

VeraVia Serenity Spa Services

Massage Therapies:

Blissful Aroma Swedish Massage - Indulge in a soothing Swedish massage enhanced with the delicate scents of essential oils. This gentle yet invigorating technique promotes relaxation and relieves muscle tension, leaving you feeling rejuvenated and deeply relaxed.

50 mins - \$190 | 80 mins - \$260

Thai-Swedish Harmony Fusion Massage - Our unique therapeutic blend combines the best of Thai stretching techniques with the gentle strokes of Swedish massage. This fusion harmonizes muscle relief, flexibility enhancement, and deep relaxation, offering a holistic approach to wellness.

80 mins \$260

Deep Serenity Ashiatsu Therapy - Experience the profound relief of ashatsu, a deep tissue massage performed by expert therapists using their hands or feet to deliver firm, targeted pressure. This technique effectively releases tension and promotes improved circulation for a revitalizing experience.

80 mins - \$260

Add-On Enhancements:

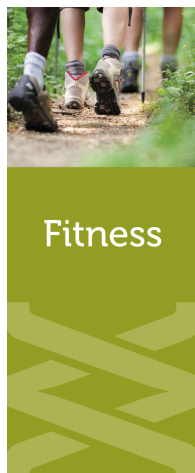
\$40 each

- **Dynamic cupping therapy:** Revitalize your massage experience with Dynamic Cupping Therapy, an invigorating add-on. Suction cups are skillfully moved across your body, enhancing blood flow, relieving tension, and promoting deep relaxation. Elevate your session by incorporating this technique.
- **CBD Balm:** Enhance your massage experience with CBD Balm, a topical infused with cannabidiol. Applied during your session, it aims to provide localized relief, reducing tension and promoting a soothing sensation. This optional add-on can complement your massage for a potentially heightened sense of relaxation.
- **Reflexology:** Enhance your massage session through the incorporation of reflexology—an invigorating foot massage that strategically targets key pressure points. This augmentation aims to optimize relaxation and restore equilibrium, providing a truly comprehensive wellness experience.
- **Hot Stones:** Upgrade your massage to a new level of relaxation with our hot stone add-on. Experience the soothing warmth as smooth, heated stones are expertly incorporated into your session. The combination of heat and skilled massage techniques melts away tension, leaving you in a state of blissful tranquility.

VeraVia Menu of Fitness + Wellness Services

FITNESS:

(Updated Feb. 2024)



- **Personal Training Session (50 min.) \$190** – Personalized, one-on-one training session designed around your goals and specific needs and tailored to your fitness level. Our expert trainers will teach you proper form and help you work on your fitness goals using safe movements to keep you injury free. We can customize your workout to accommodate any existing injuries or chronic pain issues. Your training session can help you target specific goals such as weight loss, lean muscle gain, cardiovascular health, strength, mobility and agility, core strength and stability, specific sports performance, and more.
- **Body Composition Analysis- InBody570 (30 min.) \$120** – A comprehensive InBody570 scan will give you an accurate look at body fat, lean muscle mass, basal metabolic rate, water retention and muscle mass in your arms, legs and trunk. Once you know your biometrics, you are able to formulate a plan based on what YOU need to help you achieve the results you are looking for. Includes InBody570 scan results sheet and review of analysis.
- **Personalized Fitness Program Design (Training for Life) (50 min.) \$220** – Meet with one of our personal trainers to design a personalized take-home workout plan to help you reach your fitness goals. You'll receive a complete workout plan with detailed instructions specific for you.
- **Hydro-Power Aqua Fitness (50 min.) \$190** - Not your grandma's aqua class! Use the resistance of water with highly advanced Aqualogix tools to do water-supported resistance training. Take the impact off your joints and enjoy the benefits of a full body workout.
- **TRX Private Training (50 min.) \$190** – TRX Training helps you move better, feel better, and live better. ALL LEVELS, ALL GOALS means it's literally for ALL OF YOU: From Beginners to Pro Athletes! Based on the 7 basic movements of the body - push, pull, plank, hinge, rotate, lunge and squat. The TRX provides muscular and cardiovascular benefit for a tremendous impact on your overall health including fat burning elements, building overall strength by targeting smaller muscles, tendons, and ligaments as well as an improvement to heart health. Class can be as gentle or as intense as your body requests. (*Note: max. 2 people).
- **Core Class (50 min.) \$190** – Your core serves you in every position that your body takes. It is vital to whole body strength, health, and vitality. Light up your entire core in under an hour by hitting the 24 muscles of the core that include abdominals, obliques, hip flexors (psoas), spinal erector muscles, and glute muscles. Learn how to properly engage your core in all realms and safely practice core exercises with minimal neck and back strain. Have the independence to use your own body to target each of these major muscle groups and gain the confidence of holding not only a slimmer midsection, but also a stronger one. Improve back pain by strengthening the weak links of the body. Finish with a nice stretch, releasing the areas of tension that were created throughout the practice.
- **Foundation Training with Stephanie (50 min.) \$190** – Foundation training uses unique poses and exercises to unwind years of poor movement patterns and rebuild healthy posture and joint health.

