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SPA & WELLNESS MENU



## *Shou Sugi Ban Spa*

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## *Hydrotherapy & Thermal Suite Ritual*

*For spa visits made during the week, the booking of any spa service will include complimentary access to our communal Hydrotherapy and Thermal Suite and satisfies the two-service minimum required for all day visits. On the weekends, spa guests are welcome to reserve private use of the Hydrotherapy & Thermal Suite, inclusive of all of the below therapies.*

60 mins private experience · \$200 | +\$50 each additional guest

### **PLUNGE POOLS**

Three contrasting saltwater pools of structured water recreates the effects of the ocean and natural thermal springs. Contrast therapy, or alternating between hot, warm, and cold water, has long been used for its therapeutic benefits, boosting circulation and dilating the vascular system.

### **WARM INFRARED SAUNA**

Far-infrared penetrates the skin at a subtle pace, which can help the body remove toxins. Improve blood flow, aid in muscle recovery, and boost overall immunity.

### **DRY SAUNA**

Traditional dry heat in a wooden cabin stimulates circulation and cleansing without overheating the skin. Temperatures range between 140° - 200°F.

### **EUCALYPTUS STEAM ROOM**

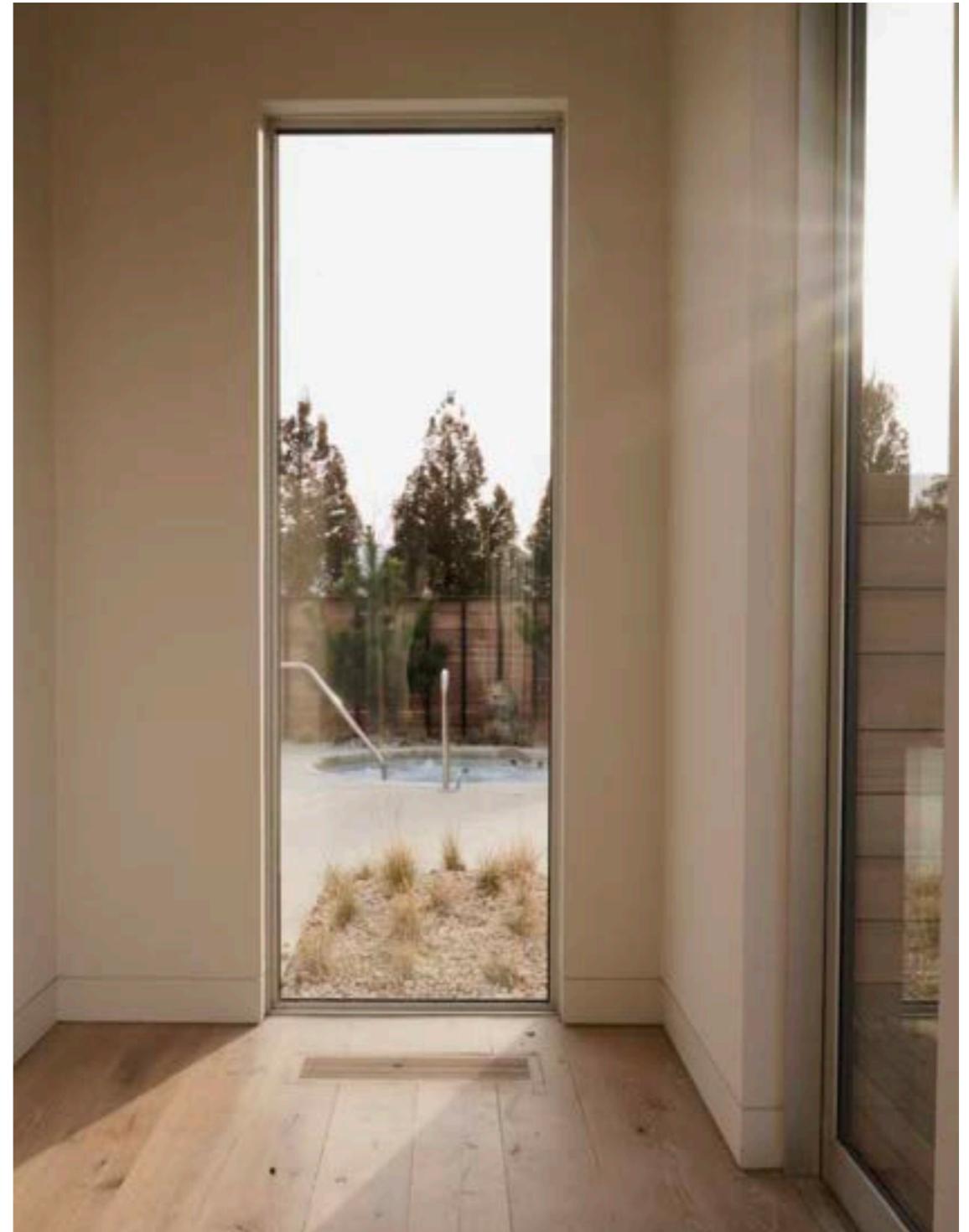
Warm, high-humidity vapor envelops the body, hydrates tissues, opens lungs, and reduces inflammation. Temperatures range between 100° - 110°F.

