

WELLNESS CENTER

MAKE WELLNESS A PRIORITY



SYNERGIE BODY TREATMENT

Synergie is a vacuum massage that physically manipulates the collagen fibers & connective tissue, increasing metabolism and blood circulation to the treated area. Benefits include enhanced lymphatic drainage and detoxification, reduced fluid retention and puffiness, muscle relaxation and pain relief.

	MEMBER	NON-MEMBER
Single Session	\$60.00	\$75.00
5-Session Package	\$275.00	\$330.00
12-Session Package	\$600.00	\$720.00



RED LIGHT THERAPY

Fifteen minutes of Red Light Therapy improves skin health & circulation, stimulates hair growth, promotes cellular health, expedites muscle repair, and reduces inflammation & pain. Available to members only.

Single Session	\$10.00
Monthly Cost - Three (3) 15-Minute Sessions per week	\$20.00



MASSAGE THERAPY

Massage is a type of wellness treatment in which a certified therapist manipulates the soft tissue of your body, using varying degrees of pressure & movement.

	MEMBER	NON-MEMBER	MEMBERS ONLY
30-Minute Massage	\$55.00	\$70.00	(1) 10-Min Hydromassage \$10.00
60-Minute Massage	\$95.00	\$110.00	Monthly Hydromassage \$20.00
90-Minute Massage	\$130.00	\$145.00	(1) 10-Minute Session Per Day



LIFE COACHING

A Life Coach helps guide clients to reach goals, stay on track, and overcome actions that sabotage your desires, plans, and dreams

	MEMBER	NON-MEMBER
1 Hour Session	\$50.00	\$60.00
(3) 1-Hour Sessions	\$143.00	\$173.00
(5) 1-Hour Sessions	\$225.00	\$275.00
(10) 1-Hour Sessions	\$425.00	\$525.00



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