YOGA:

- **Private Yoga Session (50 min.) \$190** – Unwind stress and muscle tension through a series of yoga poses with expert guidance from our certified Yoga teachers. Choose from restorative yoga to power yoga based on your experience and goals and customized based on your level of experience and physical limitations.
- **Restorative Yoga with Sound Healing (with Stephanie) (50 min.) \$220** - A restorative yoga practice comprising fewer postures than yoga practices of other styles or traditions. Postures are held for longer periods of time, supported by props for greater comfort. Consciously slow down the pace and allow yourself to relax fully and deeply. The addition of sound healing with quartz crystal bowls facilitates deeper relaxation as calming sound wave frequencies surround the body. Simultaneously benefit your physical body while being transported beyond your “day to day” in this yoga session.
- **Chair Yoga for the Office (50 min.) \$190** - Take yoga off the mat and make it a part of your daily routine. Holly will introduce seated chair yoga exercises that can be done at your desk, as well as standing postures using the chair, desk, or wall to stretch and strengthen. Learn how to schedule yoga breaks throughout your workday to counter the common aches and pains of prolonged sitting. You can achieve better posture, more mindful breathing, and greater overall comfort in your body through yoga. And you can do it in ways that make sense for your life and schedule.

TENNIS:

- **Tennis/Pickleball \$190/hour/1 person**; Improve your tennis skills with a one-on-one tennis lesson from our on site pros

OFFSITE FITNESS ACTIVITIES:

- **Private Off-Site Hike (time based on hike location) \$190/hour/1 person (+\$60/additional person, up to 10 people total); (*Includes transportation)** - Enjoy an outdoor nature experience and while getting a great workout. Hike location can be chosen to accommodate all fitness levels. Additional hiking guide is provided for groups of 4 or more.

NUTRITION:

- **Nutrition Consultation (50 min.) \$220** – Individual consultation with our Director of Nutrition to identify and discuss your specific nutritional goals and questions. Get answers and learn specific tips and strategies tailored for you on how to customize your nutrition to maximize your health goals and *really* get you moving on your new and fresh lifestyle path.

Common topics include personalized nutrition strategies for:

- Nutrition basics - what to eat and how much should I eat
- Weight loss / weight management
- Therapeutic nutrition recommendations to positively affect prevention and management of chronic and other conditions such as:
 - Diabetic / pre-diabetic health
 - Blood pressure
 - Cancer prevention
 - Chronic fatigue
 - High cholesterol/heart disease
 - Inflammation
 - Gut health
 - Metabolic optimization
 - Healthy detox
 - Sports performance
- Creating a customized nutrition plan based on your unique lifestyle and preferences
- How to curb emotional eating
- How to eat healthy at restaurants
- And many more topics!



- **Private Grocery Store Trip (90 min.) - \$280 (+ \$50/ additional person)** (*includes transportation) – Our Director of Nutrition will transport you to a nearby grocery store and help you learn to navigate the aisles of your favorite store with a compass calibrated for your personal wellness. Topics include: how to read nutrition labels, what to look for, healthy alternatives to your favorite not-so-healthy foods, and more. Includes helpful handout(s).
- **Cooking Demo (50-min.) \$350 (+ \$50/ additional person)** (*includes food) – Our Director of Nutrition or Head Chef will lead you through a hands-on food preparation demonstration tailored to your own cooking comfort zones, interests, and tastes. Enjoy samples at wrap-up, a tasty glimpse of what your newly populated plates can (and will) look like in the future! Our team will discuss the different food prep options with you ahead of time and provide a customized food demo tailored for you.
- **Home Chef Tools of the Trade – (2-hours) - \$420** (additional cost for home visits) – With a personalized guided exploration of the kitchen space, our nutritionist will help you update your kitchen gear, pantry, and fridge for a healthy & refreshing kitchen overhaul & solid starting point for change.

