

MASSAGE

Swedish	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00
Aromatherapy	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00
Anti-Cellulite	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00
Sports	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00
Prenatal	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00
Chair	15 Min	\$30.00
	30 Min	\$50.00
Deep Tissue	60 Min	\$110.00
	90 Min	\$140.00
	120 Min	\$180.00

FITNESS/WELLNESS

Massage	See Above		
Personal Training	Weight Loss	\$20.00	\$75.00
	Muscle Strength	\$20.00	\$75.00
	Total Body Conditioning	\$20.00	\$75.00
Sports Performance	Speed & Agility	\$20.00	\$70.00
	Strength & Power	\$20.00	\$70.00
	Football	\$20.00	\$70.00
	Basketball	\$20.00	\$70.00
	Soccer	\$20.00	\$70.00
	Baseball/Softball	\$20.00	\$70.00
	Golf	\$20.00	\$70.00
Yoga	Hockey/LaCrosse	\$20.00	\$70.00
	Cu	\$20.00	\$70.00
	VINYASA	\$20.00	\$70.00
Pilates	YIN / RESTORATIVE	\$20.00	\$70.00
	Core Power	\$20.00	\$70.00
	Mat	\$20.00	\$70.00
Dance	Traditional	\$20.00	\$70.00
	Zumba	\$20.00	\$70.00
	Hiphop	\$20.00	\$70.00
	Pole Burlesque Fitness ???	\$20.00	\$70.00

	Jazzercise	\$20.00	\$70.00	
	Ballroom	\$20.00	\$70.00	
	Line Dancing	\$20.00	\$70.00	
Healing & Recovery				
	Prehab/Rehab	\$120.00		
	Stretching/Mobility	\$120.00		
	Sports Injury Consulting	\$120.00		
Alternative Medicine				
	Cupping	\$50.00		
	Acupuncture	\$100.00		
	Aromatherapy Meditation	\$120.00		
	Chiropractor	\$125.00		
	Reflexology	\$125.00		
	Reiki	\$125.00		
Senior Care				
	Meal Planning	\$80.00		
	Wound Management	\$100.00		
	Prehab/Rehab	\$65.00		
	Stretching/Mobility	\$75.00		
	Mental Health Counseling	\$120.00		
Meal Prep				
		1 Day	20 Days	28 Days
	Vegan	\$50.00	\$480.00	\$560.00
	Vegitarian	\$50.00	\$480.00	\$560.00
	Traditional	\$50.00	\$480.00	\$560.00
	Carnivor (Meat Lovers)	\$50.00	\$480.00	\$560.00

HEALTH/BEAUTY

Massage	See Above			
Men's Grooming				
	Cut & Style	\$50.00		
	Beard Care	\$40.00		
	Line-up	\$40.00		
	Taper/Fade	\$40.00		
	Extensions	\$100.00		
	Plugs/Balding	\$150.00		
	Wigs	\$75.00		
	Waxing	\$50.00		
Cut & Style				
	Cut & Style	\$70.00		
	Blowout	\$30.00		
	Silk Press/Flatiron	\$40.00		
	Perm	\$200.00		
	Full Color	\$200.00		
	Highlights	\$150.00		
	Root Touchup	\$100.00		
	Deep Conditioning	\$150.00		
Natural Hair				
	French Braid	\$50.00		
	Crown Braid	\$50.00		
	Side Braid	\$50.00		
	Sleek Braid	\$50.00		
	Cornrows	\$100.00		
	Braided Updo	\$50.00		
	Tousled Braid	\$50.00		
Wigs & Extensions				
	Sew-in	\$75.00		

	Fusion/Pre-Bonded	\$75.00
	Microlink	\$75.00
	Clip-in Extensions	\$75.00
	Frontal Wig	\$75.00
	Full Wig	\$150.00
	Faux-Locs	\$75.00
	Crochet	\$75.00
Lashes		
	Lash Tint	\$65.00
	1/2 Set Lashes	\$75.00
	Full Set Lashes	\$100.00
Eyebrows		
	Shaping	\$50.00
	Threading	\$50.00
	Tatooing	\$100.00
	Waxing	\$50.00
Facial		
	Anti-Aging	\$65.00
	Microdermabrasion	\$65.00
	Brightening	\$65.00
	Hydrating	\$65.00
	Classic	\$65.00
	Firming and Contouring	\$65.00
	Decongesting	\$65.00
Makeup		
	Special Occasion	\$50.00
	Theatrical/Television	\$75.00
	Daytime/Nighttime glamour	\$50.00
	Educational/Consultaion	\$100.00
Mani & Pedi		
	Manicure	\$65.00
	Pedicure	\$65.00
	Combination	\$96.00
	Gel/Shellac	\$85.00
	Acrylic	\$85.00
	Nail Art	\$65.00