



Integrated Health Management

SERVICE MENU

FACE TREATMENTS

FACE RADIANCE 45 MINS \$149

Utilises specialised essential oils and BMT for detoxification, lymphatic drainage, and acupoint stimulation to enhance skin tone and health in a brief session.

FACE LIFTING 90 MINS \$349

Combines BMT with premium cream and essential oils to stimulate collagen production, enhance skin elasticity, and tighten sagging skin. The treatment helps to redefine facial contours, reduce the appearance of jowls, and firm the skin for an overall lifted look.

ANTI-AGING 90 MINS \$349

Employs BMT with a specially formulated cream and essential oils to combat the visible signs of aging such as fine lines, wrinkles, and loss of skin elasticity. The treatment helps to deeply hydrate, rejuvenate the skin and restore youthful skin appearance.

HEAD & FOOT TREATMENTS

HEAD MERIDIAN THERAPY 45 MINS \$129

Unblock head meridians, promoting relaxation and healing. Combines BMT lymphatic drainage on the neck and shoulders with BMT face acupoints to alleviate stress and support overall wellness.

FOOT MERIDIAN THERAPY 45 MINS \$149 90 MINS \$248

A comprehensive 3-in-1 treatment that combines advanced bioelectric technology, traditional tui na massage, and bone structure alignment to enhance blood circulation and alleviate pain. By stimulating specific meridian points on the feet, which are believed to be connected to various organs and systems in the body, this therapy promotes overall health and well-being.

BODY TREATMENTS

BMT SIGNATURE FULL BODY 45 MINS \$160 90 MINS \$270

This comprehensive treatment utilises Bioelectric Meridian Therapy to unblock the body's meridian pathways, enhancing lymphatic drainage to support natural detoxification. The session reduces inflammation and promotes profound relaxation and stress relief, tailored to either a concise 45-minute or an extensive 90-minute duration for deeper effects.

BMT TARGETED FULL BODY 45 MINS \$219 90 MINS \$398

Focused on specific areas of concern, this 45-minute / 90-minute session applies BMT alongside a specially formulated cream and essential oils. It's expertly designed for effective severe pain relief, women's health, men's health, gut health, weight management, and/or body shaping, providing targeted intervention where it's most needed.

ESSENTIAL OIL BATH 30 MINS \$69

This luxurious bath incorporates a blend of carefully selected essential oils, each chosen for their unique healing properties. The warm waters infused with these oils work to alleviate stress, soothe tired muscles, and promote a deep sense of relaxation.



TYPES OF ESSENTIAL OILS

RELAXATION

- Lavender Oil: Calms and reduces stress, improves sleep quality.
- Chamomile Oil: Soothes irritated skin, reduces anxiety, and promotes relaxation.
- Ylang-Ylang Oil: Balances mood, reduces stress, and promotes relaxation.
- Rose Oil: Reduces stress, promotes a sense of well-being.

ENERGY BOOSTER

- Eucalyptus Oil: Refreshes and invigorates, clears the respiratory system, boosts energy.
- Grapefruit Oil: Boosts energy, improving mood, and promotes mental clarity.
- Peppermint Oil: Relieves fatigue, provides a cooling and soothing effect.

IHM WELLNESS @ M HOTEL
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