

THE MOMENT

MASSAGES

CORRECTIVE THERAPEUTIC DEEP TISSUE

The Corrective is a deep tissue massage that includes Trigger Point Therapy, Stretching, Myofascial, Neural Reset Therapy®, and Medi-Cupping and offers you a therapeutic experience.

\$135 / 90 min
\$105 / 60 min

THAI YOGA MASSAGE 85 minutes TABLE OR FLOOR MAT \$150

This invigorating and relaxing stretch of your body is also known as the “lazy man’s yoga”. Keep your muscles and mind flexible while you relax with aromatherapy, warmed towels & stones.

MEDICAL MASSAGE \$145+ PERSONAL INJURY, AUTO ACCIDENT

We work closely with your medical team; Chiropractor, Physical Therapist, Orthopedic & Legal Team to bring about results. Pricing begins at \$145 and may vary depending on your needs, prescribed therapy by your medical / legal team.

POST OPERATIVE MLD \$140 MANUAL LYMPHATIC DRAINAGE

Post Operative Manual Lymphatic Drainage can begin 24 hours following your procedure. 8 - 10 treatments back to back are recommended to reduce swelling, pain and bruising, helping you to speed up the healing process.

Works best after tummy tuck, liposuction, breast augmentation, breast reduction, mastectomy, knee, hip or, shoulder replacement, joint repair/replacement.

* See Post Surgical Lymphatic Drainage Packages

SERVICE ENHANCERS

ADD TO YOUR EXPERIENCE

AROMATOUGH® & REFLEXOLOGY +30 minutes + \$49

Combines the unique benefits of human touch with the power of therapeutic essential oils to create an overall wellness experience.

ROOTS 30 minutes

IONIC FOOT DETOX	\$39
WITH REFLEXOLOGY + 20 mins	\$59
WITH FOOT PEEL + 30 mins	\$79

The ionic foot detox draws out toxins in your body through the pores of your feet. This reduces heavy metals toxicity from your organs and provides overall wellness.

SYMPHONY OF THE CELLS \$69 CONDITION SPECIFIC + 30 minutes

Combine with any service to experience the healing benefits of therapeutic essential oils.

ANTI-INFLAMMATORY PROTOCOL
INFECTIOUS RECOVERY
LYMPHATIC RECOVERY
CARDIOVASCULAR RECOVERY
IMMUNE SYSTEM & DETOX (MAXIM)
NERVOUS SYSTEM RECOVERY
HORMONE BALANCING
RESPIRATORY RECOVERY
DIGESTIVE RECOVERY
ADRENAL & STRESS PROTOCOL
OSTEO, BONE, JOINT RECOVERY

*See brochure for further details of each recovery protocol.

THE PROTOCOLS

SYMPHONY OF THE CELLS

+30 minutes + \$69

Each protocol includes the topical application of therapeutic-grade essential oils along the spine, back and feet in addition to inhalation, warm compress, and Earthing session to create an overall wellness experience.

ANTI-INFLAMMATORY PROTOCOL

Addresses inflammation & inflammatory conditions. Conditions may include but are not limited to *Chronic Pain, Fatigue, Fibromyalgia, Lupus, Aches, Joint & Muscle Discomfort, Inflammation, Tendonitis, Bursitis, Digestive Distress, Connective Tissue Disorders, Over-Training & Adrenal Fatigue.*

INFECTIOUS RECOVERY PROTOCOL

Addresses chronic or non-chronic infections such as *Bacteria, Fungus, Yeast/Candida, Mold, Parasites, Virus, Lyme, Flu, West Nile, Hepatitis, Colds, Mono, Epstein Barr, Shingles, Sore Throats, Sinus Issues, Gut distress or Chronic Constipation.*

LYMPHATIC RECOVERY PROTOCOL

Addresses lymphatic and immune system issues such as *Lymphedema, Weight Loss, Cellulite, Neuritis, Raynaud's Disease, Fluid Retention, Cushing's Disease, Cystitis, Edema, Acne, Kidney Stones and Swollen Lymph Nodes.*

CARDIOVASCULAR PROTOCOL

Addresses circulatory system issues such as *Angina, Arrhythmia, Arrhythmia, Atherosclerosis, Cholesterol Problems, High Blood Pressure, Phlebitis, Raynaud's Disease, Varicose Veins, Heart Failure, Low Blood Pressure, Aneurysm and Coronary Artery Disease.*

