

## Prices & Packages

12/2021

**Iridology & Profession Health Consultation** - evaluate inherited conditions and tendencies toward imbalance, review biofeedback scan & health history, to develop a nutrition & lifestyle program.

\$95 for first visit, \$55 for follow-up (within two years and have paperwork from original consult)

**ZYTO® electro-dermal biofeedback scans** - measure your body's response to digital signatures that indicate your body's preferences to help bring it back into a state of balance and improved health.

\$25 for Balance Scan & email report; \$5 extra to print report.

**Transform groups, Body Composition, & Weight Loss education**- a holistic approach to weight loss, focusing on lifestyle, diet, and overall health.

Body composition measures body fat, hydration, metabolic age, bone mass, muscle mass & visceral fat.

\$15 for initial Body Composition, \$10 for monthly follow up scans

\$150 for Transform program (12 weeks)

**Detox Programs** - schedule a Professional Health Assessment with LaDonna &/or order a Hair Tissue Mineral Analysis Test, to evaluate forms of toxicity, nutritional needs, current health concerns, and develop a program specific to your needs.

\$97 Hair Analysis & report with assessment & recommendations (does not include in person appt)

- Consultation to review results & discuss program in further detail \$55

**Classes- health & fitness** - Prices depends on class- check calendar for upcoming classes

**Therapies Single Session** -Therapy sessions start on the hour, clothing required.

Though walk-ins are welcome, reservations are recommended and have priority

**InfraRed Sauna** (25-45 mins) \$35

**Salt Room -Halotherapy** (25-30 mins) \$35

**Red Light/NIR Therapy** (10-20 mins) \$35

**Cold Water -Cryotherapy** (10-15 mins) \$35

-Start off slow with 2-3 minutes, build up to 10-15 minute sessions for optimum benefit

**Friends & Family Group sessions (booked for same time period)**

Infrared Sauna (25-45 mins) \$55 for up to 3 people (*sauna use together*)

Salt Therapy (25-30 mins) \$50 for 2, \$20 per person for 3 or more (*max 8*)

Red Light Therapy (10-20 mins each) \$50 for 2 people (*max two per time period*)

Cold water Cryotherapy (10-15 mins) \$50 for 2, \$20 per person for 3 or more (*max 4*)

**Special Kids Salt Sessions** Ages 12 and under = \$5/each , Ages 13-17 = \$10/each

Must be accompanied by a guardian paying an adult price.

Maximum of three children under twelve years of age, per paying adult.

Please call to schedule # of family members and ages, Limit of 8 in room per appt.

**Single Therapies Ten Packs - One user** \$225 / 10 sessions - Expires 90 days

- Encouraging regular use to get the most healing benefits and boost results

- Mix & Match: Infrared Sauna/ Salt Therapy/ Red Light Therapy/ Cold Plunge

**Packages: One user / Not to be shared or split / Has expiration date**

<b>Discover</b>	<b>\$95</b>	(\$105 Value)	Expires in 60 days
(1) 5–15-minute cold plunge + (1) 30 min salt room + (1) 30-minute infrared sauna			
<b>Sample Pack</b>	<b>\$140</b>	(\$165 value)	Expires in 60 days
Zyto Balance Biofeedback Assessment			
Cold Water Cryotherapy		Himalayan Salt Room Experience	
Infrared Sauna		Red Light/ Near InfraRed Light Therapy	
<b>TOTAL 7 Experience</b>	<b>\$225</b>	(\$275.00 value)	Expires in 60 days
Iridology & Profession Health Consultation			
Himalayan Salt Room Experience		Infrared Sauna	
Red Light/ Near InfraRed Light Therapy		Body Composition Assessment	
Cold Water Cryotherapy		Zyto Balance Biofeedback Assessment	
<b>Recharge 6</b>	<b>\$175</b>	(Value \$210)	Expires in 90 days
(2) 5–15-minute cold plunge + (2) 30-minute salt room + (2) 20–45-minute sauna			
<b>Detox Program Pack:</b>	<b>\$160</b>	(Value \$210)	Expires in 60 days
<b>Salt + Sauna-</b> (2) Salt Room + (4) Sauna			

**Individual Memberships:** Save \$\$\$ with a H&H membership.

- Sorry, these memberships are not shareable.
- 3-month minimum commitment with monthly auto renewal. We require a three-month commitment and then you have the freedom to cancel the membership whenever you need.
- Early Cancellation will result in a payment difference fee.
- Notification of Cancellation must be made 30 days in advance of the next draft.
- Maximum one sauna session per day, one cold plunge per day, two salt sessions per week, and two red lights per week, for various membership packs.
- Sessions do not rollover and packages are not transferable.

**Monthly Reset Program**      \$195 /month    (Value \$320)  
One Zyto Balance Scan per month  
One Body Composition Bioimpedance Analysis (BIA) per month  
Salt room, Sauna, Red Light, and Cool Plunge - up to 8 visits per month (mix & match)

**Rejuvenate Membership**      \$275 / month    (Value \$460)  
One Zyto Balance Scan per month, One Body Composition (BIA) per month  
Salt room, Sauna, Red Light, and Cool Plunge - up to 12 visits per month (mix & match)

**Fire + Ice Combo | Sauna & Cold Plunge**    \$ 50    (Value \$70) - Same day experience

**Fire + Ice Membership**      \$275/month    (Value \$600) - up to 12 visits per month

**Room Rental** - Our multi-purpose room can hold up to 50+ people.

Rate: \$150/day (10am- 4:30pm), plus \$75 damage/cleaning deposit

Amenities: Sound system, large screen TV, white board, chairs, tables, & kitchenette.

*\* Prices are subject to change, please call or check our website to verify current prices and packages.*