



Your one-stop destination to achieve optimal health and wellness.

## A WORLD OF WELLNESS OFFERINGS



### MASSAGE THERAPY

Whether you seek relaxation, stress reduction, relief from chronic pain or stiff muscles, or just time away for yourself; our specialty massages can be personalized for your needs. We offer therapeutic, prenatal and oncology massages.

**Therapeutic/Oncology Session 1 hr. \$99 | Buy 5, get 6<sup>th</sup> free \$495**  
**Prenatal Session 1 hr. \$109 | Buy 5, get 6<sup>th</sup> free \$545**  
Gratuity is not accepted.

### ACUPUNCTURE\* & CUPPING

Acupuncture has been recognized for treating 40 common disorders and is also proven to relieve stress and improve depression and anxiety.

Cupping may help reduce muscle pain and fatigue, and improve immune function.

**Acupuncture: Evaluation & first visit \$175 | Follow-up \$115**  
**Cupping: 30 min. \$50 | Buy 5, get 6<sup>th</sup> free \$250**

### YOGA

Yoga provides numerous physical and mental benefits resulting in a healthier lifestyle. We offer gentle and flow yoga sessions with breathwork and meditation for every level.

**Individual session \$89 | Semi-private session \$45**  
Package options available

### PRE AND POSTNATAL YOGA & PILATES

Yoga and Pilates offer a holistic approach to encourage a smooth pregnancy. After birth, yoga and Pilates will help rebuild strength and release tension.

**Individual session \$109 | Semi-private session \$55**  
Package options available

### PILATES

Our Pilates program is the perfect blend of muscle conditioning, stretching and balance training. Offerings include prenatal, postnatal and general wellness. No prior experience is required.

**Individual session 1 hr. \$89 | Reformer Semi-Private 1 hr. \$45**

*continued on reverse*

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### MEDITATION & MINDFULNESS

Learn the tools of meditation, mindfulness and breathing exercises to change the landscape of your thinking and start the journey towards a more peaceful and happier you.

Individual session 1 hr. \$139

### GET FIT PROGRAM

A certified personal trainer and yoga instructor will customize a fitness and flexibility program to help reach your goals in a private and supportive environment.

Individual session 1 hr. \$90 | Buy 9, get 10<sup>th</sup> free \$810

Semi-Private Session 1 hr. \$45

### DIETITIAN SERVICES\*

As recommended by your physician, our registered dietitian can help make dietary modifications to prevent and manage a variety of conditions and food allergies.

Individual consultation 45 min. \$79

### SEXUAL HEALTH AND COUNSELING\*

Our licensed marriage and family therapist will support you in navigating your emotions, while providing proven strategies and counseling to address conditions such as anxiety, depression, sexual health and relationships. We specialize in guiding men and women who may be experiencing challenges from sexual health to everyday stresses of life and much more.

Counseling session 1 hr. \$175

### REIKI

A gentle, holistic technique that uses universal energy to activate the natural healing abilities of the body. A hands-on or hands-off technique will be used to bathe your body in this healing energy. You will be fully clothed during the session.

Individual session 1 hr. \$89

### GUIDED IMAGERY & CLINICAL HYPNOSIS

Supporting the body and mind, guided imagery can be used to help you through pain management, preparing for childbirth, cancer treatments, weight release, trauma and grief.

Individual session 2 hrs. \$210

#### LOCATIONS:

**Newport Beach:** 500 Superior Ave., Suite 315

**Irvine:** 16305 Sand Canyon Ave., Suite 210

**For a complimentary personalized consultation with our Wellness Coordinator, please call 949-764-7239.**

\*Superbill for insurance reimbursement provided for some services.