LōKAHI WELLNESS

Mind. Body. Community.

9761 7037

lokahiwellness.com.au

7 Trade Way, Kilsyth South, Vic 3137

Scan here to book with us

WELCOME TO LōKAHI

LōKAHI is achieving harmony in three areas: mentally, physically and spiritually while living in harmony with the world around us. As we seek LōKAHI in our mind, body and community, everything becomes more beautiful, brighter and happier.

COMBO & SAVE

Combining therapies at LōKAHI can provide the most benefits to your body.

Relax Combo: Float & Massage $150
45 minutes relaxing massage and 1 hour float therapy.

Bliss Combo: Float & Sauna $99
1 hour float therapy and 45 minute infrared sauna session.

Fire & Ice Combo: Cryo & Sauna $99
45 minute infrared sauna with a 3 minute Cryotherapy freeze.

More options available on our website or contact us for more details.





VITAMIN INFUSION IV THERAPY

Bought to you by Live Life Well Infusions

Depending on your needs and lifestyle IV Therapy can help support your body following illness, boost your natural immune defenses, improve mood and mental health, replenish energy and aid your hydration levels.

The IV method bypasses the digestive system, allowing delivery of greater quantities of nutrients and minerals to promote maximum absorption. Infusions are 30-60 mins and administered and monitored by a Registered Nurse.

Immunity Boost ($180): Vitamin C & Zinc

Vitamin C Boost ($180): Vitamin C

Recovery Boost ($220): Vitamin B & C

Myer's Cocktail ($250): Vitamin B & C, Zinc and Magnesium sulphate

Hydration Station ($115): Saline with added electrolytes

PRICE LIST

		MEMBERS
Floating		
1 Hour session	$79	$55.30
2 Hour session	$107	$74.90
Introductory offer (3x 1 Hour)	$159	
Cryo		
Single session (3 min)	$79	$55.30
Freeze with a Friend	$129	$110.60
Introductory offer (3x single)	$159	
Oxygen		
1 Hour session	$75	$52.50
10 pack (10x 1 Hour)	n/a	$400
Introductory offer (3x 1 Hour)	$149	
InfraRed		
Single (45mins)	$42	$29.40
Sweat with a Friend	$57	$39.90
Introductory offer (3x Single)	$99	
Lymphatic drainage		
1 Section	$75	$52.50
2 Sections	$90	$63
Introductory offer (3x 1 Section)	$149	
Cryoliposuction		
Single session	$355	$248
Buy 5 - Get 1 Free	$1775	$1242
Body Scan		
Initial scan	$28	$19.60
Subsequent scan	$25	$17.50
Massage		
Single session (45mins)	$99	$69.30
Manual Lymphatic (45mins)	$105	$73.50
Full body (90mins)	$178	$124.60
BrainTap		
Single session	$35	$24.50
BrainTap+Lymph (30mins)	$75	$52.50

MEMBERSHIP $21.95 p/m

(Minimum commitment 3 months) receive 30% off all single treatments excluding introductory offers.

*All introductory offers are valid for 4 months



OXYGEN (MHBOT)

1hr of oxygen therapy helps with

- Cellular repair
- Injury
- Performance
- Skin issues
- Migraines
- Brain function



BRAINTAP

Relax. Reboot. Revitalise.

Optimising your brain's peak potential. BrainTapping is proven to help people who experience high stress, difficulty sleeping, low energy, and other lifestyle challenges.

FLOATING

1hr in 500kgs of epsom salt (magnesium)

- Stress
- Sleep
- Headaches
- Chronic pain
- Anxiety/Depression
- Mental Clarity



LYMPHATIC DRAINAGE

1hr compression therapy

- Toxin removal
- Lymphatic flush
- Increase blood flow
- Weight loss
- Immune system
- Acid build up





CRYO

3 minutes in air cooled to -160 C

- Inflammation
- Chronic Pain
- Recovery
- Metabolism
- Performance
- Sleep



MASSAGE

45 minutes of deep relaxation

Your massage is designed to leave you feeling refreshed, rejuvenated, release tension to promote a holistic improved wellbeing. Full body massage also available (90mins).

INFRARED

45 minute Infrared Sauna

- Detoxification
- Weight loss
- Cellular Regeneration
- Stress
- Pain
- Recovery



CRYOLIPOSUCTION

Non-invasive fat freezing

- Spot reduction
- Non invasive
- Body Sculpting
- Permanent
- Painless
- Safe

