

service menu



naturopathic medicine

Initial Consultation	\$300
Pediatric Initial Consultation	\$250
Follow-Up Visit	\$150
Follow-Up with Acupuncture	\$150
Well Woman Exam	\$225
Well Child Visit	\$175
Constitutional Hydrotherapy*	\$75

ayurveda

Adult Consultation	\$200
Pediatric Consultation	\$150
Follow-Up Visit	\$120

acupuncture

First Session	\$150
Follow-Up	\$75
Community Acupuncture Initial	\$50
Community Acupuncture Follow-Up	\$30

functional nutrition

Initial Consultation	\$215
Follow-Up	\$90

therapy with bri

Initial Therapy Session	\$185
Follow-Up Therapy	\$125

reiki

60-minute Session	\$75
with Intuitive Guidance	\$125

postural alignment

Initial Assessment	\$250
Follow-Up	\$195

massage + bodywork*

120 minutes	\$140
90 minutes	\$110
75 minutes	\$95
60 minutes	\$80
30 minutes	\$50
cupping	\$30

*Packages available

service menu



naturopathic medicine

is an alternative to primary care within conventional health care. NDs have been trained as family physicians and utilize diet, lifestyle, supplements, botanicals, homeopathy and other modalities to treat dysfunction and restore wellness.

ayurveda

literally translates to "the knowledge of life." It is a very personalized system of medicine that focusses on the patient more than the technique to address imbalances in a person's dosha, or functional principles.

acupuncture

is an ancient therapy that has been thoroughly researched for a safe and effective treatment of headaches, pain, stress, fatigue, functional digestive concerns and addiction. Private and semi-private sessions are available.

functional nutrition

is a holistic approach to food as medicine that considers not just calories, nutrients and vitamins, but also other influences on wellness such as stress, inflammation, gut dysfunction, sleep patterns, relationships and even self-talk.

therapy

provides a safe space to talk through life challenges and build skills for self-care and resilience.

reiki

is a deeply relaxing and gentle touch therapy that clears internal energy systems and allows a person to heal from within.

postural alignment

address postural imbalances to relieve pain, recovery from injury, improve range of motion and balance

massage + bodywork

relieve muscular and joint pain and stiffness, increase circulation of blood, lymph, and energy, reduces stress, improves mood and sleep, and facilitates mind-body connectedness.