

Soushin Massage

<i>Décolleté & Arms</i>	\$30
<i>Tummy, Waist & Back</i>	\$80
<i>Hips, Legs & Feet</i>	\$60
<i>Full Body</i>	\$150



Packeges

<i>Head, Face & Neck</i>	80mins \$120
Facial Massage + Acupressure Head Massage	
<i>Inner & Outer Beauty</i>	140mins \$190
Facial Massage + Acupressure Head Massage + Japanese Aromatherapy FULL BODY (60mins)	



Phone: **03-9532-8890**

Address: 576A Glenhuntly Road
Elsternwick VIC 3185

Mon-Wed: 10:00-18:00

Thu & Fri: 10:00-By appointment

Sat: By appointment only

Payment: VISA, MasterCard, EFTPOS, Cash.

HP: www.mikitherapeutics.com.au



Gift Voucher Available

Organic Facial Massage

For you who want to age beautifully...

Our massage technique utilises the same facial brush and finger techniques used on Geisha and Kabuki actors, two professions which are both very stressful and place many demands upon the face. Every time our face assumes an expression, we make use of the facial muscles which lie under the skin, and all of this work can lead to tension and other problems in these muscles. By making use of the pressure points which exist on the face, we can relieve tension in the muscles and help to reduce wrinkles and other blemishes. On top of this, by using our palms and fingers we will make not only your face feel more relaxed, but your whole body as well. A truly revitalising experience!

Standard Facial Massage

30mins \$50 / 60mins \$90



1. Makeup Removal

We gently remove any make-up.

2. Pore Cleansing with Facial Brush

We use a facial brush and a gentle circular cleansing motion to remove all of the accumulated oil and dirt in your skin. This will also cleanse your pores and prevent the development of pimples.

3. Pressure Point Facial Massage

4. Moisturising Pack with Rose Water

5. Finishing Lotion

24kt Gold Facial

90mins \$250

This facial massage utilises the purest of golds in a traditional Japanese beauty treatment which is somewhat akin to a "gold pack". The gold sheets used are 1/1000th of a millimetre thick and are placed carefully on your face after it is been prepared as per our standard facial (steps 1 - 5). As modern science has now proved, Gold is an excellent conductor of electricity and this is what this ancient technique takes advantage of. Our nerves are stimulated through very weak electrical impulses, and the addition of gold helps to repair any lost conductivity and improve the smooth operation of these impulses. This in turn helps to smooth and tighten our skin and improve its overall resilience. We sincerely recommend you try this wonderful and effective technique.

Platinum Facial

90mins \$320

Platinum has long been considered to be the most "noble" of the precious metals, and it is this nobility which we seek when we use it upon our skin. Scientifically speaking, platinum has a similar effect upon the skin as gold. It is also an excellent conductor and helps your skin to self-repair and produce a naturally smoother, younger look. However, Platinum is a much more valuable and exclusive metal than gold and we feel that this adds much to its appeal and potential positive benefits.

Soushin Massage

For you who want to lose weight gracefully...

Are you fretting about your weight-loss process? Well, let us help you! In a short time, without having to be fixated on the process, we can help you to lose those love handles and have fun and feel relaxed while doing so!

The first trick is accepting a little progress at a time, and having fun while doing so. Stopping eating or exercising excessively leads to stress, and can make you not want to continue. As this is so, taking a little break every so often is ok, but don't forget that your end goal is a slimmer you!

IMPORTANT POINTS

1) Be Stress Free

Firstly, stress is to be avoided at all costs. If we become stressed, we tend to over-eat to make ourselves feel better, and this in turn leads to weight gain.

2) Eating Style

Secondly, let us address eating styles. In many diets, people eat very little or only one particular kind of food. These are not good ideas as they can cause constipation or unhealthy skin. Furthermore, these styles of diet lead to stress and so people often cannot continue with them. Women are especially prone to these symptoms as their hormonal balance can easily become upset and so must take particular care in maintaining a balance between body & spirit.

For all these reasons, a healthy appetite leads to happiness and is very important.

3) Soushin Massage (Fat Burn & Cellulite Care)

Lastly, let us increase your body's receptiveness to weight loss. Our special massage here at MTJ helps to guide your body down the path to successful weight loss!

WHY DO I NEED A MASSAGE TO HELP MY DIET?

Originally, depending on the shape of our body, this kind of activity occurred while we were active. However in modern times, our eating patterns have changed and the amount of exercise we do has lessened. On top of this, our metabolisms have worsened and there has been a greater build up in our bodies of unneeded materials. This has led to the stagnation of our lymph system and the increased presence of bodily wastes in our fat cells.

If we do not fix the flow of our lymph system, and remove the wastes inside our body, no matter how much we diet, we will not achieve the results we want. This is because even though we are exercising and restricting our diet, the amount of toxins in our body makes it appear like our efforts are not having any affect.

Even resisting the temptation to eat our favourite foods, as well as exercising plenty, it is not so easy to lose weight gracefully. The most important thing is to first prepare our bodies for the transformation.

In Japan, in order to improve one's metabolism, there is a massage called a "Soushin" massage which when applied, aims to help the body slim down gracefully. At MTJ, we have brought this massage to you.