



SERVICE MENU

FACE TREATMENTS

FACE RADIANCE - 45 MINS \$149

Utilises specialised essential oils and BMT for detoxification, lymphatic drainage, and a cupoint 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 & LEG TREATMENTS

HEAD MERIDIAN THERAPY - 45MIN \$129

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

LEG 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 leg, which are believed to be connected to various organs and systems in the body, this therapy promotes overall health and well-being.

BODY TREATMENTS

BIO-E SIGNATURE MERIDIAN THERAPY 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.

BIO-E SIGNATURE SPOT THERAPY 90 MINS \$288

Experience a deeply personalized approach to wellness with our Signature Spot Meridian Therapy, ideal for anyone seeking both full-body balance and targeted relief. The session begins with 30 minutes of Bioelectric Meridian Therapy, designed to unblock the body's meridian pathways, enhancing energy flow and promoting overall balance. This is followed by 60 minutes of focused therapy that addresses your specific areas of discomfort, bringing relief and restored vitality to the areas that need it most.

BIO-E TARGETED MERIDIAN THERAPY 45 MINS \$219 90 MINS \$398

Focused on specific areas of concern, this 45-minute / 90-minute session applies Bioelectric Meridian Therapy (BMT) alongside a specially formulated cream and essential oils. It's expertly designed to target severe pain relief, women's health, men's health, gut health, weight management, and/or body shaping.

BMT RELAX & RECHARGE THERAPY 30 MINS \$30

Relax & Recharge Therapy is a rejuvenating 30-minute session designed to deeply relax and recharge your body and mind. This soothing treatment incorporate Bioelectric Meridian Therapy (BMT), aromatherapy, and relaxation music to restore energy and ease tension. Experience the perfect blend of relaxation and energy restoration, leaving you refreshed, calm, and recharged.

ADD-ON SERVICES

BOJIN THERAPY 30 MINS \$99

Using targeted techniques, Bojin therapy works to release deeply held tension, improve skin elasticity and leave you with a rejuvenated, youthful glow. This add-on is the perfect complement to any existing treatment, providing an extra boost for both relaxation and beauty.

LYMPHATIC DRAINAGE THERAPY 30 MINS \$99

This lymphatic drainage therapy is designed to stimulate the lymphatic system, promoting the flow of lymph fluid to help flush out toxins, reduce fluid retention, and improve immune function.

BONE STRUCTURE ALIGNMENT 30 MINS \$99

Through gentle adjustments and targeted techniques, this therapy restores natural alignment, improves posture, and alleviates pain and tension in key areas such as the spine, neck, and joints.

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.

Prices are subject to change without prior notice.
Not GST registered. All prices listed are Nett price.

IHM Wellness - Updated: 20th Nov 2024



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