

*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	\$80
Cosmetic Facial Acupuncture	\$99
TCM consultation: Lifestyle coaching, 45 min	\$110
TCM Herbal medicine, 1 week	\$16
Auricular (ear) therapy seeds or needle	\$35

### Add-On therapies

Add 20 minutes massage	\$30
Add 5 minutes Gua Sha	\$10
Add 20 minutes reiki	\$30
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
Add Far Infra-Red Sauna (Reg. \$30)	\$25

### Massage and Energy Work

TuiNa, hot stone, deep tissue, aromatherapy, relaxation. Reiki, sound therapy, Cupping, Reflexology	
30 minutes	\$60
60 minutes	\$110

#### Ultimate Pain Relief

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

#### Cosmetic Facial Acupuncture Supreme

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

#### Energetic Stress Clearing

Acupuncture, Reiki, Sound Therapy, Aromatherapy, Smudging, Guided Meditation      75 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-On

Microdermabrasion or Hi-Frequency or Red Light	\$35
Back Facial, 40 minutes	\$95
Body Scrub, 35 minutes	\$80
Body Wrap, 60 minutes	\$140
Firming, Circulation, Hydrating, Black mud, Seaweed	
Includes dry skin brushing, wrap & serum massage	

#### Detox Package

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

#### Stress Buster Package

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

#### Metabolism Kick

Nutrition and Lifestyle review, 30 Minute custom workout, Acupuncture, Infra-Red Sauna Session, Green Juice      100 minutes \$165

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