### **EXPERIENCE SHOWER**

Featuring an overhead, cascading waterfall and rainfall showerhead, this unique experience uses contrasting temperatures to increase circulation, and visual LED chromotherapy to ease stress.

### **ICE FOUNTAIN**

Apply ice flakes directly to the body to stimulate the skin and awaken circulation.



# Massage & Bodywork

Functional therapies to restore balance and inner strength

## SSBH CUSTOM MASSAGE

Signature Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

Address areas of focus for a personalized experience. Our signature blend of jojoba oil infused with ylang-ylang, rose geranium, and bergamot essential oils guides the mind and body into deep relaxation. A moisturizing and restorative skin-matrix salve from In Fiore completes the massage.

**TONIC PAIRING** *Viridem cleansing elixir*

## EDGE OF THE WOODS

Swedish Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

A therapeutic Swedish massage that nourishes life force by blending golden organic jojoba, rosehip, yuzu and cedar atlas oils. Herbal compresses steeped in warm elderflower, mugwort and willow tea relax muscle tissues and calm the mind. Recommended for insomnia, anxiety, stress and emotional fatigue.

**TONIC PAIRING** *Euphoria spirit elixir*

## DEEP WITHIN

Deep Tissue Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

A deep tissue massage incorporating hot stones and nourishing body balms to target stress and promote healing in deep muscle layers. End with your choice of an aromatherapeutic balm by In Fiore for lasting moisture and conditioning.

**BOIS DE ROSE** *a euphoric blend of rose, geranium, hinoki*

**TANGIERS** *a medicinal blend of lemongrass, ginger, tangerine*

**SHEVANTI** *a soothing blend of frankincense, ylang-ylang, rose*

**TONIC PAIRING** *Curam anti-inflammatory elixir*

## CLEAR THE PATH

Hybrid Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

A combination of movements from Western and Eastern massage. A hemp-glove exfoliation prepares the body for an invigorating massage using an oil blend of organic sesame with hinoki, grapefruit, and rosalina essences. Complementary cupping therapy can be included to help reduce inflammation and promote increased circulation.

**TONIC PAIRING** *Viridem cleansing elixir*

## ROOTS UNBOUND

Abdominal Massage

60 mins · \$250 (Monday - Friday)

60 mins · \$270 (Saturday - Sunday)

Gentle infrared heat and a purifying blend of frankincense, hyssop, ginger, and shea oils are used from the core to the extremities to work through blockages in the body. Ideal for digestive or immune issues, lower back pain, irregular sleep or lack of vitality.

**TONIC PAIRING** *Bitters digestive elixir*

## JUST LIKE MOONS

Prenatal Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

Ease the physical and emotional transitions associated with pregnancy. Gentle dry brushing and the use of warm towels infused with rice milk, honey, and mandarin will soothe the skin, while a therapeutic massage of organic rice bran oil and jojoba oil with rose geranium, grapefruit and mandarin essential oils helps uplift the spirit. *\*For the second and third trimester only.*

**TONIC PAIRING** *Blue Lotus Flower of Intuition Tea*

# Massage & Bodywork

Continued

## TWIN FLAMES

Couples Massage

60 mins · \$600 (Monday - Friday)

60 mins · \$640 (Saturday - Sunday)

A soothing massage alongside your partner using a signature blend of ylang-ylang, rose geranium, and bergamot essential oils. A skin-matrix salve from In Fiore completes the massage for full-body restoration. Treatment will be customized for each individual.

**TONIC PAIRING** *Euphoria spirit elixir*

## FLOW

Lymphatic Massage

60 | 90 mins · \$300 | \$400 (Monday - Friday)

60 | 90 mins · \$320 | \$430 (Saturday - Sunday)

This light-pressure therapy uses the original Vodder technique of rhythmic massage to assist with the movement of lymph fluids throughout the body, aiding in the relief of joint pain, inflammation, digestive issues, hormonal imbalances, and allergies. Jojoba oil infused with black frankincense and Roman chamomile essential oils eases the body into relaxation.

**TONIC PAIRING** *Viridem cleansing elixir*

## RECOVERY

Sports Massage

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

Therapeutic manipulation of the muscles helps ease tension related to a highly active or physically demanding lifestyle. Prevent injuries and increase muscle recovery through focused attention on large muscle groups, joints, and ligaments.

