

Price List

Massage Minutes: 60 /75/90

Swedish \$85 \$105 \$120

Therapeutic \$90 \$115 \$130

Deep Tissue/Sports \$100 \$125 \$140

30 Minute Massage (1 area) Therapeutic \$60

30 minute Massage (1 area) Deep Tissue \$65

Integrative Treatment 75 or 90 mins. Energy work integrated with Massage 75 or 90 minutes \$125/\$140 OR \$135/\$150 (Deep Tissue)

Pre-Natal Massage \$95 \$120 \$140

Hot Stone Therapeutic Massage \$115/135/ 150

Hot Stone Deep Tissue Massage \$120/140/160

CBD or Far Infrared Light enhanced Massage
Add \$10 to any Treatment

Foot Massage 30 min. \$50

Foot Reflexology 30 mins \$50 /45 - \$60

Foot Reflexology/Massage with Bio-Mat \$70

Reflexology/Reiki Bliss 60 mins. \$85

Reflexology/ Therapeutic Massage Combo
60 min. \$100

Price List

Energy – Intuitive Services:

Energy Healing:

75/90/120 minutes \$95/\$115/\$145

Reiki, IET 60/75/90 mins: \$85/100/135

Reiki & Sound Healing: 75 minutes \$100

Chakra Balancing: 60 mins. \$85

Reiki & Angel Card Reading Combo:

90mins. \$140/ 2Hrs. \$165

Angel or Tarot Card Reading:

45/60 minutes \$70/\$85

HWC recognizes that everyone has a right to wear or not wear a mask depending on their belief system & comfort level. Because most of our staff are immune compromised, we are not able to provide service to clients not willing to wear a mask in our store or for treatment. We have found with even the most anxious clients, that we are able to make clients wearing masks comfortable so they can enjoy their therapy. We appreciate your understanding.



Book on-line on our website

www.holisticwellnesscenter.org

“LIKE ” & Follow us on Social media to keep up with the latest news & Events at HWC!



Bringing Complementary and
Alternative Care to our
Community...and Holistic Gift
Emporium!

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Masks required for entry & Treatment

Prices * effective March 2021

**Subject to change*

Special Services

Acupuncture, Cupping & Gua Sha are ancient Chinese systems of medicine. They are based on regulating an individual's life force, Qi, or body energy. It seeks to balance an individual's physical and emotional well-being and harmonizes the whole body. It encourages the body to promote healing.

Acupuncture Pricing

Initial Session 90 minutes:

(Evaluation & Treatment) \$100

Follow Up 60 minutes \$85

Follow up 90 minutes \$100

Pre-Surgery Treatment 90 minutes \$100

Cupping 30-45 minutes \$65

Other Specialty Therapies

For Backs Only, with Kelly 45 mins. \$80

Head, Neck & Shoulder Bliss with Kelly 45 mins. \$80

Holistic Intuitive Body Work & Mentoring with Kelly 2hrs. \$225

BodyMind 2hr. Treatment with Shannon Lemire LMT \$220

Holistic Health Coaching
(free initial consultation)

***For complete descriptions, please visit our website: www.holisticwellnesscenter.org

Massage

Swedish Massage is a relaxing style of massage that involves a firm but sensitive touch with smooth, gliding strokes. This style of massage promotes good circulation and helps release toxins from the muscles, targets the nervous system to help reduce both physical and emotional stress.

Therapeutic Massage combines Swedish and Deep Tissue and other techniques to release tension and balance the mind and body.

Deep Tissue Massage uses a deeper pressure alternating with Swedish techniques to help relax the muscle by targeting the deeper tissue structures of the muscle and fascia. It is a more focused massage, working to release chronic muscle tension or knots.

Reflexology is a form of bodywork that uses light pressure to stimulate points on the foot. With reflexology, a signal is sent through the nervous system to problem areas, helping them to resist stress and achieve healthy function. Reflexology promotes relaxation, increases circulation, and assists the body in coming into balance.

Massage Add-ons!

CBD/Lidocaine/Arnica \$10

Mineral Far Infrared Light Therapy
\$10

** See our website for a full list of descriptions , treatments & pricing*

Energy/Intuitive Services

Reiki is a Japanese technique for stress reduction and relaxation that triggers the body's natural healing abilities to improve and maintain one's wellbeing. It is based on energy and when the body's energy is low or blocked the body is vulnerable to getting sick or feeling stress. Reiki can also complement and enhance the healthcare of a patient receiving treatment in a hospital or otherwise. Clients are helped with loving support and practical steps.

IET Simply put, Integrated Energy Therapy® is the art of healing with the pure energy of the Angels. It has been described as one of the "next generation, hands-on, power energy therapy systems that gets the issues out of your tissues for good!"

Angel & Tarot Card Reading: Is a 45/60 minute intuitive reading using several angel card decks. Clients can ask that the reading be focused on a particular issue or to give you messages of guidance, & inspiration. The reader will interpret the cards & may ask questions during the reading to clarify messages received. The intent of an Angel Card reading is not to predict the future, but to provide clarity and insights into what is currently going on in your life.

Integrative Treatment includes Massage & Energy Work (Reiki, IET or Polarity) get the best of both and leave feeling rejuvenated