

Price List

Massage Minutes: 60 /75/90

Swedish \$90 \$110 \$130

Therapeutic \$95 \$120 \$140

Deep Tissue/Sports \$110 \$130 \$150

30 Minute Massage (1 area) Therapeutic \$65

30 minute Massage (1 area) Deep Tissue \$75

Integrative Treatment 75 or 90 mins. Energy work integrated with Massage 75 or 90 minutes \$130/\$150 OR \$140/\$160 (Deep Tissue)

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

Hot Stone Therapeutic Massage \$125/140/ 160

Hot Stone Deep Tissue Massage \$130/150/170

Foot Massage 30 min. \$50

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

Reflexology/Reiki Bliss 60 mins. \$85

Reflexology/ Therapeutic Massage Combo 60 min. \$110

Thai Foot Therapy with Shannon 60 mins. \$75

BodyMind Body work Sessions with Shannon Lemire 90 mins. \$175

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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

Due to the uptick in Covid cases, HWC requires all patrons to remain masked while onsite. We are hopeful that this policy will be reversed soon! Need a mask? We've got plenty! Whatever happens, BE NICE we're doing our best!



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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Prices * effective Jan. 2022
**Subject to change*

Massage

Acupuncture, Cupping & Gua Sha

are ancient Chinese systems of medicine.. They are based on regulating an individuals 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

Odds & Bits

Treating Minors We are happy to treat people of ALL ages, and do all of the time. These are our guidelines for treating minors:

Clients under 12 – Parent must accompany client in to session.

Clients between 12-15 years of age – Parent must remain ONSITE for duration of treatment.

Clients 16-18 must have Parent accompany them for first session, and must stay in area for subsequent sessions.

Loyalty Packages

If you are a regular client, or would like to be... Packages work this way; purchase (pre-pay) for 4 or more 60 minute or longer treatments and get 10% off! It's like getting a special every time! We keep track of everything so you don't have to worry about it – no cards to lose

****HWC has a 24 hour cancellation policy—no shows & last minute cancelled appointments really hurt our Practitioners who often can't fill the vacancies.**

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, \$10!

CBD/Lidocaine/Arnica

Mineral Far Infrared Light Therapy

While, we do recommend booking appointments ahead of time, sometimes we have last minute openings. Please call us, we'll do our best to fit you in!

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 and refreshed!