



INSPIRED TO WELLBEING  
Achieving Wellness One Step At A Time

# INSPIRED TO WELLBEING

Karen Felimond is the founder of Inspired to Wellbeing, a highly motivated health and wellness consultant, certified & licensed skin care specialist and holistic practitioner.

Every service is delivered with the highest level of care and attention and individualism for the unique needs of each client.

Inside you will find an extensive range of services to meet your wellness and beauty needs for both men and women.

Expect, Excellence, Professionalism & Outstanding Results



Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# THE GIFT OF WELLNESS

Aspire To Feel Amazing All The Time

Give the "Gift Of Wellness" by purchasing a Gift Certificate for a loved one or friend. Gift Certificates can be created with a bespoke package or treatment or you can simply purchase a Gift Certificate for a monetary value.

If you have a "Wellness Membership" with us, your Gift Certificate can be purchased at a 15% discount off normal treatment rates.

Gift Certificates also make an excellent "Thank You" gifts especially for corporate companies. A discount may be extended for multiple purchase.

We also stock the most beautiful range of hand crafted  
Aromatherapy products

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# THE GIFT OF WELLNESS

Aspire To Feel Amazing All The Time

Because we are passionate about health, we offer a "Wellness Membership" which creates an affordable way of experiencing wellbeing on a regular basis.

Experience all the benefits of a monthly treatment from only \$75 per month. Your Wellness Membership includes a one hour KORE Therapy or Hydrotherm Body Massage treatment per month.

Enjoy 15% discount on any additional services and Gift Certificates. Monthly treatments may roll forwards as long as your membership is still valid.

Memberships may be cancelled after 6 months in the unlikely event you do not experience a renewed vitality.

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# K.O.R.E THERAPY

## Kinesthetic Optimum Recovery Enhancement

Kore Therapy is a ground-breaking treatment & assessment system specialising in finding and treating the underlying root cause to many conditions, creating an improvement even in the most chronic physical or mental health issues.

KORE is unique in instigating a natural recovery response, gently rebalancing the body and eliminating pain. It has had a dramatic impact on improving wellbeing and in athletes, accelerating sporting performance & recovery. Having a treatment changes peoples' lives; KORE has made a significant impact over the last 20 years with chronic pain, mobility problems, infertility and digestive issues.

Karen Felimond trained directly with Dr Brazier, the founder of KORE, Karen is currently the only certified KORE Specialist in the U.S.A

KORE Therapy Treatment \$89  
Treatment time is between 45-60 minutes

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# HYDROTHERM MASSAGE

World's first truly 3 dimensional body massage

Imagine floating, weightless on two warm water cushions which support you in perfect spinal alignment. No uncomfortable face holes or cricked necks, no need to turn over during treatment either. Just lay there and relax as your therapist gives you one of the best massage experiences in the world today.

Hydrotherm is perfect for every phase of life; Deep tissue for muscular aches and pains, stress relieving for expectant mums, with the comfort of Hydrotherm, massage can be experienced in your eighties, nineties and beyond. Every treatment is further enhanced with a custom blend of aromatherapy oils.

- 30 Minute Back/Legs/Scalp Massage \$49
- 60 Minute Full Body Massage \$89
- 60 Minute Reflexology Treatment \$89
- 90 Minute Full Body & Face Massage \$130



Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# SENSORY SKIN TREATMENTS

## Highly Effective Facials With A Sensory Experience

Relax and unwind floating on warm cushions of water while our expert esthetician customizes your facial experience to maximize your best features. Using high quality formulations to exfoliate, hydrate and smooth your skin. Customized aromatherapy oils coupled with specially selected music and color therapy will take your sensory experience to a whole new level.

Improve your mood by selecting one of the following;  
Joy, Calm, Focus, Breath

60 Minutes Experience \$89

90 Minutes Indulgence \$130

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# NUFACE SKIN FIRMING FACIAL

The Worlds' Best Kept Anti Aging Secret

This firming and lifting facial has been endorsed by many celebrities as their anti aging secret. NuFace, uses micro current to stimulate the muscles of the face, immediately lifting and firming the skin without the pain or discomfort of other anti aging options. Combined with powerful anti oxidant formulations, your skin will be renewed and your complexion brightened. You have the option of booking a course of treatments or purchasing the professional strength hand held "NuFace" to continue the benefits at home.

60 Minutes Lifting Facial \$125

Course of 6 \$600

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# UNIWAX HAIR REMOVAL

Expert Waxing For Men and Woman

When it comes to hair removal you want to know that you are in expert hands, with a high level of professionalism, hygiene, and expert efficient techniques. Expect nothing less.

- 
- Full Leg • \$60
  - Half Leg • \$39
  - Backs of Thigh \$35
  - Bikini • \$32
  - Full Bikini • \$40
  - Brazillian • \$75
  - Underarms • \$20
  - Eyebrows • \$18
  - Chin • \$12
  - Lip • \$15
  - Back • \$60
  - Chest • \$50
  - Full Arm • \$40
  - Half Arm • \$25

To remain smooth and hair free, our membership makes regular waxing more affordable. \$65 per month includes 60 Minutes of waxing of your choice & 15% off any additional waxing services.

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# ENHANCED BEAUTY

Bringing Out The Best In Everyone

We all want to look our best and sometimes we just need a little bit of help from the experts

- Bridal Makeup (Includes trial) \$150
- Special Occasion Makeup \$85
- Eyelash Strip Extensions \$85
- Individual Eyelash Extensions \$195
- Fill In Lashes up to 3 weeks \$60
- Fill in Lashes after 3 weeks \$85
- Eyelash Tint \$35
- Eyebrow Tint \$25
- Lash, Brow Tint & Shape \$20
- Total Body Polish \$50
- Body Polish and Tan \$45
- \$75



Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# HEALTH & WELLBEING CLASSES

Inspired Wellness One Step At A Time

Do you wake up wondering where your energy and vitality went? Join our classes and take positive steps to improving your wellbeing. Follow our Facebook page to find dates or book a private class for your friends.

- Optimizing wellbeing and avoiding dis-ease
- Detoxification - Are you sinking under a sea of toxins?
- You are what you eat!
- The power of aromatherapy
- Exercise is medicine for the body
- Know what you are putting on your skin
- Enhancing your natural beauty cosmetic class
- Feng shui for health and wellbeing
- Yin & Yang creates balance and health
- Achieving aspirations through creation of a vision board
- The power of Chi energy
- Meditation and mindfulness

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)

# IT'S ALL ABOUT THE EXPERIENCE

## A Few Things You Should Know

We want you to have the best experience whatever your treatment, the guide below will help you to achieve this.

Treatments are by appointment only

Please contact us within 24 hours of your appointment time should you need to change it to avoid being charged for the treatment

Appointments can be secured with credit or debit card booked via our website or over the phone or in person

Eyelash tinting and tanning will require a patch test 24 hours or more prior to the appointment

KORE Therapy is performed clothed so we recommend you wear something comfortable

# HOW TO FIND US

An Oasis of Positive Energy & Relaxation

Inspired to Wellbeing is a private practice located within the Kings Charter neighborhood in Mechanicsville 23116

Telephone: 804 441 4685

Email: [Info@inspired2wellbeing.com](mailto:Info@inspired2wellbeing.com)

Opening Hours

Monday to Friday 8.00am to 8.00pm

Saturday 8.00 am to 5.00 pm



Like

Inspired To Wellbeing LLC  
[www.inspired2wellbeing.com](http://www.inspired2wellbeing.com)