IMMUNE SYSTEM (MAXIM) PROTOCOL

Addresses immune system & detoxification challenges such as *Allergies, Cancer, Lyme, Parasites, Tumors, Autoimmune, Meningitis, Migraine, Cirrhosis, Epstein Barr, Lupus, Shingles, Lymphoma, Mononucleosis, Pneumonia and Influenza.*

NERVOUS SYSTEM PROTOCOL

Addresses neurological imbalances such as *MS, Anxiety, Depression, Neuropathy, Seizures, Tension, Concussion, PTSD, Emotional Trauma, Fear, Parkinson's ADHD, Epilepsy, Grave's, Headaches, Insomnia, Headaches and Polyneuropathy.*

HORMONE BALANCING PROTOCOL (SOLAR)

Addresses the body's ability to balance hormones and combat endocrine related issues such as Thyroid Imbalance, Cushing's Disease, Addison's Disease, Addison's, Hyper or Hypopituitarism, Hypoglycemia, Hashimoto's Disease, Fallopian Tube Challenges, Menopause, PMS, Post-Partum, Depression, Anxiety, Endometriosis, Fibroid Cysts, Hot Flashes, Infertility and more.

RESPIRATORY PROTOCOL

Addresses respiratory issues including *Asthma, Bronchitis, Cough, Breathing Issues, Congestion, Croup, Flu, Influenza, Laryngitis, Pneumonia, Sinus Infections, Strep, Tonsillitis, Tuberculosis, Coughs, Sore Throat, Rhinitis, and more.*

DIGESTIVE PROTOCOL

Addresses digestive issues including *Acidosis, Candida/Yeast Infection, Constipation, Crohn's, Diverticulitis, Acid Reflux, Acne, Allergies, Cirrhosis, Gastritis, Heartburn, Hemorrhoids, Hepatitis, IBS, Indigestions, Nausea, Ulcers, Colic, Colitis, Eczema, Inflammation, Psoriasis, Stomach Aches & more.*

ADRENAL AND STRESS PROTOCOL

Addresses stress and adrenal fatigue. Including *Addison's Disease, Adrenal Cancer, Anorexia, Chronic Fatigue, High Blood Pressure, Diabetes, Muscle Weakness, Mental Fatigue, Depression and Low Energy.*

OSTEO, BONE AND JOINT RECOVERY PROTOCOL

Addresses conditions including *Arthritis, Rheumatoid, Osteoporosis, Osteomyelitis, Bursitis, Neuropathy, Bone Cancer, Scoliosis, Gout, Varicose Veins, Spondylitis, Osteopenia and Paget's Disease.*

THE JOURNEY

SPA TREATMENTS

DETOX 30 minutes
INFRARED SAUNA 5 TX / \$77

Infrared saunas use advanced therapy to promote heat generation in the body at an enjoyable temperature. This enhances calorie burn (up to 600 calories per session), reduces muscle pain and boosts your immune system.

FLOAT 60 - 90 minutes
ZERO GRAVITY SENSORY TANK
SINGLE SESSION 60 min. \$69 / 90 min. \$99
PACKAGE OF 4 60 min. \$175 / 90 min. \$195

A zero-gravity environment that allows your mind & body to completely let go, relax & reset. Using 1,000 pounds of detoxifying salts, the buoyancy of the water feels like floating on air. Eliminating the forces of gravity pulling on the musculoskeletal & nervous systems, you effortlessly experience pain relief.

THE WRAP 60 minutes
CELLULITE BODY SCULPT \$169
GOOD KARMA RELAX & DETOX \$149
"SHRINK" WRAP - INCH LOSS \$189

These Body Wraps will increase your metabolic rate to rejuvenate, hydrate, detox & slim inches off your body as well as relax your muscles. A Signature combination of steam, ayurvedic oils & cleansing mud. DROP 6 - 10 inches in under an hour. Includes Infrared Sauna or Red Light Therapy and Whole Body Vibration

