

# restorative

## THERAPEUTIC SERVICES

### FAITHFULLY GUIDED HEALTH CENTER

#### Infrared Sauna

detoxifies, relieves pain, eases stress

**monthly unlimited** ..... \$200

**60-minute session** ..... \$60

*Produces soothing, relaxing heat that penetrates tissues to cleanse and detoxify cells throughout the body.*

#### Hyperbaric Oxygen Chamber Treatments

brain trauma, depression, overall healing

**individual session (60 minutes)** .....\$80

**energy package (5) 30 minute sessions**.....\$225

**healing package (10) 60 minute sessions** .....\$600

**(20) 60 minute sessions**.....\$1100

**(40) 60 minute sessions**.....\$1800

*Accelerate the body's healing process by creating an environment of increased pressure that promotes oxygen absorption throughout the body's tissues.*

#### Therapeutic Massage

arthritis, headaches, range of motion

**1 hour Swedish or Lymphatic Drainage**.....\$70

**1 hour Sports, Deep Tissue, Rehab/Clinical**.....\$80

*Reduces muscle tension, stress and pain. Lowers blood pressure and improves cardiovascular health.*

#### Interactive Metronome

balance, focus, timing

**Six week package**.....\$1800

**three sessions weekly (30 min)**

*Measures and trains basic timing ability. Using steady auditory beat, combined with specific physical exercises, IM will improve balance and focus*

#### Ozone Therapy

inflammation, joint pain, immunity

**MAH: \$175 per injection (extra syringe \$50)**

**more pricing available upon request**

*Increases oxygen in the body. promotes healing, increases circulation, decreases inflammation*

#### Therapeutic Mud Bath

migraines, muscle tension, weight loss

**Individual mud bath**.....\$75

**Package of three**.....\$200

*Promotes the body's ability to heal and improve cell and organ function by helping rid the body of toxins and waste products.*

#### Faithfully Fit

balance, flexibility, mobility

**individual class**.....\$12

**\$100 for 10 classes**.....\$100

**\$75/month unlimited access**.....\$75

*HOLY YOGA / BARRE SCULPTING / OPEN TURF GYM /  
RELAXATION SESSIONS*

#### Alpha-Stim Therapy

anxiety, depression, insomnia

**20 minute session**.....\$20

**40 minute session**.....\$40

*Increases alpha brain waves which decrease anxiety, minimizes depression, stimulates creativity, improves insomnia and enhances focus.*

#### Heart Rate Variability

**\$30 per analysis**

*Heart rate variability is a measure which indicates the variation in your heartbeats within a specific timeframe. measures your adaptation to stress.*

#### Targeted LED Light Therapy

chronic pain, acne, stress

**20 minute session**.....\$50

**monthly unlimited**.....\$200

*iA proven method of therapeutic healing that is designed to energize the skin, nerves, tendons, muscle and bone to trigger the healing process.*

# primary

## SERVICES

### FAITHFULLY GUIDED HEALTH CENTER

#### Phase I Assessment

**Collaborative Intake Assessment \$350**

*initial three appointments with collaborative team*

#### Phase II Healing

**Direct Primary Care (DPC) Membership \$75/month**

*all visits & encounters with medical provider included*

**Restorative Membership \$100/month**

*includes infrared sauna, RelaxRX and fitness*

**DPC + Restorative Membership \$150/month**

**Monthly Counseling 1 2 3 4**

**Medical Follow Up 1 2 3 4**

#### Phase III Longevity

**MyLifestyleOcala Membership**

**\$244/month**

*includes DPC Membership, Restorative and fitness*

*PLUS: monthly counseling/coaching session, a mud*

*bath or massage, monthly HRV, discounts on*

*supplements and Hyperbaric Treatment*

**Primary Care Fee for Service: \$60/ 30 min**

**Individual / Family Counseling \$100/ 60 min**



# myLifestyleOcala

## Membership Benefits

FAITHFULLY GUIDED HEALTH CENTER

### myLifestyleOcala Membership

\$244 per month (12 months of care)

Personalized Plan based on your unique identity (Temperament), focused on:

- Spiritual- Elevate your meaning and purpose
- Nutrition - Nourish yourself for healing and longevity
- Stress- Discover your unique response to stress and optimize brain health
- Sleep - Reprioritize a fundamental need for recovery
- Movement - Ensure your body moves for balance and vitality

#### Direct Primary Care Membership

- Includes all visits and encounters with your medical provider

#### Lifestyle Coaching

To include 12 (once monthly) visits with a Clinical Counselor

- Access to Social Health Group Sessions and FGHC myLifestyleOcala community
- 12 (once monthly) Therapeutic Massage or Therapeutic Mud Bath
- Restorative Services (based on your personalized plan)
  - Infrared sauna
  - Alpha Stim
  - Targeted LED Light Therapy
  - Recover RX (Christian meditation, stretching, Holy Yoga, Barre Sculpting, power naps)
  - Relax RX (Alpha Stim, LED Light Therapy, essential oils, relaxing music, face mask)
- Open turf gym with Peloton bikes and treadmill, Virtual training with New York Instructors, Circuit Training
- 10% Discount on supplements, Interactive Metronome and Hyperbaric Oxygen Therapy
- Advanced Biomarker Testing (additional costs depending on insurance)
- Monthly Heart Rate Variability (HRV) & monthly Heart Math, stress and anxiety adaptation testing