

Beauty

Facials

Express (30 minutes)\$55.00
For those in a hurry or as a quick rebalancing treatment.

Hands-on Vitamin Therapy (60 minutes)\$85.00
Indulge yourself with this luxurious treatment, the ultimate manual therapy on offer. Let our personal touch relax, soothe and restore your skin to its best.

The Following Facials use the DF Ionzyme Machine

Deep cleansing Vitamin Therapy (60 minutes)\$95.00
This deeply purifying and cleansing treatment decongests and removes impurities from distressed skin. This combination of scientifically advanced products and techniques is designed to micro-exfoliate, rehydrate and refresh, greatly assisting in the treatment of acne, scarring and deep skin congestion leaving your skin feeling like new.

Enhancing Vitamin Therapy (70 minutes)\$130.00
Developed to intensively focus on several key areas of concern, this targeted treatment ensures that your primary skin care concerns are directly addressed. This treatment incorporates a penetrant enhancing masque, for results that speak for themselves.

Ultimate Vitamin Therapy (90 minutes)\$180.00
Designed to effectively treat a wide range of skin care concerns, this luxurious treatment – provides intense penetration of active ingredients for visible results. Let our skin care specialists spend time on each area of concern and attend to your every skin care need with this ultimate facial treatment.

Precision Vitamin therapy from\$65.00
This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This treatment is perfect when your time is limited.

Pamper Packages

30 minute Back and Neck Massage and 30 minute mini facial\$95.00
Standard Manicure and Pedicure (75 minutes)\$85.00
Eyebrow wax and Mini Facial\$70.00
60 minute Hands on Vitamin Therapy Facial and Standard Pedicure\$130.00



ENVIRO

Fitness



Personal Training

Customised individual and 'couples' classes. We also specialise in Dancers, Gymnasts and Athletes.

12 Week Challenge

'Celebrate life with Adele' – where we teach you to move without injury, eat nutritiously, and achieve your fitness and weight loss goals improving your health and lifestyle.

Outdoor Fitness

Definitely outdoor training with a difference... Come and work your body in the fresh outdoors to the sounds of nature. Our highly experienced staff will modify each exercise according to your ability. The idea is to get you fit and keep you fit and we'll tailor your sessions to work best for you.

Venue: Alfred Deakin High School. Tuesday and Thursday 6am – 7am, Saturday 7am – 8am. Contact Adele for the 4 week challenge and casual prices.

Special Needs

We work together with your Allied Health Professional.

Customised Gym Programs

Whether your goal is body building, body sculpting, losing a dress size or just toning what you have, we will write you a program for the home or at the gym to help you get there.

Fashion

Personal styling – also known as professional dressing – is no longer restricted to the Hollywood set. At Smile Fitness we offer a service that is accessible to everyone. We know that as we get busy it is easy to fall into a rut with our personal style. Yet there is no doubt that the 'right' outfit can make us all look and feel great. A relaxed, friendly and fun session with Adele can help you transform your image and wardrobe regardless of budget, boosting your self-confidence and self-esteem. Contact Adele for more information.



Smile Fitness

FITNESS • BEAUTY • FASHION



We'll make you smile if you dial 0422 572 133 now!



Adele Haussmann

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Trading hours Monday to Saturday by Appointment
Find us on Facebook | Gift Vouchers available
www.smilefitness.com.au

Waxing (Price on request for combinations)

Eye Brow Wax and Shape <small>(first consultation)</small>	\$20.00
Eye Brow Maintenance <small>(3weekly booked in advance)</small>	\$18.00
Lip or Chin each	\$12.00
Sides of Face	\$18.00
Underarm Wax	\$18.00
Bikini Line Wax	\$25.00
G String from	\$30.00
Arm to Elbow	\$28.00
Full Arm to Shoulder	\$35.00
Stomach	\$15.00
½ Leg <small>(top or bottom)</small>	\$35.00
½ Leg and Bikini	\$50.00
Full Leg	\$55.00
Full Leg and Bikini	\$70.00
Brazilian from	\$60.00