VICHY SHOWER 45 minutes
EUROPEAN BODY POLISH \$149

Buff away dry, dull skin with your favorite scented cleansing body polish followed by a multi showerhead European Vichy Shower, which washes and massages your body clean with warm water. Includes Infrared Sauna & Red Light Therapy. Elevate, Purify, Serenity, Citrus Bliss

THE JOURNEY MD

MEDICAL BODY TREATMENTS

RADIO FREQUENCY 30 minutes
BODY FAT & CELLULITE 4 TX / \$1250

Radio Frequency treats the appearance of Cottage cheese tush. Orange peel thighs. Let's face it: Cellulite is not a pretty topic. We treat the appearance of fat deposits under the skin, that gives it a dimpled or lumpy look. Get smooth. Choose your area and let's get results!

Targets: Knees, Thighs, Abdomen, Back, Bra area, Flanks

ULTRASOUND - HIFU 60 minutes
ULTRASOUND RESHAPING \$850

Target Areas: Arms, Abdomen, Back, Thighs with Non-Surgical high intensity focused ultrasound that uses your lymphatic system to whisk away fat stores within 8-12 weeks. Permanently!

COOLSCULPTING™
COMPLIMENTARY CONSULTATION

Reach your body goals with a complimentary consultation. CoolSculpting is a liposuction alternative that can blast away problem areas and permanently remove up to 25% fat within 4 to 12 weeks.

Target Areas: Arms (bra bulge and triceps), Thighs (inner & outer), Abdomen (upper, lower, sides), Flanks / Love Handles, Bra Line, Chest, Neck.

STRETCH MARKS & SCARS
SKIN LAXITY, CELLULITE, REVERSES AGING

MICRONEEDLING & PRP
Stomach, Thighs or Above Knees 3 TX / \$850
PRP (Add on) 3 TX / \$1125

DIAMOND PEEL EXFOLIATION
Stomach, Thighs or Above Knees 3 TX / \$850

* VISIT REQUIRES MEDICAL GRADE NUMBING WHICH IS AN ADDITIONAL CHARGE.

THE BEAUTY MD

MEDICAL FACIALS

SKIN RESURFACING

AGING OR ACNE / ACNE SCARRING

CUTERA LASER GENESIS™

FACE, NECK & DÉCOLLETÉ 4 TX / \$1900

This will address cosmetic concerns including; excess oil production, wrinkles, skin laxity, enlarged pores, uneven skin texture, dilated capillaries and redness from rosacea. Stimulates collagen growth.

PHOTOFACIAL

FACE, NECK & DÉCOLLETÉ 4 TX / \$1500

Meet the best in fighting off the signs of aging. This revolutionary anti-aging treatment works with harmonized energy technology to reduce wrinkles and lift facial contours. Designed to be used on all areas of the face and neck, this revolutionary technology repairs collagen and elastin fibers from the inside out. IPL or DIODE treatment.

HIFU, RF & PLASMA 30 minutes
TIGHT & LIFTED SKIN 4 TX / \$1850

Radio Frequency facial treatments stimulate collagen production resulting in immediate tightening of the skin for a long lasting lift and increased volume. This treatment softens fine lines, lifts the cheeks, and tightens the jawline maintaining youthful glow.

SR PEEL

MEDICAL GRADE CHEMICAL PEEL \$1650
2 PART SERIES SCHEDULED 8 WEEKS APART

A unique peeling treatment formulated to be the most effective way to obtain healthy, glowing, beautiful, young-looking and blemish-free skin. Experience a superior peeling that is totally safe and effective, and suitable for skins of all ages, types and colors.

* VISIT REQUIRES MEDICAL GRADE NUMBING WHICH IS AN ADDITIONAL CHARGE.

VI PEEL™

MEDICAL GRADE CHEMICAL PEEL \$350

The Vi Peel™ tackles skin problems at the cellular level. It helps erase fine lines and wrinkles, shrink enlarged pores, acne & excess oil production, hyperpigmentation including melasma and to build collagen and elastin for tighter skin.

THERMOLYSIS*

HIGH FREQUENCY RF SPOT TREATMENTS

1 - 2 SPOTS \$50
3 - 4 SPOTS \$70
15 MINUTES \$150

Treatable skin irregularities:

- Telangiectasia (burst capillaries)
- Black / White heads
- Sebaceous Hyperplasia
- Cholesterol Deposits
- Seborrhic Keratosis
- Rosacea
- Moles
- Cherry Angiomas
- Fibromas
- Clogged Pores
- Sun Spots
- Skin Tags
- Warts
- Milia

Treatment is long lasting and results are instantaneous.

