



# Restorative Membership

Therapeutic Services | \$100 per Month

**Includes:** Unlimited Turf Gym access with Peloton's, Two Infrared Sauna sessions weekly, Two RelaxRx (Alpha-Stim, Targeted LED Light Therapy, Brain Tap) sessions weekly.

*Additional 10% off all other services and supplements.*

## Hyperbaric Oxygen Chamber Treatments

*brain trauma, depression, and overall healing*

Individual Session (60 min) .....	\$80
Energy Package (5) 30 min sessions .....	\$225
Healing Package (10) 60 min sessions .....	\$600
(20) 60 min Sessions .....	\$1,100
(40) 60 min Sessions .....	\$1,800

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

## Heart Rate Variability

*stress, rest, and digest*

Single Analysis .....	\$30
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Analyzes autonomic nervosa system function specifically looking at the body's ability to heal itself

## InBody Scan

*non-invasive muscle, fat and water analysis*

Single Scan .....	\$30
HRV and InBody Scan .....	\$50

Measures visceral fat that can cause heart disease and diabetes, measures skeletal muscle mass and basal metabolic rate

## Brain Health

*brain balancing*

Functional Neurology Comprehensive Evaluation .....	\$375 / 1.5 hours
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*Follow-up appointments start at 30 minutes or more at \$250 per hour*

Irlen Screening .....	\$150
Brain Tap (3 times per week) .....	\$240/month

## Interactive Metronome

*balance, focus, and timing*

In Center Only Promotion (6 Weeks) .....	\$1,200
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*Three sessions (30 min) or two sessions (45 min) weekly*

Hybrid (In center and virtual) .....	\$1,224
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*One session weekly in center and at home*

Virtual Only .....	\$1,024
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*Sessions at home only*

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

## Open Turf Gym

*mobility, flexibility, and weight loss*

1st Month .....	\$30
Monthly Membership .....	\$50/month

Open turf gym with Peloton bikes and treadmill, Virtual training with NY instructors, circuit training, and Holy Yoga



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## Therapeutic Mud Bath

*migraines, muscle tension, and 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

## Therapeutic Massage

*arthritis, headaches, and 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

## Ozone and IV Nutrients

*inflammation, joint pain, immunity, and energy*

MAH (Per Infusion) .....	\$135
MAH (Package of 5) .....	\$575
MAH (Package of 10).....	\$1,000
IV Nutrients .....	\$20-\$200

Ozone increases oxygen in the body to promote healing, increase circulation, and decrease inflammation. Nutrient IV therapy delivers vitamins, minerals, and amino acids direct into the blood stream

## Alpha-Stim Therapy

*anxiety, depression, and insomnia*

20 min Session .....	\$20
40 min Session .....	\$40

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

## Targeted LED Lights Therapy

*circulation and inflammation*

20 min Session .....	\$50
Monthly Unlimited .....	\$200

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

## Infrared Sauna

*detoxifies, relieves pain, and eases stress*

Monthly Unlimited .....	\$200
60-Minute Session .....	\$60
30-Minute Session .....	\$30

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