Tinting

Eyebrow Tint	\$15.00
Eyebrow Wax and Tint	\$28.00
Eyelash Tint	\$20.00
Eyelash Tint and Brow Wax	\$35.00
Lash and Brow Tint and Brow Wax	\$45.00
Lash and Brow Tint	\$30.00

Spray Tanning

Full Body	\$30.00
10 Visits	\$250.00
Full Body Scrub and Tan	\$75.00

Eyelash Extensions

Full Set Eyelashes	\$155.00
Refills	\$80.00
Removal	\$30.00

Body Scrub

Full Body Scrub <small>(30 minutes)</small>	\$45.00
Full Body Scrub and Moisturise <small>(60 minutes)</small>	\$75.00

Aromatherapy Massage

Back and Neck <small>(30 minutes)</small>	\$50.00
Full Body <small>(60 minutes)</small>	\$75.00
Lower Leg and Feet	\$25.00

Hot Stone Massage

Full body, neck and scalp massage with heated volcanic rock dissolves stress, removes toxins, re-energises and brings harmony. Performed with essential oils to suit your body's needs.

90 minute	\$110.00
60minute	\$85.00

Shellac

Introducing a Manicure that lasts for two weeks! On like polish, wears like gel, off in minutes, Really! Zero dry time – pick up your keys instantly. Strengthens your natural nails, goodbye chips, scratches and dulling. High gloss shine that lasts.

Shellac Application <small>(colour only)</small>	\$35.00
Shellac Removal <small>(with other service)</small>	\$15.00
Shellac Application with Mini Tidy Up	\$40.00
Removal and Reapply with Tidy Up	\$55.00

Gel Nails



Hands. Feet. Beauty.

There are different ways of building gel nails and consumers need to know the difference between methods. Gel Nails enhancements are built with UV Gel products and are cured under an UV gel lamp. Clients have to take into consideration that different salons use different products that do not behave in the same way.

Smile Fitness proudly uses Creative Nail Design (CND) 'Brisa' Gels. Founded in 1979, CND has been at the forefront of nail enhancement technology and is the founder of the more recent 'Shellac'. Brisa™ sculpts, enhances and extends nails – or just corrects the tiniest to toughest flaws. The result? Perfect, natural looking, workable nails flexible enough to go anywhere you want.

Full Set French/Colour with Tips	\$85.00
Full Set – Regular with Tips	\$80.00
Rebalance – French per set	\$75.00
Repair per nail	\$5.00
French Overlays	\$70.00
Clear Overlays	\$65.00
French Gel/Colour – Toes with Mini Ped	\$65.00
Nail Polish over Enhancements	\$8.00

Manicures

Standard express
 \$40.00 |

Nails are cut, shaped, cuticles creamed and tidied, nails buffed. Hand massaged, nails polished.

Deluxe (45 minutes)
 \$55.00 |

As standard including arm scrub, massage and mask.

SPA Manicure (60 minutes)
 \$70.00 |

Provides a wake-up call to the hands with a collection of reparative, replenishing products brimming with energizing essential oils derived from sun-loving citrus fruit and blended with rejuvenating antioxidants, nourishing vitamins and nurturing moisturisers.

Pedicures

Standard Express
 \$50.00 |

Feet soaked, nails cut and shaped, cuticles creamed and tidied, removal of dry callous skin, foot massaged, toenails polished.

Deluxe (60 minutes)
 \$65.00 |

As standard including lower leg scrub, massage and mask.

SPA Pedicure (75 minutes)
 \$80.00 |

Exhilarating like a walk on the beach. The products used exfoliates and softens the roughest feet, with ingredients such as beach sand, energizing marine botanicals, quartz crystals and soothing sea salts. Perfect for Sandal weather!

Add Shellac to any of the above for \$15.00

Make-up

We use only the finest all-natural mineral make-up that offers a flawless finish without sacrificing the health of your skin.

Make-up on location from
 \$80.00 |

Wedding/Formal in salon
 \$70.00 |

