



Integrative Medicine & Chiropractic

Achieve optimal health and healing with integrative care where modern medicine meets ancient wisdom.

Integrative Medicine

Integrative medicine puts the patient at the center of health care by addressing the full range of physical, mental, social, spiritual, and environmental influences that affect a person's health. Integrative medicine emphasizes diet, exercise, and stress management to promote optimal health and healing.

Integrative Medical Evaluation Pricing Schedule

Initial visit 60 min	\$185
Initial visit 90 min	\$245
Follow-up visit 30 min	\$85
Follow-up visit 45 min	\$120
Follow-up visit 60 min	\$170

Telehealth Consultations Available

Chiropractic Care

Chiropractic care involves correcting misalignments in the spine and extremities, allowing the nervous system to function optimally. Treatments may also include diet recommendations and suggestions for stress management.

Chiropractic Care Pricing Schedule

Initial chiropractic evaluation	\$125-155
Follow up visits and adjustments	\$45-55



Yoga, Meditation, & Biofeedback

Integrative health services to meet your unique needs
& health goals.

Yoga Therapy Consultation

Awaken your healing potential with a personalized yoga
therapy program adapted to your unique concerns.

Yoga therapy addresses mind, body, and spirit to awaken your inner
healing potential, allowing you to step onto the path of complete
living. During a yoga therapy session, your yoga therapist listens to your
history, assesses your current physical capacity and needs, and creates a
personalized therapeutic program adapted to your unique concerns.

60 minutes - \$95

Telehealth Consultations Available

Guided Relaxation & Meditation

Discover how guided relaxation and meditation
can restore a sense of inner harmony.

Yoga relaxation exercises quiet the senses and lead us beneath
the restless surface of the mind. Through relaxation we renew
a sense of inner harmony, restore a profound state of balance,
and create a resilient and stable mind even in the face of stress.
Relaxation practice also sets the stage for meditation.

The simple act of sitting quietly in meditation will reset your body,
mind, breath, and nervous system, and will lead to increased
happiness, creativity, and productivity. In this guided meditation
session you will learn how to create a comfortable meditation
seat and be guided through the steps leading to meditation.

60 minutes - \$95

Telehealth Consultations Available

Biofeedback & Stress Resilience Session

Learn how to prepare for, recover from, and adapt
to stress, adversity, trauma, or challenge.

Stress resilience is at the heart of good health. In this session modern,
computerized biofeedback techniques are used to assess your breathing
and the resilience of your nervous system. At the end of the session you
will receive a personalized action plan to support your ability to build
resilience to stress, including individualized instruction in supportive yogic
practices, and methods to cultivate optimal diaphragmatic breathing.

60 minutes - \$95



Therapeutic Massage & Bodywork

Reduce stress, relax muscles, rehabilitate injuries, and promote overall wellness with our a la carte massage therapy services. Using an integrative approach to bodywork, our experienced therapists work with you to determine the best combination of modalities to meet your individual needs

Pricing Schedule

30 minutes	\$55
45 minutes	\$75
60 minutes	\$95
75 minutes	\$115
90 minutes	\$135
120 minutes	\$175

Bowen Therapy

During a Bowen session, your therapist targets specific areas of tension using gentle rolling movements, followed by rest periods where subtle integration takes place. This therapy stimulates reflex points to support communication between nerves, muscles, fascia, lymph, and energy.

Deep Tissue Massage

Release specific areas of discomfort or overuse with this targeted massage that uses deep pressure to release tight muscles and fascia.

Jin Shin Jyutsu

Similar to acupressure, Jin Shin Jyutsu uses gentle touch over specific sites in the body to improve energy flow, and harmonize body, mind, and spirit.

Myopathic Muscular Therapy

Rhythmic, rocking movements deeply stretch the fascia, loosen tight muscles, move lymph and promote energy flow.

Prenatal Massage

Designed with the mother-to-be in mind, Prenatal Massage helps relieve mental and physical fatigue, improves circulation, and enhances the function of muscles and joints.

Reflexology

Gentle-to-deep pressure is applied to nerve endings in the feet, hands, or ears to improve energy flow to related organs and ease specific areas of pain.

Shiatsu

During Shiatsu, firm, rhythmic pressure along energy pathways stimulates the body's energy system for healing and health maintenance—and gives your muscles a workout as well.

Swedish Massage

A classic massage used to promote relaxation and ease muscle tension. During Swedish Massage, your therapist uses long strokes with light-to-medium pressure to release tension and kneading strokes to loosen tight muscles.

Visceral Manipulation

Gentle stretching of fascia surrounding the organs promotes optimal function by increasing the organ's innate movement. This modality helps address digestive or lower pelvic issues, abdominal pain, and musculoskeletal issues.



Ayurvedic Services

Restore your inner vitality using the practical wisdom and ancient secrets of Ayurveda.

Ayurvedic Consultations

Restore optimal wellness by working with the principles of Ayurveda. Take home a personalized plan with recommendations for diet and lifestyle, as well as asana, breathing and relaxation practices.

60 minutes - \$95

Telehealth Consultations Available

Ayurvedic Treatments

Discover Ayurvedic therapies designed to release tension, cleanse and rejuvenate the body, mind, and spirit.

Shirodhara Treatment

Our most popular service, Shirodhara involves streaming warm oil onto the forehead to clear and calm the mind. Shirodhara is preceded by a preparatory massage and is followed by a massage to the scalp.

60 minutes - \$110

Garshana Add-on

A dry, exfoliating massage usually performed prior to another body treatment, Garshana stimulates the circulation of blood and lymph.

It refreshes the complexion and allows increased absorption of nutrients through the skin from the treatment which follows.

15 minutes - \$40

Massage and Shirodhara Package

A 60-minute massage followed by Shirodhara is excellent for releasing chronic tension and bringing deep and joyful awareness throughout mind and body.

90 minutes - \$160

Massage, Shirodhara, and Steam Package

Massage, Shirodhara, and steam in one complete package is a great way to release tension, cleanse and rejuvenate the body, mind, and spirit.

120 minutes - \$195

Steam Shower

Melt away stress with a relaxing steam in one of our personal steam showers. Sit comfortably and enjoy a 20-minute eucalyptus steam (essential oil is optional) which can increase circulation, reduce muscle tension, improve skin health, and clear congestion. A milk powder/sugar/coconut scrub is provided for exfoliation and to remove excess oil when this treatment follows a massage. Shower off feeling relaxed and radiant!

30 minutes - \$40

