



647 Wyoming Ave.
Kingston, PA 18704
570.283.0111

Services

	Price	Duration
Holistic Wellness:		
Integrative Wellness Exam	\$150-200	90
Heavy Metal/Mineral Hair Analysis Testing	\$135	15
Iridology Wellness Consultation	\$90	75
Children's Wellness Exams up to age 15	\$90	75
Nutritional Muscle Response Testing	\$75	60
Detoxifying Ionic Foot Bath	\$45	30
Ear Candles	\$45	30
Basic Wellness Visit	\$45	30
Nutrition and Weight Loss:		
Nutrition Consultation - First Visit	\$90	75
Weight Loss Consultation - First Visit	\$90	75
Metabolic Reboot Workshop	\$40	4 weeks
Holistic Pregnancy Services:		
Nutrition and Supplement Consultation	\$75	60
Massage: Prenatal, Postnatal, Induction	\$75	60
Birth Plan Consultation	\$75	60
Placenta Encapsulation	\$210	
Doula Packages	\$600-\$950	
Traditional Chinese Medicine (TCM):		
Acupressure with TCM Consultation	\$200	90
Children's Acupressure	\$125	75
Acupressure Follow Up	\$95	60
Children's Acupressure Follow Up	\$75	45
Shiatsu Deep Tissue Bodywork	\$80	60
Emotional and Lifestyle Support:		
Life Coaching	\$125	90
Hypnosis	\$125	90
Mindfulness Based Psychotherapy	\$75	60
Reiki	\$65	60
Meditation Coaching	\$65	60
Massage and Bodywork: (90 & 120 min services also available)		
Raindrop Technique/Massage Combo	\$110	90
Hot Stone Massage	\$85	60
Essential Oil Raindrop Technique	\$80	60
Ashiatsu Oriental Bar Therapy	\$80	60
Deep Tissue Massage	\$80	60
Therapeutic Massage	\$75	60
Specialty: Sports, Oncology, Lymphatic	\$75	60
Swedish Massage	\$65	60
Neck and Back	\$45	30
Reflexology	\$45	30
Aromatherapy Enhancement	\$10	
P.E.M.F. (Pulsed Electromagnetic Therapy):		
P.E.M.F. Single Session	\$40	30
P.E.M.F. Demo (First Time Trial)	\$20	15
Organic Skincare:		
Customized Facial	\$75	60
Hand & Arm Scrub with Firming Lotion	\$25	15

For Service Descriptions or to Schedule an Appointment Call 570-283-0111 or Visit



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SAVE WITH A SERIES

Series of 4	Price
Deep Tissue or Ashiatzu Massage	\$290 Save \$30
Therapeutic or Specialty Massage	\$270 Save \$30
Reiki	\$240 Save \$20
Swedish Massage	\$240 Save \$20
Meditation Coaching	\$240 Save \$20
Private Yoga Session	\$240 Save \$20
Detox Ionic Footbath	\$140 Save \$40

MAGNETIC THERAPY PACKAGES

PEMF 10 Pack	\$250 Save \$150
PEMF for Pets 3 Pack	\$90 Save \$30

SIDE BY SIDE SERVICES

Couples Massage	\$150
Couples Foot Baths	\$90
Couples Guided Meditation	\$80

WEEKLY GROUP CLASSES

Tai Chi	\$18
Yoga	\$15
Yoga 10 Pack	\$135 Save \$15
Tai Chi 8 Pack	\$100 Save \$44

Certification Classes

Holistic Healthcare Certification 10 levels	\$325/Level
Holistic Nutrition Certification 6 levels	\$325/Level

CEUs offered for RNs, LPNs

HOURS

Monday	By Appointment
Tuesday	9:00 a.m. ~ 8:00 p.m.
Wednesday	9:00 a.m. ~ 6:00 p.m.
Thursday	9:00 a.m. ~ 8:00 p.m.
Friday	9:00 a.m. ~ 6:00 p.m.

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Download our App or Visit