

renew **mind and body wellness** **services menu**

FLOATS

- 30-min float \$50
- 60-min float \$75
- 90-min float \$95
- First time float \$55
- Couples 30-min \$65
- Couples 60-min \$95

HYDROLOUNGER

- 30-min Hydrolounger \$40
- 15-min Hydrolounger \$25

SAUNA & FOOT DETOX

- 30-min Infrared Sauna \$40
- 30-min Foot Detox \$40

PACKAGES

- 3 Infrared Sauna/Foot Detox
\$105
- 6 Infrared Sauna/Foot Detox
\$195

MASSAGE SERVICES

- 30-min massage \$50
- 45-min massage \$75
- 60-min massage \$100
- 90 min-massage or bodywork
\$145

PHYSICAL THERAPY

DRY NEEDLING

- 60-min session \$75

NUMEROUS ESTHETICIAN **SERVICES**

PRACTITIONERS

Heidi Donald owner, LCSW

Brandi Holliday owner, LMT, FDN-P

Kristen Bruton, LMT

Kelsey Duernberger, LMT

Erin Ferguson, Licensed Esthetician

Dennis Frank, LMT

Jamie Mathews, LMT

Amber Redd, LMT

Michaela Tierce, LMT

Annette Woldanski, Body Work

Luke Buesch, PT

Candi Graves, Grazeful Gatherings

MEMBERSHIPS

- 30-Minute Renewal – \$35/mo
 - **One** 30-min *Renew Service** per **month**.
- 30-Minute Deluxe Renewal – \$180/mo
 - **Four** 30-min *Renew Services** per **month**.
- 60-Minute Float Refresh – \$60/mo
 - **One** 60-min float + **one** 30-min sauna or hydrolounge session per **month**
- 60-Minute Float Refresh Unlimited – \$280/mo
 - **Unlimited** 60-min floats + **one** 30-min sauna or hydrolounge session per **month**.

***INCLUDES FLOAT, HYDROBED,
FOOT DETOX AND SAUNA**