



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

1260 Journeys End Circle, Unit 18. Newmarket, ON L3Y 8Z7

Call/Text 905-252-7087 kelly.lifestyleswellness@gmail.com www.lifestylesspafitness.com

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

\$40

- 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.