

embrace > wellness

endulgent holistic experiences

natural therapies for healing

We believe it takes more than just a quick escape to make major lifestyle changes. We warmly invite you to explore and engage. Our comprehensive approach to wellness encourages targeted paths to heighten your total well being.

Choose your path to wellness to pursue new destinations... find your truest self... and embrace your best life... for the best is always yet to come.

chiropractic adjustment

Our initial spinal exam features three state-of-the-art scans coupled with leg length analysis, body mechanics and neurological responses to help locate misalignments in your spine. Adjustments are gentle and accurate to restore your spinal health safely and effectively.
initial visit & exam - 60 minutes \$150
follow-up adjustment \$50

comprehensive health profile

Our holistic practitioners address metabolic imbalances, nutritional deficiencies, and toxic exposures through a blood panel and hair analysis. Includes a consultation and written report with lifestyle recommendations.
single program \$300 (lab work fees are additional)

wellness inventory assessment

A holistic assessment and life-balance program designed to help you gain insight into your physical, emotional and spiritual wellness by exploring 12 key dimensions of wellness.
computerized assessment \$40

aromatherapy consultation

We use top of the line essential oils from flowers, herbs, and trees to facilitate health and healing. We consider your physical, mental and emotional well-being to select the appropriate essential oils for maximum benefit.
30-minutes \$50

acupuncture

Involves stimulation of specific points on the body with pre-sterilized needles or manual pressure to promote, maintain, and restore health, and prevent disease.
initial visit & exam - 90 minutes \$150
60-minutes \$90
60-minutes with electro-acupuncture \$120



cupping

Our Board Certified Acupuncturists use cupping to remove cold energy from the body to treat colds, flu, and a variety of painful conditions.
30-minutes \$50

acupuncture point injection therapy

Injection of homeopathics and/or vitamins such as acupuncture points. Often used to prevent colds and flu and treat pain, fatigue, arthritis and injuries.
b12 injection \$25
homeopathics (one area) \$45

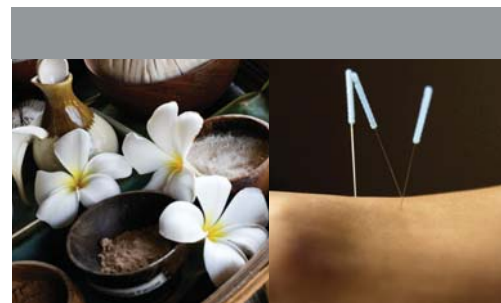


chinese herbs and homeopathics

Restores the body to a healthy balance using plants, minerals and natural substances.
Initial visit & exam
90 minutes \$150
30-minute follow-up
session \$50

emotional freedom technique

An version of acupressure which works quickly, gently and easily to release negative thoughts and emotions at the root of problems and pain.
50-minutes \$100



natural programs for ultimate health

Our holistic programs include everything you need to reach your wellness goals. We combine the best techniques with the best products to get the best results. Give yourself the gift of health!

HOLISTIC

weight reduction program

Our Board Certified Acupuncturists use Acupuncture, Chinese nutritional therapy and Chinese herbs together to address physical, mental and emotional aspects in order to promote healthy weight loss for life. The cost of this program includes the Chinese Medicine new patient exam and herbs.
6 week program

postural correction program

Our program corrects postural issues and provides a non-surgical, non-invasive approach to addressing common spinal ailments.
6 sessions

detoxification program

Toxins are in the air we breathe, the water we drink and in the food we ingest. Toxins can accumulate in the body and if not eliminated properly, they can contribute to various diseases. Our detox protocol shows you step by step how to detoxify using nutrition, herbs, diet recommendations and natural therapies.
4 week program
4 week program with acupuncture

mei zen cosmetic acupuncture

Our acupuncturist has received specialized training in a facial rejuvenation technique known as Mei Zen Cosmetic Acupuncture. This is an effective non-surgical treatment that reduces signs of aging and treats skin conditions such as acne, rosacea and age spots. Diet and skin care recommendations are given to further naturally enhance beauty.
6 week program

chinese nutritional therapy

By integrating traditional Chinese food therapy with current western research on health and nutrition we have created a detailed program that helps you plan and prepare an optimal diet.
16 week coaching program

smoking cessation program

This program combines acupuncture, herbs, homeopathic medicines and Gua Sha to help you kick the smoking habit. Group programs are available upon request.
4 week program

