

## Administrative Information

- ✦ Avoid eating a heavy meal prior to treatments.
- ✦ Please leave jewelry and other items of value at home
- ✦ Wear comfortable clothing
- ✦ Bookings are essential for all treatments.
- ✦ Cancellations made at least 24 hours prior to your booking will be fully refunded.
- ✦ Cancellations made less than 24 hours prior to your booking will be charged 100% of the total payment.
- ✦ "No Show" appointments will be charged the full payment.
- ✦ Confirmation of an appointment is acknowledgement of this cancellation policy.
- ✦ Payments can be made via Cash or PayPal (Cheques by prior arrangement)

### Fees for services:

✦ 1/2 hour	\$ 40.00
✦ 1 hour	\$ 75.00
✦ 1.5 hours	\$100.00
✦ Facials	\$ 45.00

Hours:  
Mon-Sat 9.00-3.00pm  
After hours on request

## Benefits of UrTime

- ✦ Rejuvenation
- ✦ Relaxation
- ✦ Pampering
- ✦ Restore balance

## Discounts Available

- ✦ After every fifth session get 50% off your next session\*  
  
(\*of equal value e.g. 5 x 1 hour sessions, get 50% off your next 1 hour session)
- ✦ For regular clients UrTime introduces their "UrTime Frequent Facial Awards Card", offering specially discounted rates of 15% when you purchase a weekday package of 5 facials.

UrTime is a place for you,  
it is a place of quiet relaxation.

UrTime is a non-smoking environment  
for everyone's enjoyment.

Bookings are essential for all treatments

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[www.urtime.org](http://www.urtime.org)

# UrTime

"It's Your Time"  
Timeout for You: Rejuvenation through Massage & Healing

## Product/Service Information

- ◆ Shiatsu Massage
- ◆ Aromatherapy
- ◆ Relaxation Massage
- ◆ Combination Massage
- ◆ Swiss Reflexology
- ◆ Bio-Rejuv Facials



# UrTime

Tel: 0411 227 418

## About UrTime



I am a person who has been interested in natural therapies all my life. It was part of my upbringing. I am a people person as were my mother and grandmother before me.

The kettle at the ready for a cuppa as the door was always open; therefore it was a natural progression to incorporate this into my working life.

My massage career started in 1991 and is ongoing. I love the being able to work out of a clinic with a warm, welcoming atmosphere where we can help people obtain body and mind harmony.

Mary is the Principle practitioner at UrTime.

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- ▲ UrTime is a non-smoking environment for everyone's enjoyment.
- ▲ Bookings are essential for all treatments

## Shiatsu Massage

"shi" meaning finger and "atsu" meaning pressure. is an eastern oriental born therapy that uses pressure applied with thumbs, fingers and palms to the same energy meridians as acupuncture and incorporates stretching. It also uses techniques such as rolling,



brushing, vibrating, grasping and in one particular technique developed by Suzuki Yamamoto, pressure is applied with the feet on the persons back, legs and feet; special set up is required for the "foot" shiatsu

## Aromatherapy



Aromatherapy is a generic term that refers to any of the various traditions that make use of essential oils sometimes in combination with other alternative medical practices and spiritual beliefs. It is a holistic treatment of caring for the body with pleasant smelling botanical oils. Combining the therapeutic properties of essential oils with specific Massage techniques to promote health and well-being. Oils are volatilized or diluted in a carrier oil and used in massage, for example.

## Relaxation Massage

Has become a necessity rather than a luxury thanks to our increasingly demanding, complex and stressful lives.

At UrTime we create a peaceful ambience with the optional use of essential oils and soothing background music. Treatments vary from a one hour full body massage to a half-hour back, neck and shoulder massage. After a relaxation massage, you may feel sleepy and light headed. We suggest you drink plenty of water after your treatment and refrain from doing anything too energetic.

**Strictly Non-Sexual**



## Combination Massage/Treatment

At UrTime we create a personal experience by combining different treatments for you.

## Swiss Reflexology

Reflexology (zone therapy) is an alternative medicine method involving the practice of massaging, squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.



Many civilizations have practiced reflexology. Evidence of this has been documented on four continents: Asia, Europe, Africa, and North America. The most common theory is that the earliest form of reflexology originated in China, as much as 5000 years ago.

The Chinese concept of meridian therapy is an important part of the foundation of reflexology.

## Bio-Rejuv Facials

Facials individually tailored to suit your skin's needs. More than just a luxurious way to unwind and reward yourself, UrTime facials are tailored to your skincare needs to bring out the best in your skin.

During a facial, your skin is meticulously cleaned, toned and exfoliated before specially selected masques are applied for smooth, naturally glowing skin.

For optimal rejuvenation and protective results we recommend a facial every 1-2 months.

For regular clients UrTime introduces their "UrTime Frequent Facial Awards Card", offering specially discounted rates when you purchase a weekday package of 5 facials.