**TONIC PAIRING** *Soma longevity elixir*

## THAI BODYWORK

60 | 90 mins · \$250 | \$350 (Monday - Friday)

60 | 90 mins · \$270 | \$380 (Saturday - Sunday)

An ancient form of bodywork that blends acupressure, meridian therapy, and assisted yoga stretching. Release muscular tension and pain, improve flexibility, and create a deep sense of calm within the body. *\*Performed without oil and loose fitting clothing is recommended.*

**TONIC PAIRING** *Soma longevity elixir*

## SHIATSU

60 mins · \$250 (Monday - Friday)

60 mins · \$270 (Saturday - Sunday)

A form of bodywork originated in Japan that combines deep acupressure, meridian therapy, gentle stretching, and guided breathing to restore energy flow. This therapy addresses joints, tendons, and fascia with tapping and kneading techniques *\*Performed without oil and loose fitting clothing is recommended.*

**TONIC PAIRING** *Soma longevity elixir*

## REFLEXOLOGY

30 | 60 mins · \$125 | \$250 (Monday - Friday)

30 | 60 mins · \$135 | \$270 (Saturday - Sunday)

Gentle kneading of pressure points located in the feet, hands, and ears stimulates a healing response in corresponding organs and activates the flow of energy throughout the body.

**TONIC PAIRING** *Soma longevity elixir*

## Massage & Bodywork

Continued



### *Add-ons*

#### **CBD TOPICAL**

\$50

Enhance any massage with a whole-plant CBD oil infusion, extracted without the use of alcohol, CO2 or other toxic solvents. Whole-plant integrity results in the highest delivery of vitamins and minerals, and maximizes the anti-inflammatory and pain relieving benefits of hemp.

#### **CUPPING THERAPY**

\$50

Silicone cups gently glide along muscle tissues to help increase range of motion, improve blood flow, and reduce pain and deep tension. An effective therapy for enhancing the benefits of soft or deep-tissue massage. *\*Mild to severe tissue redness or light bruising is normal and may occur.*

#### **DRY BRUSHING**

\$50

An invigorating whole-body exfoliation that increases blood circulation, lymphatic drainage, and cellular renewal.

#### **HOT STONES**

\$50

Smooth, heated stones will ease deep-rooted muscle tension and promote healing and relaxation throughout the body.

## *Body Treatments*

*Infused with water, air, and earth elements for deep renewal and energetic cleansing*

### **EARTH AND SEA BODY SCRUBS**

Signature

45 mins · \$225 (Monday - Friday)

45 mins · \$240 (Saturday - Sunday)

Skin is toned and hydrated with a botanical hydrosol, then exfoliated with a handcrafted scrub of your choice for cleansing and renewal.

**HYDRATING** *cane sugar, lingonberry, blue tansy, organic jojoba oil*

**BALANCING** *yuzu, honey, pink Himalayan salt, organic camellia oil*

**INVIGORATING** *pink Himalayan salt, hibiscus, eucalyptus, organic coconut oil*

End with a hydrosol of your choice for added hydration: frankincense, calendula, rose geranium, or cucumber.

**TONIC PAIRING** *Euphoria spirit elixir*

### **EARTH AND SEA BODY WRAPS**

Signature

60 mins · \$225 (Monday - Friday)

60 mins · \$240 (Saturday - Sunday)

Body is enveloped in your choice of three prescriptive wraps and gentle infrared heat for deep purification.

