



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 6<sup>th</sup> free \$445  
Gratuity is not accepted.

### ACUPUNCTURE\* & CUPPING

Acupuncture has been recognized by the World Health Organization 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 6<sup>th</sup> free \$250

### YOGA

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

Classes 1 hr. \$15 | 10-class pack \$100  
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.

Classes 1 hr. \$20 | 10-class pack \$150  
Individual session \$139

### PILATES

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

Individual session 1 hr. \$89 | Buy 5, get 6<sup>th</sup> free \$445  
Reformer Semi-Private 1 hr. \$45  
Classes 1 hr. \$20 | 10-class pack \$150

*continued on reverse*



## A WORLD OF WELLNESS OFFERINGS

### 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 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 30 min. \$79

### SEX THERAPY/PSYCHOLOGY SERVICES\*

A licensed psychologist and certified sex therapist will help you cope with sexual issues and have more comfortable sexual experiences. We specialize in pelvic pain disorders, sexual dysfunction, pregnancy & postpartum, sexuality and relationships.

Treatment session \$210

### 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.

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