BEHAVIORAL HEALTH + MIND-BODY WELLNESS:



- **Behavioral Health Session (50 min.) \$350** – An individual consultation with a licensed Psychologist where you can get professional coaching for any issue in your life. Your behavior health counseling session is designed to help you identify stressors which are preventing you from reaching your optimal health and wellness goals and developing skill sets to address these stressors more effectively.

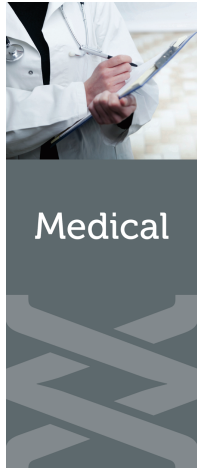
Common areas addressed include: Stress management, behavior change, increasing resilience, relationship issues, managing emotions and moods, life transitions, grief and loss, feeling stuck or uncertain, trauma, unhealthy lifestyle habits, work-life balance, and more.
- **EMDR Session with Dr. Megan Lewis (50 min) \$420** - EMDR stands for Eye Movement Desensitization Reprocessing and is a technique to help people reprocess traumatic memories and decrease anxiety. (*This is an eight-phase treatment available to guests staying 3 or more weeks).
- **Hypnotherapy Session (with Stephanie or Natasha) (50 min.) \$350** - Hypnosis is an empowering intervention that shows you how much control you have over your biological and psychological health. A natural trance state (theta brain waves such as those during lucid dreaming) is created in which you intensely focus on what you want so much that the body "forgets" other unwanted sensations such as physical pain or distressing thoughts. It also accesses and changes limiting beliefs in the subconscious mind that are creating unwanted behaviors. Hypnosis helps to create healthy eating/self-care habits, increase confidence/motivation, improve libido and body image, changes relationship patterns, decreases stress, decreases procrastination, and helps the body heal.
- **Guided Future Self Visualization with Natasha (50 min.) \$350** - 20 Year Future Self: This is a guided meditation in which you take an imaginative journey to the future to meet your future self for guidance, wisdom, and clarity. Many find this incredibly enjoyable, transformative and leave with peace of mind. It is excellent for those at a crossroads, needing to make a decision, in transition, beginning a new venture, or needing to have a question answered. Often you will see spontaneous imagery in your session that points you in the direction best for you, as your inner soul wisdom already has all the answers.
- **Mind-Body Wellness Session with Natasha (50 min.) \$350** - This is an opportunity to bring any of your unique concerns or symptoms to Natasha and she will listen very deeply and intuitively through multiple lenses of mental, emotional, psychological, biological, nutritional, spiritual, relational, and energetic perspectives simultaneously to uncover the root issue or pattern. She gives you a comprehensive and personalized plan + resources to address the issue in the most efficient and sustainable way. This is great for anyone wanting to save money and time to get answers. Other add-on services may be recommended after initial consult.
- **Passions Coaching Session with Stephanie (50 min.) \$350** - This session helps you reconnect and reinvent what lights you up, what is your unique purpose, and goals, and a pathway to thrive doing what you love. This individual session includes a unique process to help you to find your internal compass and use it to make decisions toward your best life. As part of this session you will receive a detailed workbook and downloadable guided meditation.



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- **Intuitive Energy Scan with Stephanie (50 min.) \$350** – Discover your true gifts and strengths. During this intuitive reading you'll discover your unique purpose. Stephanie will also uncover any blocks in your 7 major chakras keeping you from fully living the life you desire. Receive insight and an action plan to clear your blocks and move toward your highest purpose.
- **Sound Healing with Quartz Crystal Bowls (with Stephanie) (50 min.) \$220** – The cells of our muscles, bones, nerves, etc. re-balance in response to the frequencies of the bowls. These pure sound waves guide you into deep relaxation, as every cell in your body begins to move into harmony with them. Give yourself permission to relax fully and deeply as the sounds of the bowls wash over you. Allow yourself to pause and reset... and see the benefits!
- **Guided Meditation (50 min.) \$220** - Sit back and relax into your body as you are guided into a quiet, meditative headspace by one of VeraVia's experienced guided meditation and mind-body health coaches.
- **Breathwork Coaching Session with Stephanie (50 min.) \$220** – Learn patterns of breathing to restore balance to the stress response system, calm an anxious mind, improve physical health, and restore a healthy sleep cycle. You'll learn different breathwork techniques and how they affect your body and mind. This can also be combined with guided meditation customized to your needs.
- **Biofeedback Session with Natasha (50 min.) \$350** - Biofeedback is one of the only evidence-based treatments that has a lasting effect on ADHD because it teaches the brain a new skill through instantaneous feedback rather than forcing it to perform while medicated. Excellent for people with ADHD, anxiety, PTSD, high stress, chronic pain, headaches, IBS or gut issues, or sleep problems.
- **Reiki Energy Healing with Abby (50 min.) \$190** - Reiki is a Japanese energy healing technique for stress reduction, anxiety, depression, and repressed emotions. Reiki is a practice to help integrate a healthy mind-body-spirit. The concept of Reiki coincides with the idea that we are as much as spiritual beings as we are physical. Working with your own personal energetic field/aura, the practitioner will intuitively use their hands in this non-touch Reiki session to help you restore your body's natural rhythm. Not only will we aim to replenish your energy but also to clear any potential blockages and create a deeply relaxing experience.
- **Tension & Trauma Releasing Exercises (or TRE®) with Rebecca, Certified TRE Provider (50 min.) \$290** - TRE is a simple yet innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension, and trauma. Created by Dr. David Berceli, PhD, TRE safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return to a state of balance. A single session of TRE can help switch off your flight-or-fight response after a recent event, reduce general levels of stress and anxiety, improve sleep, recovery, and performance.