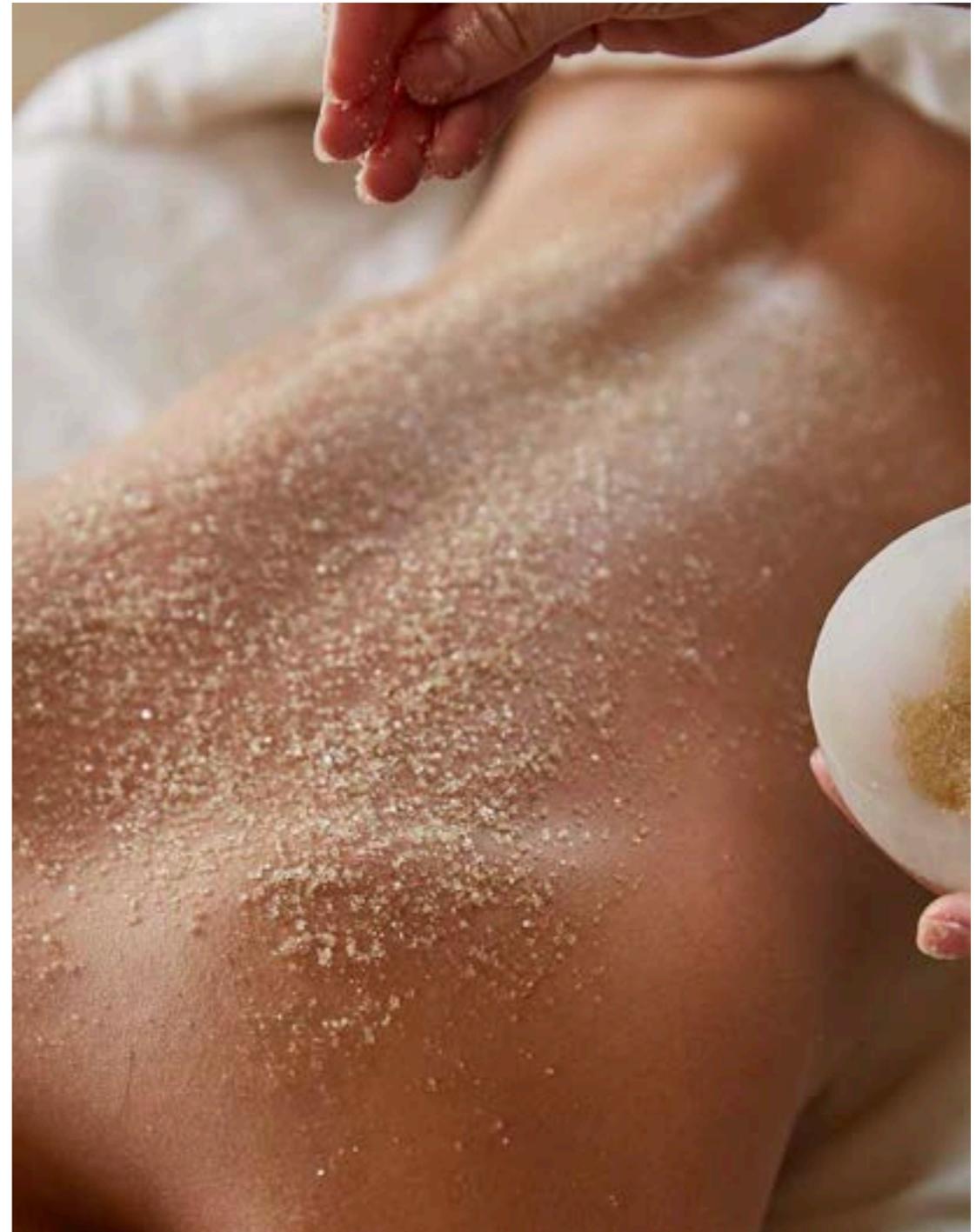
**HYDRATING** *shea butter, aloe, honey, rice bran oil*

**BALANCING** *sea clay, nettle, organic jojoba oil*

**PURIFYING** *rhassoul clay, dulse, organic sesame oil*

End with oil hydration of choice for deep skin conditioning: organic sesame seed oil, organic jojoba oil, or organic coconut oil.

**TONIC PAIRING** *Euphoria spirit elixir*



# Body Treatments

Continued

## FIRE WITHIN

Signature

90 mins · \$350 (Monday - Friday)

90 mins · \$380 (Saturday - Sunday)

A grounding and energizing full-body exfoliation of yuzu, honey, sea salt, and kukui nut oil clears and cleanses the skin before a toning frankincense hydrosol is applied. Hair and scalp are nourished with Japanese camellia oil, and a massage of organic sesame and pomegranate seed oils with bamboo, vetiver, cardamom, and mandarin warms the body.

**TONIC PAIRING** *Soma longevity elixir*

## BOTANICAL BODY RITUAL

In Fiore

60 | 90 mins · \$275 | \$375 (Monday - Friday)

60 | 90 mins · \$295 | \$405 (Saturday - Sunday)

A luxurious body treatment that incorporates dry brushing and manual lymph-release techniques to stimulate flow within the body. Solution Botanique, In Fiore Body Balm & Matrix Rebuilding, and Moisture Seal Cream are layered throughout for lasting hydration.

Ninety-minute treatment includes facial cleansing, warm oil scalp massage, and reflexology.

**TONIC PAIRING** *Euphoria spirit elixir*

## UPLIFTING TREATMENT

Biologique Recherche

60 | 90 mins · \$300 | \$400 (Monday - Friday)

60 | 90 mins · \$320 | \$430 (Saturday - Sunday)

Firm and tone a focus area of your choice beginning with a gentle exfoliation, followed by contouring movements that uplift and revitalize the skin.

**TONIC PAIRING** *Viridem cleansing elixir*

## REFINING TREATMENT

Biologique Recherche

60 | 90 mins · \$300 | \$400 (Monday - Friday)

60 | 90 mins · \$320 | \$430 (Saturday - Sunday)

A slimming, toning, anti-cellulite treatment that removes excess water from your skin before its firmed with an uplifting booster in a focus area of your choice.

