

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

Discover	\$95	(\$105 Value)	Expires in 60 days
(1) 5–15-minute cold plunge + (1) 30 min salt room + (1) 30-minute infrared sauna			
Sample Pack	\$140	(\$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	
TOTAL 7 Experience	\$225	(\$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	
Recharge 6	\$175	(Value \$210)	Expires in 90 days
(2) 5–15-minute cold plunge + (2) 30-minute salt room + (2) 20–45-minute sauna			
Detox Program Pack:	\$160	(Value \$210)	Expires in 60 days
Salt + Sauna- (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.*