

ACUPUNCTURE & CHINESE MEDICINE

Acupuncture 1st Visit 90 minutes

An extended evaluation with a full discussion of your medical history, current concerns and questions followed by an acupuncture treatment

Acupuncture Follow-Up 60 minutes

Follow-up evaluation and treatment
Option for a 15 Minute Add-On of choice: cupping, gua sha, or AromaPoint

Acupuncture Plus 90 minutes

Acupuncture Follow-Up appointment with a 30 minute add-on of choice: cupping, gua sha, reflexology, massage or AromaPoint

AromaPoint Therapy 30 or 60 minutes

A relaxing combination of customized aromatherapy and acupressure - excellent for children or those who would prefer a treatment without needles

Cupping 30 minutes

Gua Sha 30 minutes

Moxibustion & E-Stim are included in the cost of the appointment, if needed

Herbal or Virtual Consultation 30 minutes

APPOINTMENT PRICING

30 minute appointment \$45 (1 Credit)
60 minute appointment \$85 (2 Credits)
90 minute appointment \$125 (3 Credits)

15 Minute Add-On \$20
30 Minute Add-On \$40

MASSAGE & HEALING THERAPIES

Classic Massage* 30, 60 or 90 minutes

Reflexology* 30 minutes

Focused on the zones of your feet corresponding with different body systems and organs

Reflexology Plus* 60 minutes

Includes reflexology plus a 30 minute massage on an additional area of focus

Facial Massage* 30 minutes

Focused on your head, scalp, face, neck and upper shoulders - great for allergies, congestion and TMJ

Facial Massage Plus* 60 minutes

Includes facial massage plus a 30 minute massage on an additional area of focus

Active Stretching* 30 or 60 minutes

One-on-one stretching targeting major muscle groups with a customized focus of choice

Aromatherapy Massage* 60 minutes

Choose between a relaxing, invigorating, seasonal focus or custom choice of essential oils

Lymphatic Drainage Massage* 60 minutes

A gentle, soft pressure massage that encourages the movement of lymph around the body

Reiki Energy Healing* 60 minutes

A meditative technique to move energy, activate physical healing and restore emotional well-being

Sports Massage* 60 or 90 minutes

Includes cupping and/or targeted stretching

Himalayan Sea Salt Massage* or Hot Stone Massage* 90 minutes

Smooth, heated stones or salt blocks melt away tension, increase circulation and reduce stress for deep relaxation

*NJ State Tax will be applied to these services

Wellness Your Way MONTHLY MEMBERSHIPS

CHOICE \$99 per month

Choice of: Unlimited Classes **OR**
(3) **Wellness Your Way** Credits (\$125 value)
10% off products

DELUXE \$179 per month

Unlimited Classes **AND**
(3) **Wellness Your Way** Credits (\$125 value)
15% off products

ULTIMATE \$299 per month

Unlimited Classes **AND**
(6) **Wellness Your Way** Credits (\$250 value)
20% off products

Memberships auto-renew monthly.
Cancel any time. Please see full terms & conditions.



APPOINTMENT CREDITS

Purchase multiple appointment credits, in advance, to lower the cost per session. Book your favorite regular appointment or mix and match to try all we have to offer! Each credit equals 30 minutes. Use multiple credits for longer appointments.

10 Credits \$400

20 Credits \$750

YOGA, FITNESS & MINDFULNESS

YOGA & MEDITATION

Drop-In Class \$15

Private Session \$85 (2 credits)

10 Pack \$125

Unlimited classes available with a monthly, auto-renew Wellness Your Way Membership

HIMALAYAN SEA SALT CAVE

All sessions are 50 minutes

Multiple packs available to lower the cost per session

Open Session per Chair \$25*

Private Session for 1 \$45* (1 credit)

Private Session for 2 \$75* (2 credits)

Private Session for 3-5 \$100* (2 credits)

CREATE YOUR OWN!

Don't see a class on the schedule that works for you? Create your own!

Customized private yoga classes, group stretching, guided meditations, fitness boot camps, athletic training, personalized workshops and more! Design a program, class series or workshop that's best for your goals & your schedule.

	1 Session	4 Sessions	8 Sessions
1-2 participants	\$85 (2 credits)	\$325	\$625
3-5 participants	\$125 (3 credits)	\$475	\$875
6-10 participants	\$150 (3 credits)	\$550	\$1050

Private Retreat Wellness Experience

OPTION 1: Start your event with a personalized yoga class, followed by a group acupuncture session.

OPTION 2: Begin with a guided meditation and then enjoy mini-treatments of chair massage.

OPTION 3: Any customized schedule designed by you!

All events include relaxing in the Himalayan Sea Salt Cave and enjoying the peaceful 800 square foot outdoor deck throughout the experience.

Perfect For Your Next Event

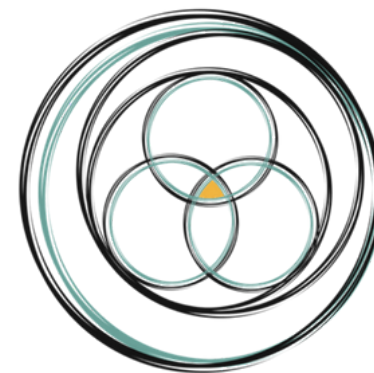
Bridal Showers, Bachelorette Parties, Wedding Weekends, Baby Showers, Anniversaries, Birthday Celebrations, Corporate Retreats & more!

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The Place for Wellness Your Way