



COACHING SERVICES

- Holistic Life Coaching or Career Coaching: \$135/Session
 - o Six Pack- 10% discount (save \$81): \$729
- Business Coaching: Email for Consultation

WELLNESS SERVICES

- 60 Minute Reiki Treatment: \$85
 - o (all reiki treatments include reiki infused water, reiki card reading, and hot stones)
- 90 Minute Reiki Treatment: \$110
- Aromatic Scalp Massage: \$85
 - o (includes all essential oils, hot and cold towels, hot stone trigger point therapy, and lemon water).
- Infrared Sauna Salt Cave: \$45
 - o (includes fruit infused water and peppermint oil cold towel)
- Ionic Foot Spa Detoxification: \$45
 - o (includes prebiotic drink and 5 minute CBD foot rub)

STANDARD PACKAGES

- Sweat & Soak
 - o \$80
 - o 30 Minute Sauna Salt Cave and 30 Minute Ionic Foot Detox Bath (prebiotics, lemon water, cold towel, and 5 minute foot rub included)
- The Tranquil Trio
 - o \$170
 - o 50 Minute Aromatic Scalp Massage, 30 Minute Sauna Salt Cave and 30 Minute Ionic Foot Detox Bath
 - o Refreshments, hot towel and hand massage, cold towel, and 5 minute foot rub included