



If you're wanting more than one free session a month...

PACKAGES

5 SESSIONS

\$225

- 10% OFF
- Any wellness session
- Can be used anytime before July 2026

10 SESSIONS

\$425

- 15% OFF
- Any wellness session
- Can be used anytime before July 2026

WELLNESS SESSION SERVICES

30 minute sessions

- Stretch Well Program
- Therapeutic Cupping
- Theragun Percussive Therapy
- NormaTec Compression Sleeves
- Therapeutic Bodywork
- Physical Therapy Consultation
- Scraping
- Meditation
- Nutrition Consultation