

WELLNESS SERVICES PRICING & SERVICES

SERVICE	PRICE	NOTES
Wellness Services		
Wellness Pathway	\$379	Wellness Report with MD consultation
Wellness Fitness Package	\$568	Wellness Report with MD consultation, personal training session and session with a registered dietitian
Wellness Performance Package	\$767	Wellness Reports, MD consult, lactate test, sports nutrition and personal training
Custom Wellness Packages		Prices based on services scheduled, see Wellness Concierge for details
Massage		
50-Minute	Starting at \$69	Deep Tissue, Neuromuscular Therapy, Trigger Point Therapy or Sports Massage Therapy
80-Minute	Starting at \$99	
110-Minute	Starting at \$129	
50-Minute Swedish Massage	Starting at \$59	Hot Stone, Pregnancy, & Reflexology Massages,
80-Minute Swedish Massage	Starting at \$89	
110-Minute Swedish Massage	Starting at \$119	
60-Minute	Starting at \$89	Hot Stone, Pregnancy, & Reflexology Massages,
90-Minute	Starting at \$109	
Massage Packages		
4 x 50-Minute	Starting at \$276	Deep Tissue, Neuromuscular Therapy, Trigger Point Therapy or Sports Massage Therapy
4 x 80-Minute	Starting at \$396	
4 x 110-Minute	Starting at \$516	
4 x 50-Minute Swedish	Starting at \$236	Hot Stone, Pregnancy, & Reflexology Massages,
4 x 80-Minute Swedish	Starting at \$356	
4 x 110-Minute Swedish	Starting at \$476	
4 x 60-Minute	Starting at \$356	
4 x 90-Minute	Starting at \$436	
Psychology		
Consultation	Starting at \$159	May be billable to insurance
Package of 3 Sessions	\$450	
Nutrition & Lifestyle		
24-hour Diet Recall	\$79	Nutrition goal setting with a registered dietitian, packages available
72-Hour Diet Recall	\$99	
Nutrition Pathways	Starting at \$129	
Sports Nutrition Consultation	Starting at \$129	2 BOD PODs, 4 RD visits, 12 PT visits, and behavioral changes
Well Prep	Starting at \$1487	
Body Composition & Metabolism		
BOD POD	Starting at \$69	
DEXA Scan	\$139 or 2/\$198	
RMR	Starting at \$89	

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WELLNESS
CHANGES
EVERYTHING

