

## Prices & Packages

6/2022

**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 consultation

**\$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 w/ 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** - 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**

**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 180 days

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

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

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

**Packages:**    *One user (Not to be shared or split)*

**Discover**                            **\$95**    (\$130 value)                            Expires in 60 days  
Zyto Balance Biofeedback Assessment, then Red Light/ Near InfraRed Light, Salt Room, & Infrared Sauna

**TOTAL Experience**            **\$195**    (\$215.00 value)                            Expires in 60 days  
Iridology & Profession Health Consultation  
Himalayan Salt Room Experience                            Infrared Sauna  
Red Light/ Near InfraRed Light Therapy                            Body Composition Assessment

**Detox Program Pack:**    **\$160**    (Value \$210)                            Expires in 60 days  
Includes (2) Salt Room + (4) Sauna session  
– *When booking sauna and salt room sessions, please book the salt room session first.*

**Friends Day Out**                    **\$55 per person, minimum 4 participants**  
Sauna session, cool down with peppermint infused cooling cloth, Himalayan Salt Room Experience  
And the Lower Room for an hour to enjoy visiting, refreshments purchased, or bring in your own food.

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

- Sorry, these memberships are not shareable.
- **3-month minimum commitment**, monthly auto renewal, option to cancel after 90 days
- Early Cancellation will result in a payment difference fee.
- Notification of Cancellation must be made 30 days in advance of the next draft.
- Maximum 1 sauna/day, 3 salt sessions/week, and 4 red light/week
- Sessions do not rollover and packages are not transferable.

**Monthly Reset Program**                    \$195 /month    (Value \$390)  
One Zyto Balance Scan per month  
One Body Composition Bioimpedance Analysis (BIA) per month  
Salt room, Sauna, &/or Red Light - up to 15 visits per month (mix & match)

**Rejuvenate Membership**                    \$275 / month    (Value \$715)  
One Zyto Balance Scan per month, One Body Composition (BIA) per month  
Salt room, Sauna, &/or Red Light - up to 30 visits per month (mix & match)

**Room Rental** - Our multi-purpose room can hold up to 50+ people.  
Mon-Fri Rate: \$150/day, plus \$75 damage/cleaning deposit  
Saturday afternoon/evening pricing depends on availability and coverage.  
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.*



# Harmony & Health Wellness Center

*Helping You Build Better Health Naturally*

More details on each of our services is available online: [www.harmony4health.com](http://www.harmony4health.com)

**Located:** 1521 Old Hwy 135NW, Corydon, IN

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