NATUROPATHIC MEDICAL:



- **Naturopathic Doctor Consult (50 min.) \$550** – An individual consultation with one of our naturopathic doctors to review your case and symptoms and discuss your specific health concerns and goals. Our goal with this visit is to uncover areas of dysfunction that may be contributing to your case and how to holistically and comprehensively approach improving these variables. Discussion involves diet, lifestyle, behavioral changes, nutritional supplementation, and recommended lab work and/or referrals to create a clear plan to address these core areas of concern.
- **Comprehensive Blood Laboratory Test and Naturopathic Doctor Consult (50 min.) \$1,850** - Includes an onsite blood draw with a skilled phlebotomist, comprehensive lab work and an individual 50-minute consultation with our doctor to review your results and create personalized report and action plan.

Our comprehensive lab work includes many markers that often are not included in your “standard” blood work at your routine doctor visit. Furthermore, in addition to running more comprehensive testing, our naturopathic doctor also interprets the results dramatically different coming from a preventative, holistic perspective and more than simply “well the values are in normal range”. We don’t like normal; we like our clients to be optimal and extraordinary!

Our goal with this visit is to uncover areas of dysfunction that may be contributing to your case through lab results and symptomatic history and how to holistically and comprehensively approach improving these variables.

Discussion involves diet, lifestyle, behavioral changes, nutritional supplementation and recommended lab work and/or referrals to create a clear plan to address these core areas of concern.

Our Comprehensive Testing Includes:

- **Blood Sugar Regulation Markers (Fasting blood glucose, fasting insulin, and Hemoglobin A1C):** Understanding the dynamic system of blood sugar regulation is crucial for chronic disease prevention, reversing diabetes, losing weight and reducing cardiovascular risk.
- **Comprehensive Metabolic Panel:** Evaluates electrolyte balance, liver, and kidney function.
- **Advanced Cholesterol Regulation (Total Cholesterol, HDL, LDL, VLDL, Triglycerides, Non-HDL Cholesterol, Apolipoprotein B):** Cholesterol regulation can indicate elevated cardiovascular risk but also provide insight into metabolic health, inflammation, and thyroid function.
- **Lipoprotein (a):** A genetically influenced lipoprotein/cholesterol marker. Can indicate one reason “why” one may have elevated lipid markers.
- **Liver Function Tests (AST, ALT, GGT):** Very relevant in understanding liver function and health and potential damage. This can be intimately related to diet, lifestyle and can identify possible fatty liver disease.
- **Inflammatory Evaluation (hs-crp, homocysteine):** Chronic inflammation is implicated in all chronic disease from IBS, depression, heart disease and cancer. These markers can establish a baseline as well as inform avenues for investigation and treatment.
- **Vitamin D:** Relevant for immune function, hormone balance, mental health, and bone mineral density.
- **Serum Magnesium:** Magnesium is an incredibly valuable nutritional molecule and it’s estimated that up to 30% of the population has a subclinical magnesium deficiency. Magnesium can impact cardiovascular health, blood pressure, anxiety, headaches and is involved in thousands of



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metabolic processes.

