

**bodies**  
 IN TRAINING  
 ACHIEVING GREATER WELLNESS



**Services & Rates**

Cranial Sacral Therapy (60 minutes)	\$70.00
Manual Lymph Drainage Therapy (60 minutes)	\$70.00
Emotional Release Therapy (60 minutes)	\$70.00
(package of 3/must be used in 30 days)	\$190.00
Ear Candeling/coning Session (30 minutes)	\$35.00
Pilates Training Reformer or Mat Session (30 minutes)	\$25.00
(package of 10/must be used in 6 weeks)	\$200.00
Cardio Heart Rate Training Session (30 minutes)	\$15.00
(package of 10/must be used in 6 weeks)	\$100.00
Far-Infrared Sauna Session (30 minutes)	\$15.00
(45 minutes)	\$20.00
(60 minutes)	\$25.00
Purchase 10 sessions and get an 11 <sup>th</sup> one free.	
Ionic Foot Detox System (30 minutes)	\$20.00
(package of 10 used in 6 weeks)	\$175.00
Wellness Lifestyle Program (6 wks/3-90 minute session per week)	\$645.00
(\$1280.00 value)	
Get a friend to join you. Second person at same time	\$450.00
Pain Management Program (6 weeks/3 sessions per week)	\$465.00
(\$700.00 value)	
Second person at same time	\$410.00
Bridal Boot Camp	\$495.00
(Inc. bio-nutritional counseling, 12 pilates, 12 cardio, 12 detox, 2 stress management, 2 cranial sacral sessions with Chocolate body scrub)	
Holiday Boot Camp	\$315.00
(Inc. Bio-nutritional counseling, 9 detox, 8 pilates, 8 cardio, 1 massage/ cranial sacral with peppermint body scrub)	
Stress Management/Med. Class	1 person \$7.50 2 people \$10.00

New Year's Resolution Boot Camp Coming Soon. Call for Details.