**TONIC PAIRING** *Viridem cleansing elixir*

## MARINE EXTRACTS BODY WRAP

Biologique Recherche

60 mins · \$275 (Monday - Friday)

60 mins · \$295 (Saturday - Sunday)

An algae body wrap firms and tones the skin while combatting water retention and dehydration. Sea minerals and essential oils of wild thyme and cypress provide a detoxifying, oxygenating, and lifting effect as it targets excess adipose tissue. A hydrating massage follows to replenish the skin's hydrolipidic barrier.

**TONIC PAIRING** *Viridem cleansing elixir*

## Body Treatments

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Continued

### **POLARIZED LIGHT THERAPY**

30 mins · \$125

Polarisol®Innova light therapy system stimulates the body's energy supply by initiating a cellular chain reaction through the use of an innovative multi-layer polarizing film and LED technology. LED light therapy has both a local and systemic effect, reducing inflammation, and initiating a cellular chain reaction in the body.

**TONIC PAIRING** *Viridem cleansing elixir*

### **PRESSOTHERAPY**

40 mins | Top or Bottom · \$150

60 mins | Full-body · \$200

90 mins | Full-body · \$300

The Ballancer®Pro offers a relaxing massage of the lymphatic system through advanced compression therapy technology. A body compression suit delivers a targeted treatment to the top or bottom half of the body, or can include a combination of both for a full-body therapy. This touchless treatment supports the lymphatic system, which directly improves immunity, removal of excess fluids, and weight loss.

**TONIC PAIRING** *Viridem cleansing elixir*

**SUGGESTED ADD-ON** *Polarized Light Therapy*



## Water Therapies

Immerse yourself in water as a source of purification and healing



### **PURITY OF THE MOMENT**

60 mins · \$250 (Monday - Friday)

60 mins · \$270 (Saturday - Sunday)

Restore and purify the body's energy with a combination treatment of a deep-cleansing bath soak of your choice, and a curative massage of organic jojoba and sea buckthorn oils infused with rosalina, bay laurel, and rosemary essences. Ease sore muscles, and restore clarity with a bath soak of your choice:

**PURIFYING** *dulse, Dead Sea salt, spearmint, hinoki essential oil*

**CALMING** *rice milk, chamomile, nettle, lavender essential oil*

**BALANCING** *chrysanthemum, Himalayan pink salt, ylang-ylang, rose geranium essential oil*

**TONIC PAIRING** *Viridem cleansing elixir*

### **CRYSTAL RITUAL BATH**

60 mins · \$250

A ritual incorporating sound healing, energy balancing, and the use of sacred crystals while immersed in a soothing bath soak of pink Himalayan salt and organic herbs. Our crystal healer will guide the experience, choosing stones that will harmonize your energy and help manifest personal intentions. *\*Must wear a bathing suit.*

### **COLON HYDROTHERAPY**

60 mins · \$250

Support healthy elimination from the intestinal tract. These sessions take place off-site, in partnership with Organic Edge.

## *Facials*

*Botanically active and effective skin care custom tailored to restore natural radiance*

### **FRESH COLLAGEN & LIGHT**

Faith Cosmetics

60 mins · \$250 (Monday - Friday)

60 mins · \$270 (Saturday - Sunday)

Japanese nanocapsule technology delivers collagen below the surface of the skin to smooth texture and boost moisture retention for immediate, glowing results. Using marine-based products, a double-cleanse and ultrasonic exfoliation gently loosens impurities, and a restorative serum containing billions of fresh collagen capsules is applied to the skin for lasting results. Includes ten minutes of Celluma LED light therapy set to suit your skin's needs.

**RECOMMENDED SKIN TYPES** *Suitable for all skin types, especially dry, dehydrated, and sensitive skin*

**TONIC PAIRING** *Collagen booster beauty elixir*

### **OF THE FLOWERS**

In Fiore

60 | 90 mins · \$275 | \$400 (Monday - Friday)

60 | 90 mins · \$295 | \$430 (Saturday - Sunday)