- **Cystatin C:** A marker for B12 deficiency that is far more accurate than serum B12. B12 is a vitamin found primarily in animal products that has huge impacts in the realms of energy, cognition, red blood cell production, and nervous system health. It can easily be depleted by poor digestion, alcohol use, and drug interactions.
- **Serum Folate:** Folate is an essential nutrient in red blood cell production, DNA replication, and energy utilization. It can easily be depleted by high demand, alcohol use, and drug interactions.
- **Advanced Thyroid Testing (TSH, free T4, free T4, Thyroid Antibodies):** Comprehensive thyroid evaluation evaluating function and potential autoimmunity. The thyroid is involved in regulation metabolism, immune function, and energy production, amongst other important functions and is one of the most common organs affected by autoimmunity.
- **Cortisol:** Evaluation of a major stress hormone and preliminary indicator of adrenal health and overall stress burden on the body. Cortisol levels can be related to fatigue, inflammation and stress and can dramatically impact sleep, blood sugar and weight gain.
- **Uric Acid:** An inflammatory marker that is related to hypertension, joint inflammation, and gout. Dietary intervention can be utilized in many to control this marker.
- **Ferritin:** A marker of iron stores in the body which when low can impact energy, anemia and red blood cell production. However, an elevated level can be an indication of high degree of inflammation in the body or other problems with iron storage and metabolism.

SPECIALTY FUNCTIONAL LAB TESTING:

***All testing includes the price of the test; test interpretation and a 50 minute follow up with a Naturopathic Doctor either in-person or virtually. If more than one test is desired, the price of a 50-min consult (\$550) is subtracted from subsequent service prices.*

****Note: Additional tests are available and may be discussed with your VeraVia naturopathic doctor based on your specific needs.**

- **Comprehensive Hormone Panel, \$1,000 (Includes 50-minute naturopathic consultation and phlebotomy fee). Blood Test - Quest Lab.**
Description: Tests the following hormones:
 - **Progesterone** (Major female sex hormone, needs to be balanced with estrogen, related to mood, PMS, menopause, migraines)
 - **Total Estrogens** (Other major sex hormone, estrogen dominance increases risk for cancer and other disease)
 - **Estradiol** (Major and potent sex hormone in women, lowers in menopause and important for overweight men, they often shunt testosterone to estradiol)
 - **Total and Free Testosterone** (Motivation, libido, lean muscle mass, weight loss, energy)
 - **DHEA-S** (adrenal hormone in both men and women that relates to motivation, libido, lean muscle mass, weight loss, energy)
 - **Reverse T3:** A type of thyroid hormone with low bioactivity than can become elevated when the body is converting thyroid hormone or thyroid medication in a dysfunctional way.
 - **Pregnenolone:** A precursor hormone to other steroid hormones in the body. It can help control inflammation and has particularly profound effects in the brain and cognitive health and neuroprotection. In many it can facilitate calmness in the brain. Low levels can occur with high levels of inflammation and high stress.
- **Advanced Thyroid Panel - \$800 (Includes 50-minute naturopathic consultation and phlebotomy**



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fee).

- **Blood Test - Quest Lab**
- **Description:** Labs to take a deeper look at thyroid health to uncover if overt or subclinical thyroid dysfunction exists. Thyroid health plays an important role in metabolic health, weight regulation, mental health and energy. Oftentimes basic thyroid labs can look “in the normal range” but that does not mean they are optimal. Our Advanced Thyroid Panel can provide a deeper investigation to help understand why your numbers look “normal” yet you may be still exhibiting thyroid symptoms.
 - Testing Includes:
 - TSH (Thyroid Stimulating Hormone) - How loud is your brain screaming for more thyroid hormone.
 - Free T4/Free T3 - How much bioavailable hormone your actual thyroid gland is making.
 - Reverse T3 - Is your body converting thyroid hormone well
 - Thyroid Antibodies (Thyroid Peroxidase Antibodies and Anti-Thyroglobulin Antibodies) - Is there autoimmunity against your thyroid
- **Comprehensive Stool and Digestive Analysis - \$1,400 (Includes 50-minute naturopathic consultation and phlebotomy fee).**
 - Stool Test - Doctors Data Comprehensive Stool Analysis
 - **Description:** This test is useful for:
 - Gastrointestinal symptoms (constipation, diarrhea, bloating, gas, abdominal pain)
 - Autoimmune Disease
 - IBD/IBS
 - Inflammation
 - Food Sensitivities
 - Nutritional deficiencies
 - Joint pain
 - Detailed Information
 - This testing provides information on the digestive, immune, inflammatory, and microbial ecosystem in the gastrointestinal tract. Since our GI tract and the microbiome within it are intimately related with system inflammation, metabolic health, and immune regulation, it highlights the importance of gut health when treating chronic disease states, even if there are minimal to no GI symptoms present.
 - Cornerstones of good health include proper digestion of food, assimilation of nutrients, exclusion of pathogens and timely elimination of waste. Poor digestion and malabsorption of vital nutrients can contribute to degenerative diseases, compromised immune status and nutritional deficiencies. Impairment of the highly specific nutrient uptake processes, or compromised GI barrier function, as in "leaky gut syndrome," can result from several causes including:
 - Low gastric acid production
 - Maldigestion
 - Food allergen impact on bowel lining
 - Bacterial Overgrowth or imbalances
 - Pathogenic bacteria, yeast, parasites
 - Toxic irritants

