

Where You Truly Matter

# Lifestyles

EST 2005

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

**Kelly Linstead, RTCMP, RAc, RHN, PTS, HYI**

Registered Traditional Chinese Medicine Practitioner, Registered

Acupuncturist, Registered Holistic Nutritionist, Personal Trainer, Yoga & Meditation

Instructor, Reflexologist, Reiki Master, Aromatherapist, creator of Luminous natural skin care line

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## Traditional Chinese Medicine (TCM) is HST exempted

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

**Cosmetic Facial Acupuncture Supreme**  
Microdermabrasion or Hi-Frequency machine Collagen Facial, Gua Sha, Red LED Therapy, Cosmetic Acupuncture 80 minutes \$180

TCM consultation: Lifestyle coaching, 45 min	\$110
TCM Herbal medicine, 1 week	\$16
Auricular (ear) therapy seeds or needle	\$35

**Energetic Stress Clearing**  
Acupuncture, Reiki, Sound Therapy, Aromatherapy, Smudging, Guided Meditation 75 minutes \$145

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

**Metabolism Kick**  
Nutrition and Lifestyle review, 30 Minute custom workout, Acupuncture, Infra-Red Sauna Session, Green Juice 100 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

## Reiki/Cupping/ Massage/Reflexology

\* Massage: TuiNa, hot stone, deep tissue, aromatherapy, relaxation

30 minutes	\$60
60 minutes	\$110

## Ultimate Pain Relief

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

## 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	\$55
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 or Hi-Frequency or Red Light	\$35
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

<b>Body Scrub</b> , 35 minutes	\$80
<b>Body Wrap</b> , 60 minutes	\$140
Firming, Circulation, Hydrating, Black mud, Seaweed Includes dry skin brushing, wrap & serum massage	

## Stress Buster Package

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

PLEASE PROVIDE AT LEAST 48 HOURS TO CANCEL OR RESCHEDULE.

24 HOURS OR LESS NOTICE, WE CHARGE 60% OF THE SERVICE TOTAL

Cancel 6 HOURS or less notice or NO SHOW OR 15 + MINUTES LATE, WE CHARGE 100% OF THE SERVICE TOTAL

PLEASE ARRIVE ON-TIME AND PLEASE TURN YOUR PHONE TO VIBRATE.