

OPTIMAL WELLNESS CENTER PRICE & PRODUCT LIST

Doctor Visits

Dr. Keith Jordan.	\$180 New Patients* + \$60 Existing Patients ++
Dr. Michael Izquierdo	\$110 New Patients* \$55 Existing Patients
Dr. Jennifer Martinc.	\$110 New Patients* \$55 Existing Patients

Aroma Therapy Steam Pod \$30, one session

Far Infrared Sauna \$30, one session

FootBath Detox \$30, one session

Aroma Steam Pod, Sauna & Footbath Packages. . . . \$125, 5 sessions
Sessions are interchangeable for your convenience \$240, 10 sessions
\$325, one Complete Cycle (14 Footbaths)

Flotation Tank \$50, 60 minute session ft

FlotationTank Packages. \$225, five 60 minute sessions
\$400, ten 60 minute sessions

Hypnotherapy, Creative Visualization & Relaxation. . \$60, 60 minute session

LaStone Bodywork. \$90, 90 minute session

Massage Therapy \$60, 60 minute massage
Cranial Sacral Therapy \$60, 60 minute massage
Myofascial Release. \$60, 60 minute session
Pre-Natal Massage. \$60, 60 minute massage
Thai Yoga Massage. \$60, 60 minute session
Hot Rocks Massage \$90, 90 minute massage
Hot/Cold Stone Session \$90, 90 minute massage
Raindrop Massage. \$75, 75 minute massage

Polarity Therapy \$60, 60 minute session

Reiki Treatment \$60, 60 minute session

Yoga Classes \$15, 90 minute class

Yoga Class Packages \$65, five 90 minute classes
\$120, ten 90 minute classes

Wake Up & Unwind. \$10, 45 minute class

Books Sugar Control Diet \$35 (+ tax)

CDs & DVD Getting Out of Your Own Way Series™
Lesson One: I Don't Know
Lesson Two: Feeding Your Soul
Lesson Three: How are You Choosing to React to Your Reality
1 CD, \$14.95 (+ tax)
2 CDs, \$25 (+ tax)
3 CDs (full set), \$30 (+tax)
Sunday Gathering, We Are One, DVD, \$9.95

+ Billed as \$4 per minute over 45 minute \$180 visit ++ Billed as \$4 per minute over 15 minute \$60 visit

* Price does not include x-rays ** Existing or new to the Center

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Nikken® Products Please inquire at the Front Desk

Nutritional Product Lines. Standard Process, Earth Healers, Optimal
Wellness, NET Remedies, Pure Balance
Botanicals, Therapy & Healthcare

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