- Use of NSAIDs and antibiotics

- **Small Intestinal Bacterial Overgrowth (SIBO) Breath Test - \$950 (Includes 50-minute naturopathic consultation and phlebotomy fee).**
 - Breath Test - Commonwealth Diagnostics
 - Small Intestinal Bacterial Overgrowth, also known as SIBO, occurs when there is an abnormal increase in the overall bacterial population in the small intestine.
 - Many SIBO, Irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) symptoms are similar.
 - Common symptoms include:
 - Abdominal pain
 - Constipation
 - Distention
 - Diarrhea
 - Bloating
 - Recent research has discovered that SIBO could be the root cause of IBS and is also often found in IBD.

- **Comprehensive Hormone and Adrenal Assessment - \$950 (Includes 50-minute naturopathic consultation and phlebotomy fee).**
 - Dried Urine - DUTCH Complete Hormone Analysis
 - Evaluates cortisol (stress hormone) levels, DHEA, Estrogen, Progesterone, Testosterone levels as well as their metabolites.
 - Provides insight into the absolute levels and ratios of these hormones but also how your liver is detoxifying them.
 - Can help identify if hormone deficiency or excess are contributing to symptoms and provide a more comprehensive understanding of how to resolve these problems.
 - Also provides markers of neurotransmitters, nutrient markers and a marker of DNA damage.
 - Useful for investigating premenstrual symptoms, abnormal uterine symptoms, menopausal symptoms, symptoms of low testosterone.

- **Urine Organic Acid Testing - \$900 (Includes a 50- minute naturopathic consultation)**
 - Frozen first morning urine.
 - Organic acids are products of the body's and the microbiomes metabolic pathways.
 - Provides insight into important areas related to gut health, mitochondrial dysfunction, neurotransmitter status, indicators of detoxification, and macronutrient breakdown, and nutritional status.
 - Can help identify nutrient deficiency, microbial overgrowth, insight into fatigue, toxin load, and glucose/fat utilization.
 - Used for investigating fatigue, suspected microbial overgrowth, weight loss challenges, and more.

PAIN MANAGEMENT + RECOVERY:

- **Natural Foot Consultation with Dr. Derek (50 min.) \$600** - Stop foot and ankle pain in its tracks with a holistic approach to foot and ankle care. Designed to promote natural biomechanics and eliminate the need for compensation. Get a functional medicine perspective on plantar fascial pain, achilles tendon pain, bunions, hammer toes or other foot and ankle problems.
- **Acupuncture (50 min.) \$350** - Our mobile acupuncturist will come to our location and treat your symptoms with this traditional Chinese Medicine modality.
- **Private Stretch & Foam Rolling Session (50 min.) \$190; or (30 min.) \$95** – Learn myofascial release techniques to use for flexibility, stiffness and pain relief.
- **Fascial Distortion Model (FDM) and Rossiter Pain Relief System with Travis (50 min.) \$220** - Pain relief through hands-on myofascial release with a certified FDM specialist.
- **Rejuvenating Vibration Therapy with Travis (50 min.) \$220** - Using the power of vibration technology your body will relax and recover during this hour of head to toe massage work. This is done fully clothed at any time of the day. Benefits include: relaxation, general recovery, improved circulation, decreased muscle soreness and joint pain, and improved mobility.
- **Private Foam Rolling and MELT Session with Olivia (50 min.) \$190; or (30 min.) \$95** – Learn myofascial release techniques to reduce joint pain and muscle tension with self-treatment techniques to re-hydrate connective tissues and re-balance the nervous system with specialized balls and soft foam rollers. MELT quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn and offers results you will see and feel the first time you try it. New research has revealed the missing link to pain-free living is a balanced nervous system and healthy connective tissue. These two components work together to provide your body architectural support and optimal mind-body communication. Using MELT's specialized techniques, a soft body roller and four different small balls, MELT re-hydrates the connective tissue, re-balances the nervous system and restores space to compressed joints.



