

Where You Truly Matter

Lifestyles

EST 2005

Wellness · Coaching · TCM · Yoga · Retreats · Workshops · Spa

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Traditional Chinese Medicine (TCM) is HST exempted

Initial Consultation & acupuncture, 75 minutes	\$120
Follow-up acupuncture, 45 minutes	\$70
Cosmetic Facial Acupuncture	\$95

Cosmetic Facial Acupuncture Supreme

Collagen Microderm Facial, Gua Sha, Red LED Light Therapy, Cosmetic Acupuncture 80 minutes \$180

TCM consultation: Lifestyle coaching, 45 min	\$110
TCM Herbal medicine, 1 week	\$15
Auricular (ear) therapy seeds or needle	\$35

Energetic Stress Detox

Acupuncture, Reiki, Sound Therapy, Aromatherapy, Smudging, Guided Visualization 75 minutes \$145

Add 20 minutes massage	\$30
Add 5 minutes Gua Sha	\$10
Add 20 minutes reiki	\$30

Metabolism Kick

Lifestyle review, 30 Minute custom workout, Acupuncture, Infra-Red Sauna Session, Green Juice 90 minutes \$165

Add 10 minute guided meditation	\$20
Add 10 minutes cupping	\$20
Add 10 minutes moxa	\$20
Add 20 minutes Stretch or Strength or combo	\$40

Ultimate Pain Relief

Cupping, Herbal Massage, Acupuncture, Moxa, Infra-Red Sauna session 90 minutes \$145

Reiki/Cupping/ Massage/Reflexology

* Massage: TuiNa, hot stone, deep tissue, aromatherapy, relaxation	
30 minutes	\$60
60 minutes	\$110

Stress Buster Package

Far Infra-Red Sauna session, 60 minute relaxation massage including scalp and reflexology, green juice or herbal tea 90 minutes \$125

Holistic Nutrition \$195

- 45 minute consultation: goals, health, dietary, supplements
- 7-day Meal plan & recipes provided
- Post plan question period

Follow-up Review, 30 minutes \$60

Personal Training, Strength, HIIT, Yoga

20 minutes	\$40
30 minutes	\$50
60 minutes	\$100
Group Classes: Single	\$20

Facials

Ageless, firming, hydrating, purifying, brightening	
Spa Facial, 75 minutes	\$140
Refresher Facial, 35 minutes	\$70
Add Microdermabrasion	\$30
Back Facial, 40 minutes	\$95

Detox Package

Far Infra-Red sauna session, dry skin brush, detox body wrap, 30 minute Relaxation massage, scalp massage, green juice 90 minutes \$170

Body Scrub, 35 minutes	\$80
Body Wrap, 60 minutes	\$140
Firming, Circulation, Hydrating, Black mud, Seaweed	
Includes dry skin brushing, wrap & serum massage	
Tint Lash \$25	Brow \$20

Wax Women

Face: brows, lip, chin, cheeks	\$40
Face, lower ab, forearms, underarms, Bikini, Full legs	\$195

PLEASE PROVIDE AT LEAST 48 HOURS TO CANCEL OR RESCHEDULE. 24 HOURS OR LESS NOTICE, WE CHARGE 60% OF THE SERVICE TOTAL. NO SHOW OR 15 + MINUTES LATE, WE CHARGE 100% OF THE SERVICE. PLEASE ARRIVE ON-TIME AND PLEASE TURN YOUR PHONE TO VIBRATE.