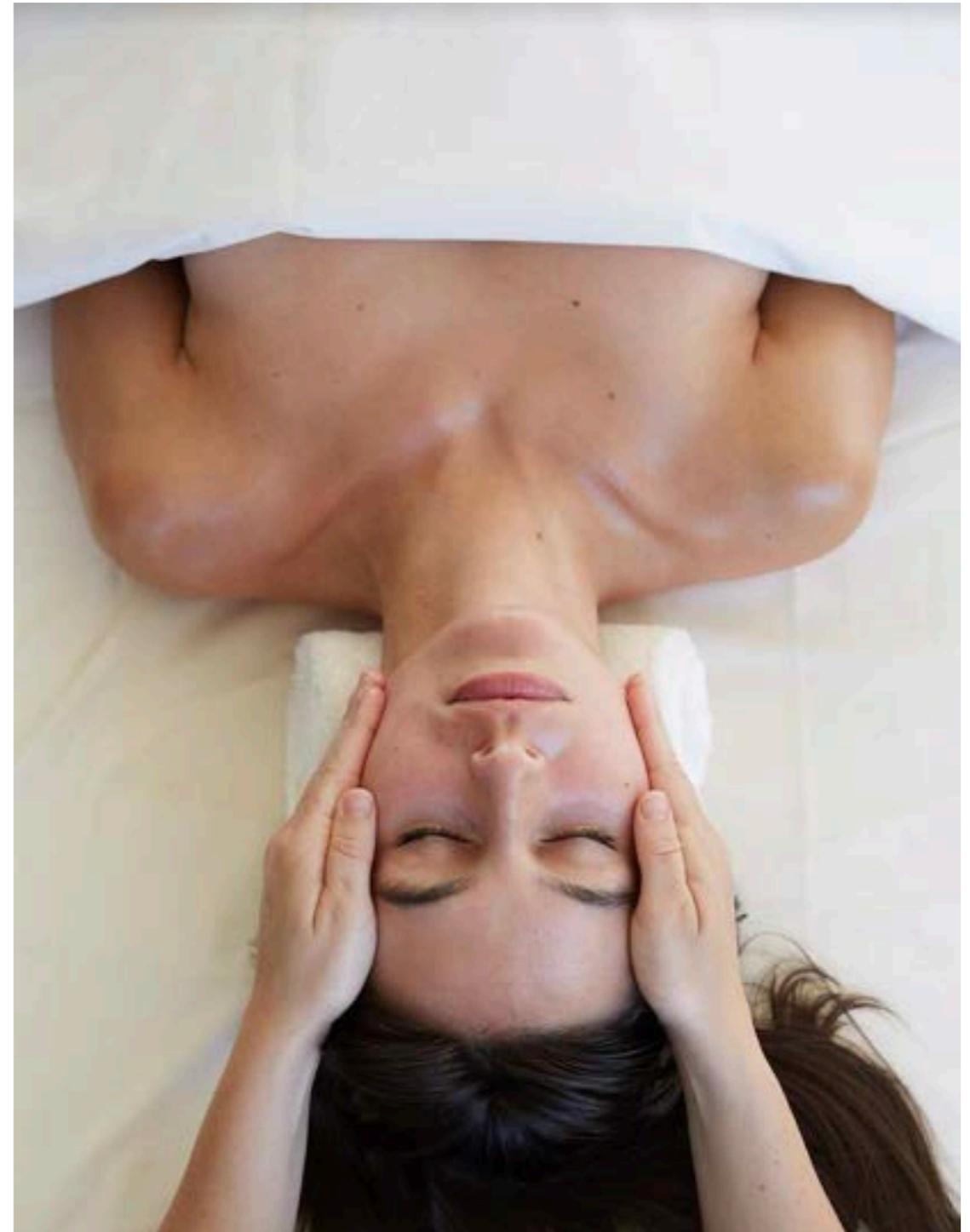
Balance emotions and encourage self-love. The skin's metabolism is boosted through a floral aromatherapy massage of the face, neck, and décolleté, improving blood circulation and lymph flow. Facial includes gentle exfoliation to enhance absorption of soothing aloe vera and skin-balancing herbal infusions.

Ninety-minute treatment includes facial massage with gua sha to help reduce puffiness.

**RECOMMENDED SKIN TYPES** *Suitable for all skin types*

**TONIC PAIRING** *Viridem cleansing elixir*

**SUGGESTED ADD-ONS** *Infrared blanket*



## Facials

Continued

### PURE RADIANCE

Biologique Recherche

60 | 90 mins · \$275 | \$400 (Monday - Friday)

60 | 90 mins · \$295 | \$430 (Saturday - Sunday)

A concentrate of active ingredients energizes and revitalizes the skin, helping to stimulate its natural functions and reveal a radiant glow. This brightening treatment reduces pigment spots and evens the complexion.

Ninety-minute treatment includes a brightening Masque PIGM 400.

**RECOMMENDED SKIN TYPES** *Suitable for all skin types, especially pigmented, dull, and tired skin*

**TONIC PAIRING** *Curam anti-inflammatory elixir*

**SUGGESTED ADD-ONS** *Micropuncture pen (30 mins) available with a 60-minute treatment*

### RENEWAL WITH MICROPUNCTURE

Biologique Recherche

60 | 90 mins · \$400 | \$500 (Monday - Friday)

60 | 90 mins · \$420 | \$530 (Saturday - Sunday)

This stimulating facial enhances the skin's capacity to regenerate and clears signs of prematurely aging skin. Following a skin analysis, a 30-minute facial will be applied based on dermatological needs, followed by a 30-minute micropuncture pen treatment that activates collagen production through intraepidermal microstimulation.