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After-Care Services – Post Stay

These add-on services are offered to guests that have completed their stay and would like a higher level of after-care wellness coaching once they've returned home.

NATUROPATHIC MEDICAL – After-Care:

- **Continuing Care (post-stay)** – Package of multiple Naturopathic Doctor consultations (can be virtual/Zoom).

**Does not include lab work or testing. Any recommended testing, etc. is an additional cost.*

- 1 Consultation Package (60 minutes each visit) - **\$450**
- 3 Consultation Package (60 minutes each visit) - **\$1,300**
- 6 Consultation Package (60 minutes each visit) - **\$2,500**
- 12 Consultation Package (60 minutes each visit) - **\$4,800**

Naturopathic Medical Continuing Care - Terms and Conditions:

1. Continuing Naturopathic Care is provided through Revive Naturopathic Medicine, Inc
2. Extent of continuing care is dependent upon the client's place of residence.
 - a. Clients living outside of California qualify for wellness consulting services only (No Doctor-Patient relationship, no pharmaceutical prescribing, no direct lab ordering) See Revive Wellness consulting agreement for more details.
 - b. Clients living within California can keep a doctor patient relationship with the full benefits of that relationship
3. You will be required to fill out Revive Naturopathic Medicine specific clinic policies and consent before initiating continuing care
4. All SCHEDULING AND COORDINATION is executed through Revive Naturopathic Medicine, Inc
5. BILLING related to VeraVia Continuing Care is executed through VeraVia with their policies and procedures
6. Additional fees such as additional consultation time, home visit, shipping, missed appointment fees/late fees etc. are collected directly by Revive Naturopathic Medicine, Inc.

NUTRITIONAL – After-Care:

- **Monthly Home Accountability Coaching with VeraVia's Director of Nutrition (1 x 50 min phone or video call + 4 emails per month) - \$230/month** – Our Director of Nutrition provides you with accountability “check ins” to continue to break your patterns once you get home after your stay at VeraVia. Reveal a fresh and light mindset towards the way you connect with fueling your body and stay on track with your nutritional goals. Realign your relationship with food, and forge powerful, graceful connections with the beauty of eating.
- **Customized Meal Planning by VeraVia's Director of Nutrition - \$190/week or \$590/month** (Receive a complete new meal plan each week; or receive 4 weeks of meal plans each month) –

Customized meal plans with prep guides, pictures, recipes, and detailed grocery shopping lists. Meal plans can be fully portion controlled to meet your specific goals. Macro/micronutrient/caloric breakdowns are available.



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- **Some meal plan examples include:** 21 Day Reset, Elimination Diet, High Protein, Immunity Booster, Quick & Easy, Low-Carb, Low-glycemic, Keto, Vegan, Vegetarian, Raw, PCOS, Thyroid, Auto-immune, Gut health, Anti-inflammatory, Low FODMAP, 15-minute meals or less, Low Fat, Paleo, Leaky Gut, and more.

BEHAVIORAL WELLNESS – After-Care:

- **Behavioral Health Coaching with VeraVia’s Director of Behavioral Health, Dr. Megan Lewis, Phd. (50 min.) \$350** – An individual consultation with Dr. Megan Lewis (virtual or in-person) where you can get professional coaching for any issue in your life. Your behavior health session is designed to help you identify stressors which are preventing you from reaching your optimal health and wellness goals and developing skill sets to address these stressors more effectively.

Common areas addressed include: Stress management, behavior change, increasing resilience, relationship issues, managing emotions and moods, life transitions, grief and loss, feeling stuck or uncertain, trauma, unhealthy lifestyle habits, work-life balance, and more.

- **Mind-Body Continuing-Care Coaching Package with Natasha - \$2,750/month, 2-month minimum: (Opening 90-120 min. Discovery Session (assessment) billed separately: \$605) –**

An ongoing monthly mind-body behavioral coaching package to support you when you return home. Includes 4x 50min sessions/month (can be any combination of coaching, consulting, hypnosis, guided imagery or other mind-body skill training based on your unique needs) plus unlimited text and email support plus astrology plus Gut Matters eBook plus symptoms questionnaire.

