



Once Only Offer

BONUS with High Performance Facials

A Sothys High Performance Facial is the ultimate in professional treatments for re-hydrating, rejuvenating and lifting the skin. These treatments target skin dysfunctions and ageing concerns, to deliver dramatic results. Your therapist will recommend a treatment specifically for your skin.

- Sothys High Performance Facial (1¼ hrs)
- PLUS **BONUS** Eye Treatment
- PLUS **BONUS** Sothys Gift Pack (pictured)

All for \$130.00

UFS Members \$117.00

PLUS save 25% on Products

PLUS UFS members will also be offered an exclusive opportunity on the day of your treatment only to purchase home care skin products with **25% discount**. This is the perfect time to consider your skincare routine after your therapist has undertaken a skin analysis and performed your facial.



**BONUS
GIFT
PACK**

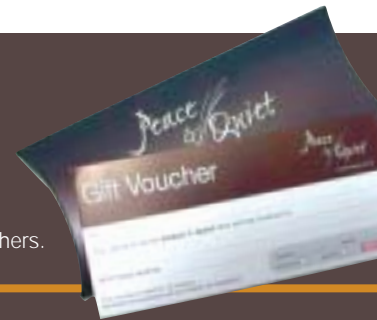


Offer is only available for purchase 1st April to 31st May 2006. Bookings subject to availability until 30th June 2006; gift packs available while stocks last; 50% deposit required at time of booking. Promotion not to be used with existing gift vouchers.

Give Mum Some Peace & Quiet

A Peace & Quiet voucher is a thoughtful gift which creates anticipation and excitement. Gift vouchers can be arranged according to a specific treatment or service, or alternatively you can nominate a dollar amount.

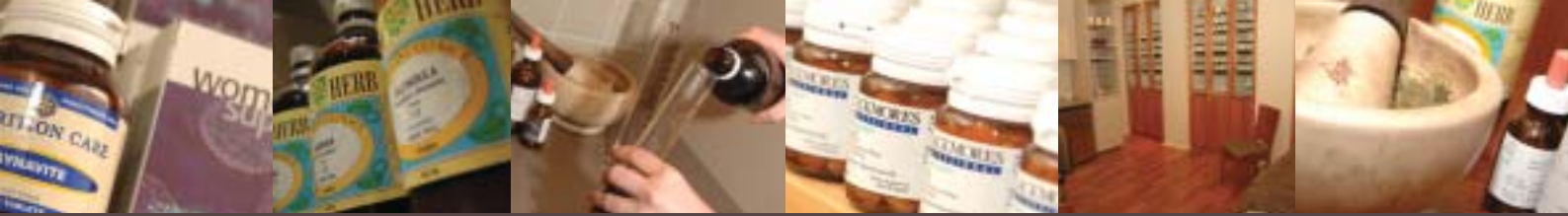
Vouchers for retail products are also available. UFS Dispensaries members receive discount on the purchase of gift vouchers.



719 Sturt St Ballarat
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info@peaceandquiet.biz

www.peaceandquiet.biz

Owned and operated by UFS Dispensaries



How Can a Naturopath help you?

Your naturopath becomes your healthcare partner; listening, understanding and thoroughly assessing strategies and complementary therapies to improve your day to day life.

You may benefit from visiting a naturopath if you have:

- a chronic health condition
- recurrent infections
- digestive problems
- women's and children's health issues
- skin complaints
- feeling run down or want to improve your general well-being.



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Jo Kidd
Dip. Naturopathy
Div 1 Nurse Midwife
Grad. Dip. Health Counselling
Grad. Dip. Family and Child Health



Sally Armstrong
Dip. Naturopathy

Naturopathy works within an age old philosophy which embraces the holistic concept that by treating the whole person and providing the right opportunity you can achieve optimal health. In treating the underlying causes of disease and working from the premise that the body has an innate ability to heal itself, you can begin to take control of your health.

Naturopaths at Peace & Quiet will assist you to achieve and maintain good health by offering not only diet and lifestyle advice, but also a range of complementary therapies such as herbal medicine, vitamin and mineral therapy, homeopathy and flower essences.

Our naturopaths are qualified health professionals who use treatments that complement conventional medicine. They also have health fund provider numbers to enable you to claim the cost of your consultations.

First Consultation

\$60.00 **UFS Members \$54.00**
Duration: 1 hour

Subsequent Consultations

\$42.00 **UFS Members \$37.80**
Duration: 30 minutes

CLAIMING THE COST OF CONSULTATIONS

Rebates will be available from MOST Private Health Funds.

Our Naturopaths have provider numbers to enable you to claim.