



8975 Guilford Road, Suite 170
 Columbia, MD 21046
 www.nourishing-journey.com
 info@nourishing-journey.com
 Ph: 410-992-3001 Fax: 866-838-0649

Services Price List

Effective date August 24, 2017

Individual Services with Jennifer Palmer	Price
Detox-Wellness Consultation for Healthy Living	\$188 for 90-minute initial consult \$125 per hour follow up appointments
Reiki, Holistic Metamorphosis®, Access Bars, Energy Healing Sessions	\$125 per hour
Letitia Short, M.D.	
New Patient	\$250/2hrs
Established Patients for follow up	\$250/ 1hr
Request letter from M.D.	\$25
Individual Services- Nonmember prices (Body Work)	Price
Massage Therapy (Swedish, Deep Tissue) Shiatsu (on table) Reflexology	\$50 per half hour \$90 per hour \$120 for 90 minutes \$155 for 2 hours
Specialty Treatments: Floor Shiatsu, Lymph Drainage, Prenatal Massage, Hot Stone Massage, Cranial Sacral Therapy	\$100 per hour \$135 for 90 minutes \$170 for 2hrs
Cupping	\$100 45 minutes only
---Add on essential oils with massage	\$10
---Add on Cranial Sacral therapy	\$45
Aroma Therapy ---AromaTouch™ (30-45 minutes) ---AromaTouch™ Add-on (added to 30- or 60-min massage)	\$70 \$50
Individual Services- Nonmember prices (Detox Work)	Price
Colon Hydrotherapy (Colonic)	\$95 per session
Ionic Foot Bath	\$40 per session- 30min
Infrared Sauna	\$40 per session- 30min
Individual Services- Nonmember prices (Energy Work)	Price
Reiki, Energy Clearing, Chakra Cleansing, Access Bars, Holistic Metamorphosis™	\$90 per hour
One-on-One Coaching:	Price
Whole-life & Nutritional Health Coaching with Gina Keskula	
Initial Consultation	90-minute Session \$150
Established/follow up Coaching	1 Hour Session - \$100
Life Purpose & Holistic Healing Coaching with Katie Morton	1 Hour Session - \$100
Mediumship, Psychic, & Intuitive Reading	Price
Mediumship Reading	\$100
Rune Reading	\$100
Tarot Card Reading	\$100
Spiritual Guidance	\$100



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Membership Price List

Monthly Wellness Membership	Price / Discount
Monthly Membership includes: (choose one below each month)	\$69 for 60 min session
Massage Colon hydrotherapy	
Shiatsu on table Life Purpose & Holistic Healing Coaching	
Reiki/Energy Healing Whole Life & Nutritional Health Coachng	
Reflexology Mediumship, Psychic, Intuitive Reading	
Upgrade Massage, Shiatsu, Reiki or Reflexology to 90 minutes	\$29
Upgrade consult Whole Life and Nutritional Health Coaching with Gina Keskula for extra 30 minutes	\$29
Upgrade Energy Healing sessions with Jennifer Palmer	\$30
Upgrade to Floor Shiatsu, Prenatal Massage, Hot Stone or Lymph Drainage	\$10
--Add on Cranial Sacral Therapy with Kyle Brooks	\$45
Additional Massage, Shiatsu, Reiki, Reflexology, Colon Hydrotherapy sessions, Life Purpose Coaching, Mediumship, Psychic or Intuitive Reading, Whole Life & Nutritional Health Coaching	\$69
Discount on individually priced Ionic Footbath, IR Sauna, Aroma-Touch®	15% off
Discount on supplements	10% off
Packages	Price
Healing Activation Program (H.A.P.) Basic- <u>Jennifer Palmer</u> Up to 2 hour initial consult Three 90 minute follow-up consult/energy sessions 20% off additional services (if needed) during 12 weeks	\$595 Basic Package
Healing Activation Program (H.A.P.) Prime - <u>Jennifer Palmer</u> Up to 2 hour initial consult Six 90 minute follow-up consult/energy sessions 25% off additional services (if needed) during 12 weeks	\$895 Prime Package
Massage/Reflexology/Reiki Package (4 One Hour Sessions)	\$300 (Save \$60)
Specialty Massage: Floor Shiatsu, Lymph Drainage, Prenatal Massage, Hot Stone (4 One Hour Sessions)	\$370 (Save \$30)
One-on-One Coaching:	
Whole-life & Nutrition Health Coaching with Gina Keskula Package of 12	1 hr. sessions \$1,020
Life Purpose & Holistic Healing Coaching with Katie Morton – Package of 8 for 8 weeks	1 hr. sessions \$700



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Packages Pricelist

Detox Packages:	
Colon Hydrotherapy (Colonic) Package – 3 Sessions	\$255 (Save \$20)
Foot Bath/Sauna Package – 4 Sessions	\$140 (Save \$20)
8 Sessions	\$260 (Save \$60)
Detox Programs Combo:	
2+ services in 1 day: save 10%	
1 Full Day Detox: Save 15%	
3 Full Day Detox: Save 25%	
5 Full Day Detox Save 35%	

Offsite Pricelist

Mobile Services	Price
- Massage	\$60 per half hour
- Reflexology	\$100 per hour
- Reiki (Usui and Karuna)	\$130 per 90 minutes
- Space Cleansing/Blessing	\$165 per 2 hours
Hyper Baric Oxygen Chamber (HBOT)	Home rental **please contact office for more information

Rental Session and Event Rooms

Various package for your selection. Please contact office for more information