- **12-Month Mind-Body Healing Group, with Natasha - \$3,300 (for 12 months)** - Includes: 2 hours live virtual (Zoom) intimate group online workshop every Monday 5-7pm PST starting Sept 12 and running for 12 weeks. After that these group classes will run the first Monday of every month 5-7pm PST. Offered in an intimate, structured, weekly online ceremony. 12 participants max.
 - **Initial Welcome Kit:** This 12-month program includes the following for each participant: A thermistor or biodots, a journal, a crystal, and essential oils.
 - **Description:** A powerful “science meets spirituality” virtual group to help you unlock your self-healing capabilities. This group heals trauma & stress-related chronic illness. It will unlock your strengths and improve your health and relationships through learning and practicing self-regulation, mindfulness, and effective communication.
 - Research showed 80% of participants no longer met criteria for PTSD after just 12 sessions. Published research also demonstrates statistically significant decreases in depression, hopelessness, anxiety, anger, and sleep disturbance.
 - **Payment Options:** Participants can pay \$3,330 up front, or \$1,000 down, and \$222 for the remaining 11 months.
 - ***Notes:** Because of the nature of this program, it is non-refundable if a participant does not continue or misses any sessions. The group dynamic is an important part of the whole process. Each participant must commit. (Of course, emergencies sometimes happen, and we can help deal with those as needed).

- **Rise Coaching with Stephanie Zito, Intuitive Soul Purpose Coach - \$3,000 (Or \$1,000 deposit + 2 payments of \$750) – 10 Week Vision Casting Portal:**
 - **The Vision Casting Portal is designed to:**
 - Help you get clear on your **big vision and desires**
 - **Clear the fears and blocks** that hold you back from achieving your goals
 - **Create consistent actions** that design + manifest your best life
 - **Benefits:**
 - Less anxiety and stress -> **greater calm, confidence, and joy**
 - Less overwhelm and worry -> **greater clarity and purpose**
 - Tangible, measurable results towards -> **vibrant health, achieving your big goals, speaking your truth, taking aligned action**
 - **Tangible results** include clients who: started a successful coaching business, manifested a dream job, moved continents, and landed soul-led employment, set loving boundaries with friends + family, report a greater sense of connection, joy, and fulfillment in life.
 - **Over 10 weeks with the Vision Casting Portal you receive:**
 - **8 - 90 minute Group Zoom Sessions** with the signature Vision Casting process + one on one coaching support for your specific needs
 - **2 Energy clearing sessions to release trauma and stuck energy**
 - A proven system to **align your mindset, energy and action**
 - **1:1 support through our private group** where you can reach out with questions along the way
 - Your **Human Design profile** to understand what motivates you + how you best make decisions
 - Each week helps you take immediate action with ease as you align your big vision with the small actions that help you get there

FITNESS – After-Care:

- **Personalized Fitness Program Design (50 min.) \$195 (for a single session)** – For guests wanting additional accountability and to maximize your continued fitness progress at home, one of our personal trainers will meet with you (via phone or virtual/Zoom call) to discuss your fitness progress at home after attending VeraVia. They will help you determine new fitness goals and design a new personalized workout plan. You'll receive a complete workout plan with detailed instructions specific for you. Your personal trainer will discuss your new fitness plan with you to explain each part and answer any questions.
 - **Pricing for multiple packages:**
 - 3 Months - \$180 per month (\$540)
 - 6 Months - \$170 per month (\$1,020)
 - 9 Months - \$160 per month (\$1,440)

To purchase and schedule wellness services or for any questions contact our Guest Experience Coordinator and/or call VeraVia at: 1-800-527-1936.



TERMS AND CONDITIONS – A La Carte Fitness, Health and Wellness Services

- 1. All sessions are designed to be one-on-one. Additional participants are \$50/per additional person.*
- 2. Payment is taken at time of booking.*
- 3. All additional services listed are based on VeraVia staff availability and can be scheduled during your free time. If you choose to schedule an add-on option during one of your included activities, then you will not be able to make-up nor be refunded for the missed activity.*
- 4. Cancellation Policy:*
 - a. All cancellations must be received by VeraVia prior to 24 hours to receive a full refund.*
 - b. In case of early termination of your service, VeraVia will refund the client an amount equal to the Service Fee payments made by client as of the date of termination less any sums due for labs previously ordered and Services already provided to client.*
- 5. No Insurance: VeraVia does not participate in any private or government funded health insurance plans or Medicare. Client is responsible for payment of all Service Fees. No superbills will be provided.*
- 6. Definition of Care: Primary care services are not included. It is best to consider your VeraVia providers as providing complementary and holistic integrative services. Your VeraVia providers do not act as client's primary care providers. If you do not have a PCP, we strongly encourage you to locate one for certain screenings we don't provide as well as urgent health matters and emergencies.*
- 7. Covid-19- Some modifications may be required as necessary to meet the County and State Covid-19 safety guidelines.*