Ninety-minute treatment includes micropuncture on the neck and Celluma LED light therapy to help accelerate healing.

**RECOMMENDED SKIN TYPES** *Fine lines and wrinkles; not recommended during pregnancy*

**TONIC PAIRING** *Collagen booster beauty elixir*

**SUGGESTED ADD-ONS** *LED Light Therapy*

### CRYO-BALANCING

Biologique Recherche

60 | 90 mins · \$275 | \$400 (Monday - Friday)

60 | 90 mins · \$295 | \$430 (Saturday - Sunday)

A gentle, purifying, and anti-inflammatory treatment that helps balance the skin to eliminate excess oils without irritating or dehydrating the epidermis. Chilled cryo-sticks leave the skin purified, pores tightened, and complexion mattified.

Ninety-minute treatment includes a soothing algae mask for a fresh complexion.

**RECOMMENDED SKIN TYPES** *Imbalanced, dilated pores, and acne prone skin*

**TONIC PAIRING** *Curam anti-inflammatory elixir*

**SUGGESTED ADD-ONS** *Remodeling Face Machine (30 mins) available with a 60-minute treatment*

### LE LIFT

Biologique Recherche

60 | 90 mins · \$300 | \$500 (Monday - Friday)

60 | 90 mins · \$320 | \$530 (Saturday - Sunday)

This advanced treatment combines smoothing, vibrating, and modeling movements to stimulate the epidermis and improve skin tones. This manual facelift is designed to redefine facial contours and address the gradual loss of volume that occurs with age and lack of hydration.

Ninety-minute treatment includes use of the Remodeling Face Machine which uses a medium frequency current to reshape and tone. *\*Extended facial is not recommended during pregnancy because of the use of electric current.*

**RECOMMENDED SKIN TYPES** *Lacking volume*

**TONIC PAIRING** *Curam anti-inflammatory elixir*

**SUGGESTED ADD-ONS** *Biocellulose Eye Mask*

## Facials

Continued



### Add-ons

#### REMODELING FACE MACHINE

Biologique Recherche Facials Only

+30 mins · \$200 (Monday - Friday) | \$210 (Saturday - Sunday)

State-of-the-art bio-electrotherapy treatment offering three types of electric current: galvanic, low- and medium-frequency, and pulsed high-frequency current.

#### MICROPUNCTURE PEN

Biologique Recherche Facials Only

+30 mins · \$200 (Monday - Friday) | \$210 (Saturday - Sunday)

Enhances the skin's capacity to regenerate itself by activating collagen production through intraepidermal microstimulation.

#### BIOCELLULOSE EYE MASK

Biologique Recherche Facials Only

\$50

Biocellulose eye contour mask for smoothing and anti-aging.

#### LED LIGHT THERAPY

All Facials

\$50

LED Light Therapy from Celluma Pro Technology is a three-in-one device that can be used on the face for acne, anti-aging, and pain management.

#### INFRARED BLANKET

All Facials

\$50

Warms the body from the inside out, relaxes deep muscle tension, increases metabolism, strengthens immune system, and releases toxins.

#### GUA SHA

All Facials

\$50

A gliding massage technique, using a stone tool, helps stimulate the lymphatic system and produce collagen to reduce fine lines and wrinkles.

## *Healing Arts*

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*Address the energetic body for physical and spiritual healing*

### **SACRED SOUND JOURNEY**

60 | 90 mins · \$250 | \$350 | +\$50 additional guest

An immersive experience, weaving together a combination of tuning forks, gongs, and Himalayan and crystal bowls to create a vibrational frequency that heals the body. Sound patterns and varying frequencies will address cellular makeup, helping to clear blockages and restore balance within.

### **VIBROACOUSTIC SOUND HEALING**

60 mins · \$250

Through a massage-style treatment table, a harmonic vibration is subtly introduced to the body. This healthy, low-range vibrational frequency (between 30 and 120 hertz/pulses per second) is adjusted based on where stress is being held, offering a deeply restorative and effective treatment.

### **CRYSTAL JOURNEY**

60 | 90 mins · \$250 | \$350

Couples | 60 mins · \$450

Sacred crystals are intuitively chosen and placed on the body to help open inner pathways and restore equilibrium. Set an intention and experience transformation within.

### **ENERGY BALANCING**

60 | 90 mins · \$250 | \$350

Couples | 90 mins · \$550

An intuitive blend of energetic healing and bodywork will send your mind into a state of deep restoration. In this state, your subconscious mind is more alert, with the ability to shift energetic and emotional blockages that may be holding you back from your true nature.

### **REIKI**

60 | 90 mins · \$250 | \$350

Couples | 90 mins · \$450

A Japanese energy-balancing technique tapping into the body's Qi, the universal life force. A practitioner lightly places hands on or above the body to facilitate the healing process.