MICRONEEDLING*

STEM CELLS & PRP (PLATELET RICH PLASMA)

FACE & NECK with STEM CELLS 3 TX / \$1950
FACE & NECK with PRP 3 TX / \$2285
FACE & NECK with RF 3 TX / \$3500
PRP INJECTIONS (UNDER EYE) 3 TX / \$2025
PRP + STEM CELLS (HAIR LOSS) 4 TX / \$3500

FILLERS, FAT REDUCTION & BOTOX

XEOMIN®, **BOTOX®** improves the look of moderate to severe frown lines between the eyebrows (glabellar lines).

JUVÉDERM® XC, **ULTRA PLUS XC**, **VOLLURE™ XC** correction of moderate to severe facial wrinkles and folds (nasolabial folds).

JUVÉDERM® ULTRA XC natural looking, long-lasting fuller lips.

KYBELLA® to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called "double chin."

THE BEAUTY

FACE, NECK & DÉCOLLETÉ,
BODY

THE BEAUTY FACIAL \$130

CORRECTIVE FACIAL TREATMENT

The Beauty Facial is a personalized skin correcting experience that cleanses and exfoliates, promoting a clear well hydrated complexion, to help your skin look and feel younger and refreshed.

AQUASURE™ HYDRO FACIAL

WATER-BASED MICRODERM +\$165

Aquasure uses a unique infusion of active ingredients to exfoliate, extract and hydrate skin, and the spiral design delivers painless extractions. This facial easily dislodges and removes impurities while simultaneously delivering hydrating & correcting skin serums, plus glycolic acid.

SCULPLLA FILLER FACIAL

COLLAGEN BUILDING 3 TX / \$1695

Collagen stimulation continues for 5 weeks after a single treatment and for up to 5 months after a series of 3 treatments done 1 week apart.

HIFU FACE LIFTING

COLLAGEN BUILDING 3 TX / \$1850

Collagen stimulation with an instant, visible lift after the first treatment. Results last up to 2 years! A series of 3 treatments done 1 month apart. Full face and neck treatment.

SERVICE ENHANCERS

DERMAPLANING +\$89
MICRODERMABRASION + LED +\$79
MICROCURRENT + LED +\$100
LYMPHATIC DRAINAGE (CUPPING) +\$100

THE PERKS

DARK CIRCLE EYE TREATMENT +\$25
NECK FIRING TREATMENT +\$35
LIP PLUMPING TREATMENT +\$45
EAR CANDLING +\$20
TEETH BRIGHTENING 3 TX / \$300

BROWS & LASHES

BROW WAX \$25
BROW TINT or LASH TINT \$22
LASH LIFT \$85
LATISSE®

SERVICE ENHANCERS

EUROPEAN

ULTIMATE RELAXATION + 30 minutes \$50

Increases vitality and relaxes head, neck, hand and feet tension with added reflexology.

CHEMICAL PEEL

+ 20 minutes

LIGHTEN, BRIGHTEN, CLARIFY

Soften fine lines, reduce pores and smooth texture.

Available Treatments:

TCA
JESSNER & MODIFIED JESSNER
CUSTOMIZED LIGHTENING
A&O (ACNE)
ALPHA PIGMENT
RETINOL

BACK-ACNE FACIAL

+ 30 minutes

FLAWLESS BACK & FANNY \$189

A back & fanny facial that will turn heads! A back that's clear, smooth and hydrated with a fanny to match! Includes corrective treatments & extractions.

THE SMOOTH

FACE & BODY HAIR REMOVAL

WAXING & SUGARING

BIKINI	\$39
EXTENDED BIKINI	\$55
BRAZILIAN - MALE	\$95
BRAZILIAN - WOMEN	\$69
GLUTES	\$50
LEGS	\$65 / \$100
HAIRLINE	\$30
UNDERARMS	\$24
ARMS	\$50 / \$70
STOMACH, CHEST OR BACK	\$59 / \$89
FULL FACE	\$69
EYEBROWS & CONTOUR	\$22
LIP, CHIN, OR SIDEBURNS	\$16

Results last up to 4 weeks or more once you've completed treatments through all hair growth cycles.

