

# service menu



## naturopathic medicine

Initial Consultation	\$300
Pediatric Initial Consultation	\$250
Follow-Up Visit	\$150
Annual Exam with PAP	\$250

## ayurveda

Adult Consultation	\$250
Pediatric Consultation	\$190
Follow-Up Visit	\$125

## acupuncture

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

## energy healing

Initial Energy Healing Session with Julie	\$150
Follow-Up with Julie	\$100
Reiki with Lynn*	\$85

cupping	\$50
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## functional nutrition

Initial Consultation	\$225
Follow-Up*	\$105

## therapy

Initial Therapy Session	\$185-\$195
Follow-Up Therapy	\$130-\$135

## constitutional hydrotherapy\*

\$75

## 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

## chiropractic

Initial Exam (includes first follow-up)	\$145
Adjustment	\$45
Adjustment + Extra Time	\$60

\*Packages available

Prices set by individual practitioners

# 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.

## energy healing

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

## cupping

relieves tight muscles, improves circulation of blood, lymph and energy

## 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. Sessions available for adults and youth.

## constitutional hydrotherapy

is a hands-on service that enhances immune function, stimulates digestion and detoxification, and is deeply relaxing.

## 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.

## chiropractic

restores joint mobility and promotes healing of the nervous system