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Services Price List

Effective date Jan 1, 2026

(This price list does not include services from our renters)

Individual Services (Non-Member Pricing)			
Wellness Coaching		Price	
<ul style="list-style-type: none"> Detox-Wellness Consultation with Jennifer Palmer 	\$225	90 minute initial consult	
	\$175	60 minute follow up	
<ul style="list-style-type: none"> Herbal Medicine Consult with Nicki Mensah 	\$175	90 minute initial consult	
	\$80	45 minute follow up	
<ul style="list-style-type: none"> Holistic Nutrition Consult with Nicki Mensah 	\$175	90 minute initial consult	
	\$80	45 minute follow up	
Body Work		Price	
<ul style="list-style-type: none"> Massage Therapy (Swedish or Light Touch) 	\$70	30 minute session	
<ul style="list-style-type: none"> Shiatsu (on table) 	\$115	60 minute session	
<ul style="list-style-type: none"> Reflexology 	\$150	90 minute session	
<ul style="list-style-type: none"> Acupressure 	\$190	120 minute session	
<ul style="list-style-type: none"> Specialty Massage: Lymphatic Drainage, Deep Tissue, Prenatal, Hot Stone, Craniosacral Therapy, Trigger Point, Sports OR Zero Balancing 	\$75	30 minute session	
	\$125	60 minute session	
	\$160	90 minute session	
	\$200	120 minute session	
<ul style="list-style-type: none"> Add on essential oils with massage 	\$10		
<ul style="list-style-type: none"> Add on Hot Towel with massage 	\$10		
<ul style="list-style-type: none"> Cupping with Jessica Ruhl 	\$10		
Facial		Price	
<ul style="list-style-type: none"> 30 Min Express Facial 	\$80	30 minute session	
<ul style="list-style-type: none"> Customized Facial 	\$125	60 minute session	
<ul style="list-style-type: none"> Vitamin C Peel Facial 	\$135	60 minute session	
Detox Work		Price	
<ul style="list-style-type: none"> 45 Min Colon Hydrotherapy (Colonic) 	\$115	45 minute session	
<ul style="list-style-type: none"> 60 Min Colon Hydrotherapy (Colonic) 	\$140	60 minute session	
<ul style="list-style-type: none"> 30 Min Ionic Foot Bath OR Infrared Sauna 	\$45	30 minute session	
<ul style="list-style-type: none"> 45 Min Ionic Foot Bath OR Infrared Sauna 	\$65	45 minute session	
<ul style="list-style-type: none"> 30 Min Red Light Therapy 	\$45	30 minute session	
<ul style="list-style-type: none"> Add on 10 Min Red Light Therapy to Sauna 	\$20		
<ul style="list-style-type: none"> Add on 20 Min Red Light Therapy to Sauna 	\$35		

<ul style="list-style-type: none"> • 30 Min PEMF • 60 Min PEMF 	\$50 30 minute session \$100 60 minute session
Energy Healing	Price
<ul style="list-style-type: none"> • Reiki 	\$70 30 minute session \$115 60 minute session \$150 90 minute session
<ul style="list-style-type: none"> • Cymatic Balancing 	\$45 30 minute session \$85 60 minute session
Advanced Energy Healing with Jennifer Palmer	Price
<ul style="list-style-type: none"> • Reiki, Holistic Metamorphosis, Access Bars, Spiritual Coaching, and Akashic Records 	\$47.50 15 minute session \$95 30 minute session \$140 45 minute session \$175 60 minute session \$235 90 minute session
<ul style="list-style-type: none"> • Add on Rife to Advanced Energy Healing with Jennifer 	\$25 30 minute session \$50 60 minute session
Mobile Services	
<ul style="list-style-type: none"> • Massage, Reiki, Animal Healing 	\$140 60 minute per hour
<ul style="list-style-type: none"> • Space Cleansing/Blessing 	\$195 60 minute per hour

30 Min Lymph Massage Package – 4 Sessions	\$280
60 Min Specialty Massage Package – 4 Sessions Choice of: Deep Tissue, Lymph Drainage, Prenatal, Hot Stone, Craniosacral Therapy	\$450
90 Min Specialty Massage Package - 4 Sessions Choice of: Deep Tissue, Lymph Drainage, Prenatal, Hot Stone, Craniosacral Therapy	\$590
45 Min Colon Hydrotherapy (Colonic) Package – 3 Sessions	\$320
60 Min Colon Hydrotherapy (Colonic) Package – 3 Sessions	\$395
30 Min Foot Bath/Sauna Package 4 Sessions 8 Sessions 12 Sessions 16 Sessions	\$160 \$280 \$360 \$400
45 Min Foot Bath/Sauna Package – 4 Sessions	\$240
30 Min PEMF Package 2 Sessions 4 Sessions 8 Sessions 12 Sessions	\$90 \$175 \$350 \$515
60 Min PEMF Package 2 Sessions 4 Sessions 8 Sessions 12 Sessions	\$190 \$360 \$675 \$1,025