

A decorative line-art illustration of a branch with several leaves, positioned in the top-left corner of the page.

December Newsletter

Hello from Bendigo Wellness Centre
– We're Back with Exciting News!

It's been a little while since our last newsletter, and we're delighted to reconnect with you. There's fresh energy at the centre, and we're excited to welcome a new staff member, Jen to our team.



As part of her Colon Hydrotherapy training next week, we're offering a limited number of supervised training sessions – and to celebrate, you can book a special reduced package: \$450 for 4 sessions (normally \$525). This is a wonderful opportunity to support our newest team member while giving your body the gentle cleanse and care it deserves.

Feel free to share this offer with family and friends who may also benefit from a reset or have been curious about trying colon hydrotherapy.

Whether you're new to colon hydrotherapy or returning to continue your wellness journey, this is a great time to book in and experience the benefits for yourself & remember – please pass this offer on to anyone you think would love it.



Colon Hydrotherapy



\$450

4x Colon Hydrotherapy Appointments
December 8, 11, 15 & 22nd

Trainee Special
December 2025

Available for New or Existing Clients

Colon Hydrotherapy

- 4x Colon Hydrotherapy Appointments completed on December 8, 11, 15 & 22nd
- Times available 9am 10am 11am 12pm 2pm 3pm 4pm 5pm (first in best dressed)
- Available for new and existing Clients.

[BOOK HERE](#)

Why Clients Love Colon Hydrotherapy

Colon Hydrotherapy is known for helping people feel lighter, clearer, and revitalised. Some commonly reported benefits include:

- Improved digestion – may help reduce bloating, sluggishness, and discomfort
- Enhanced detoxification – supports the body in clearing built-up waste
- Increased energy – many clients report feeling more vibrant after a series of treatments
- Better nutrient absorption – a cleaner digestive system may help your body take in nutrients more effectively
- Kickstart to healthier habits – perfect before starting new wellness routines or lifestyle changes
- A feeling of overall lightness and wellbeing
- Assists with bad breath
- Relieves constipation and improves peristalsis

Infrared Sauna

How can FIR help you?

FIR heat therapy assists in detoxification through the skin, expelling built up heavy metals such as mercury and lead, harmful chemicals and substances like nicotine and alcohol. Heavy metals in our bodies cause imbalances and a build-up of these toxins can stop the cells from functioning correctly. This creates havoc in our bodies and triggers disease, physical pain, and general symptoms of ill health. Once these harmful substances have been eliminated and our cellular energy begins to circulate effectively, our body can achieve homeostasis and return to its natural state of good health

FIR heat therapy may assist with

- Pain Management
- Skin Purification
- Stress and fatigue relief
- Weight Loss
- Autoimmune conditions
- Arthritis
- Muscle Spasms
- Chronic Fatigue Syndrome
- Fibromyalgia
- Skin conditions such as eczema and acne
- Cellulite reduction
- Cold and flu complaints
- Detoxification
- Increased Metabolism
- Immune System Boost
- Ease Joint Pain and Stiffness
- Relaxation Improved Circulation

It is highly beneficial when FIR heat therapy is used in conjunction with colon hydrotherapy. By removing nasty disease-causing toxins from the cells and eliminating toxic waste through the colon, you are allowing healing to occur on many levels. You will feel lighter, sleep better, feel happier and have plenty of energy throughout the day.

Special Offer
10% Off
USE CODE
SAUNA10%



BOOK HERE

Floatation Therapy

Relax. Reset. Reconnect.

Floatation therapy offers a uniquely powerful way to calm the mind, relax the body, and restore balance. By effortlessly floating in warm, weightless water, your nervous system finally gets a chance to breathe – and your mind gets space to reset.

Special Offer
10% Off
USE CODE
FLOAT10%

A float session feels like a warm, weightless hug for your entire nervous system.

Clients step out feeling calm, refreshed, and truly recharged – the kind of reset you can feel for days.

Benefits of Floatation Therapy may include:

- Deep Stress Relief
- Natural Anxiety Reduction
- Total Muscle Relaxation
- Improved Mood & Emotional Well-Being
- Better Sleep (Naturally)
- Mental Clarity & Focus
- A Powerful Mindfulness Boost
- Relieves chronic pain from arthritis, fibromyalgia, tendonitis, chronic fatigue, back pain, neck pain and muscular tension
- Improve athletic performance
- Assists with muscle recovery.
- Strengthen the immune system & accelerate the healing process.
- Relieve PTSD, depression, anxiety & stress.



BOOK HERE

Product Of the Month...

BeWell Organic Tanning Mousse

Special Offer
#30% Off
USE CODE
BeWell30%

New Vanilla and Caramel Scent

A lightweight, Self-Tanning Foam that is simple to apply and gives a medium, long-lasting finish. Enriched with Aloe Vera, Davidson Plum and Lilly Pilly this premium quality formula hydrates the skin during and after the tanning process, leaving your skin with a beautiful Olive tone.

Key ingredients

DAVIDSON PLUM EXTRACT -

Promotes skin elasticity through improved collagen and elastin production.

LILLY PILLY FRUIT EXTRACT - Purifies skin and is high in antioxidants.

QUANDONG EXTRACT - High in Vitamin C which will keep skin looking youthful.



BeWell

[READ MORE](#)

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Gifts Under \$30...

Christmas is fast approaching and its never too early to start getting organised!

Think Teacher gifts, Kris-Kringle, Work colleagues...The list goes on!

Thoughtful gifts at affordable prices.

BeWell
Products

Special Offer
#30% Off
USE CODE
BeWell30%



Mini Mask
Facial Kit
\$20
Available in a
selection of colours!

[Buy Now](#)



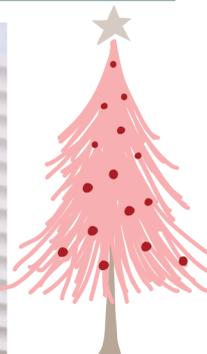
Makeup Remover cloths.
1x \$15
2x \$25
So Soft! & just add water!

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Bamboo Toothbrush
(adult & child sizes
available)
\$10.95

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BeWell
Facial Kit
\$30
Available in a
selection of
colours!

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