



Healthy Life Center



Holistic Treatment Services

Acupuncture

Acupuncture increases the body's ability to resist the damaging effects of stress and promote or restore normal cellular functioning by stimulating specific points on the body.

Initial visit: \$125
Follow-up Acupuncture: \$90
Package of 5 Acu: \$400
Follow-up Acu/Massage: \$140
Package of 5 Acu/M: \$560

Swedish Massage

A popular general-purpose type of massage. Good for melting away stress and for overall relaxation.

30 minutes: \$35
60 minutes: \$70
90 minutes: \$90

Deep Tissue Massage

Targets the deeper muscles and fascia to bring relief to chronic pain and postural issues.

30 minutes: \$45
60 minutes: \$75
90 minutes: \$105

Manual Lymphatic Drainage

This gentle massage helps reduce inflammation and boosts the immune system by encouraging natural drainage of lymph, which carries waste particles away from the tissues and back toward the heart.

60 minute: \$120
90 minute: \$165

Massage Packages

Massage packages available upon request.

3 x 60 minutes Swedish: \$195
3 x 60 minutes Deep Tissue: \$210

Amethyst Mat

The amethyst mat uses gentle warming to emit negative ions to benefit the body. Benefits include increased circulation and relaxation, as well as providing relief for arthritic pain.

20 minutes: \$20
50 minutes: \$40
5 pack 20 minutes: \$80
5 pack 50 minutes: \$160

Please call for more information and to book appointments. (239) 468-0050

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