INTIMATE LIGHTENING

BRAZILIAN AREA with KIT 4 TX / \$750

INGROWN HAIR TREATMENTS

VA-JACIAL - Intimate Facial \$99

INTIMATE STEAMING 30 minutes

V - STEAM / YONI STEAM / PERIANAL \$49

The Steam gently and powerfully cleanses the body to allow the softening of muscles, joints, and mental clarity.

For Men: Aid in healing hemorrhoids, Muscle Recovery, Stimulates healthy sexual energy.

For Women: Tightens the Vagina, Regulates menstrual cycle, Relieves menstrual cramps, mood stabilization.

THE SMOOTH MD

LASER HAIR REMOVAL*

CONSULTATION NEEDED

TREATMENT AREAS:

- Female & Male: Brazilian & Bikini
- Chest & Abdomen
- Legs: Half or Full
- Back: Half or Full
- Arms: Underarms, Half or Full Arms
- Face & Neck
- Hands & Fingers, Feet & Toes

We treat the body so you can stay smooth! Come in once per month and get your hair pulsed away with our semi-permanent hair reduction services! We use a combination of lasers; Diode, IPL and ND Yag to treat every skin type and hair color.

ELECTROLYSIS *

CONSULTATION NEEDED

TREATMENT AREAS:

- Female & Male: Brazilian & Bikini
- Chest & Abdomen
- Legs: Half or Full
- Back: Half or Full
- Arms: Underarms, Half or Full Arms
- Face & Neck
- Hands & Fingers, Feet & Toes

We treat the body so you can stay smooth permanently! Treats every skin type and hair color even gray and blonde.

* NUMBING FOR 8-10 TREATMENTS IS AVAILABLE FOR AN ADDITIONAL FEE.

THE INFUSION

IV HYDRATION THERAPY

“HANGOVER” RECOVERY

THE AFTER PARTY DRIP \$140

Reverse your hangover with a high dose of fluids and vitamins that rehydrate and detoxify cells.

LISTEN TO YOUR HEART

ANTI-HYPERINTENSIVE \$150

Life gets better when you Listen To Your Heart! Our infusion decreases symptoms of angina, hypertension, and aids in lowering blood pressure to keep you ticking.

PEACE OF MIND

STRESS RELIEF \$195

You work hard and long, multitasking, multi-managing, and affecting lives — and you burn through your nutrients as fast as you can replace them. This treatment can help improve your energy, efficiency and mood.

MIGRAINE RELIEF

HEADACHE RECOVERY \$156

Headaches and migraines can be debilitating. Sometimes these symptoms can last for days, causing a major interruption into your daily life.

MYER'S COCKTAIL

EVERYTHING BUT THE KITCHEN SINK \$189
MYERS PLUS \$249

Enhances the immune system, reduces fatigue, helps with seasonal allergies, reduces symptoms of fibromyalgia and asthma.

IMMUNE BOOSTER

ALLERGY, COLD SYMPTOM RELIEF \$162

Strengthen your system and ward off colds and flu.

VITAL BOOST

DETOXIFY + VITAMINS & MINERALS \$185

Give your body the fuel it needs to stay healthy and on the go, helping improve both immune health and mental clarity.

BEAUTIFUL SKIN

LIGHTENING & BRIGHTENING \$150

Beautiful Skin begins on the inside with our infusion that aids in removing toxins and allows your skin the ability to regenerate, rejuvenate and recover.

GYM IN A BAG

PERFORMANCE ENHANCEMENT \$180

For the gym enthusiast that's building up to a marathon or just pumping the iron at home this infusion reduces muscle fatigue to help you recover quickly.

METABOLISM BOOSTER

WEIGHT LOSS IN A BAG \$170

Metabolism is the process of breaking down proteins, carbohydrates, and fats to yield the energy your body needs to maintain itself.

ULTRA HYDRATE

HYDRATION + ENERGY \$100

A boost of energy to get you through the week. Feel better doing your day-to-day activities without that mental fog.

HIGH DOSE VIT C

ULTRA IMMUNE BOOSTER PER GRAM \$16.17