



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.

Individual Session 1 hr. \$89 | Buy 5, get 6th free \$445
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 \$165 | Follow-up \$105
Cupping: 30 min. \$50 | Buy 5, get 6th free \$250

YOGA

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

Individual session \$105

PRE AND POSTNATAL YOGA

Yoga is a holistic approach to help with a smooth pregnancy and also to rebuild strength and release tension after delivery.

Individual session \$139

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 | Buy 5, get 6th free \$445
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 nutritionist will customize a fitness and nutrition program to help reach your goals in a private and supportive environment.

Individual session 1 hr. \$90 | Buy 9, get 10th 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.