$ 35 30MINS

### INFRARED SAUNA

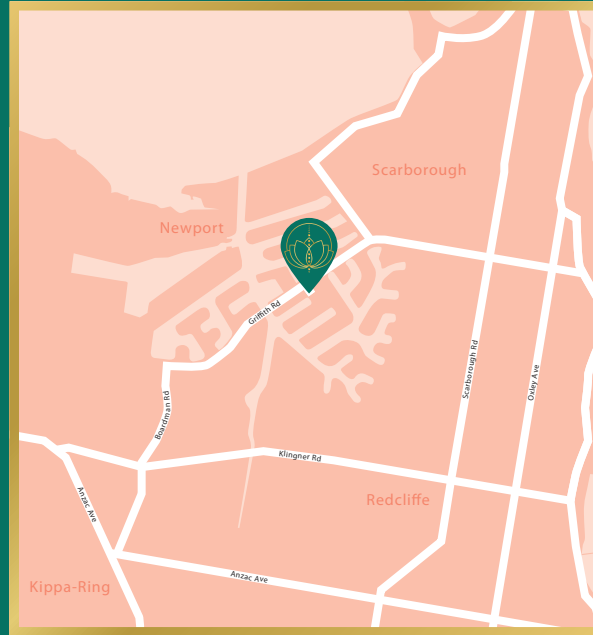
Infrared Sauna	\$ 35 30MINS
Infrared Sauna	\$ 45 40MINS

### Session Packs

5 x 30min Sessions	\$ 125
5 x 40min Sessions	\$ 175

\*Child Session is for children 13yrs and under.  
All services and sessions are non-refundable.

## MIROFORA WELLNESS



Located in the  
Mariner Plaza  
Shop 10, 141-145 Griffith Rd,  
Newport, QLD 4020



MIROFORA  
WELLNESS

Kinesiology | Infrared Saunas  
Colonic Hydrotherapy  
Spinopractic Fascia Massage  
Lymphatic Massage

0493 567 435

[www.miroforawellness.com.au](http://www.miroforawellness.com.au)

Call to book your appointment today

0493 567 435



## KINESIOLOGY

Neuro energetic kinesiology is a non-invasive stress releasing modality. Muscle monitoring is used to reveal, identify and resolve stress held on all levels of the body and being. Your body has the perfect blueprint for healing. By tapping into your field, the body is able to find the best pathway to release stress and emotional strain to reach a state of balance and alignment.

These sessions effectively support anxiety, insomnia, stress, grief and loss, fatigue, migraines, headaches and much more.

## COLONIC HYDROTHERAPY

Colonic Hydrotherapy is a gentle detoxifying process. It involves using warm filtered water via the rectum to remove toxins and cellular waste from the colon.

Colonics effectively supports and aids constipation and digestive complaints, fatigue, headaches, skin problems, improves concentration and energy, supports beneficial gut flora for colon health, encourages detoxification, helps with weight loss and much more.

This service is a closed colonic and facilitated by a fully trained and certified practitioner.

## INFRARED SAUNAS

Our saunas are cutting edge infrared saunas that use heat to penetrate your body's tissue and delivers a deep detoxifying sweat to flush toxins and Impurities from your body on a cellular level.

Our medical grade chromotherapy lights aid with reducing swelling, inflammation, detoxification, increased metabolism, weight loss, increased blood circulation, pain reduction, anti-aging, skin rejuvenation, improved cardiovascular function, improved immune function, improved sleep, stress management, and relaxation.

## SPINOPRACTIC MASSAGE

Spinopractic Fascia Massage is a deep tissue massage that mobilises the restrictions of the connective tissues within the body. Fascia wraps and encases every bone, muscle and organ.

These sessions target specific areas within the body where muscles are working hard to stabilize the spine and joints. Please wear comfortable clothing, this is an oil free treatment designed to enhance blood flow, increase mobility, range of movement and reduce Inflammation.

## LYMPHATIC MASSAGE

Lymphatic Massage targets the flow of lymph in the body. Different from the soft touch method we combine lymphatic gloves in the session and slight pressure is applied with specific rhythmic circular movements to stimulate the lymph encouraging drainage of toxic fluid and waste from the body for detoxing.