### **SHAMANIC HEALING**

60 | 90 mins · \$300 | \$450

Couples | 90 mins · \$700

Shamanic Healing is humankind's oldest form of healing and has been in practice for over 100,000 years. This treatment works with restorative energies to guide you towards a state of sacred balance and supports your body's innate capacity to heal itself.

### **CRANIOSACRAL THERAPY**

60 mins · \$250 (Monday - Friday)

60 mins · \$270 (Saturday - Sunday)

Using light touch on various parts of the cranium, spine, and sacrum, craniosacral therapy releases tension and rigidity in the muscles, membranes, and fascia, helping to ease stored injuries and emotions by awakening the body's ability to self-heal.

## *Meditation Practices*

*Embrace stillness and trust the intuition of your own breath*

### **SSBH CUSTOM MEDITATION**

30 mins · \$125 | +\$50 additional guest

A guided meditation customized for each individual and suitable for all levels of practice.

### **FLOATING MEDITATION**

30 mins · \$125 | +\$50 additional guest

Experience a sense of weightlessness as your muscles melt into the support of silk aerial hammocks. With the body suspended and gently swaying, the mind can settle into a guided meditation. *\*Seasonal offering.*

### **BREATHWORK RELEASE**

30 mins · \$125 | +\$50 additional guest

Increase the flow of energy throughout your body and release emotional blockages with intentional breathing techniques.

### **SSBH TEA MEDITATION**

30 mins · \$125 | +\$50 additional guest

A modern tea experience and sensory meditation which encourages you to foster mindfulness as a daily practice.

### **INTUITIVE MOVEMENT**

60 mins · \$250 | +\$50 additional guest

An active meditation practice that expresses itself through various forms of free-flowing movement and stretching.



# Yoga

*Rooted deeply in respect for traditional practices*



## **SSBH CUSTOM YOGA**

60 | 90 mins · \$225 | \$325 | +\$50 or \$75 additional guest

These sessions can explore many aspects of yoga philosophy, postural alignment, breathwork techniques and meditation and are guided by your personal practice.

## **HATHA YOGA**

60 | 90 mins · \$225 | \$325 | +\$50 or \$75 additional guest

A grounding and well-rounded practice incorporating Pranayama, meditation, chanting, and yoga asana.

## **DEEP RELEASE YOGA**

60 | 90 mins · \$225 | \$325 | +\$50 or \$75 additional guest

A gentle practice focused on parasympathetic activation and relaxation. Props, essential oils, crystal bowls and (optional) physical adjustments are incorporated into a therapeutic sequence.

## **FLOW YOGA**

60 | 90 mins · \$225 | \$325 | +\$50 or \$75 additional guest

A contemporary take on traditional yoga asana. Fluid, intuitive movement is married to deep breathing techniques.

## **PRENATAL YOGA**

60 mins · \$225 | +\$50 additional guest

A supportive space for women during all phases of pregnancy. Strengthen, stretch, and embrace the beauty of your evolving body.

## *Fitness*

*Functional training for longevity and strength*

### *Training Sessions*

#### **SSBH CUSTOM WORKOUT**

60 mins · \$225 | +\$50 additional guest

A custom training session based on your personal goals, fitness level, and initial body assessment. Sessions may include a combination of resistance training, cardio, and flexibility exercises tailored to your needs and preferences.

#### **SSBH CUSTOM STRETCH**

60 mins · \$225 | +\$50 additional guest

Increase flexibility, mobility, and range of motion with a series of deep stretches that target the connective tissue and fascia. Lengthen your muscles, relieve tension, improve joint mobility, increase circulation, and release tight and sore muscles.

#### **MAT PILATES**

60 mins · \$225 | +\$50 additional guest

Low impact exercises designed to sculpt and tone every part of the body including inner and outer thighs, glutes, arms, and core. Classes are suitable for all levels of practice, helping to build foundational muscles and endurance with increased intensity through each move.

#### **REBOUND TRAINING**

60 mins · \$225 | +\$50 additional guest

Taught on a Bellicon® mini trampoline, this moderate movement jump starts lymphatic flow, effectively strengthens the cardiovascular system, engages muscles, and activates the metabolism of each cell.

### *Express Workout*

#### **POWER PLATE®**

30 mins · \$225

A high-speed effective workout machine, vibrating between 25 - 50 times per second, that stimulates and engages the muscles for optimal results. A ten-minute session equates to sixty-minutes of running, with much less impact on the body. Sessions can focus on flexibility, mobility, or recovery, and will all support lymphatic flow and longevity.

### *Add-ons*

#### **FITNESS CONSULTATION**

+30 mins · \$125

An analysis of your posture, alignment, and movement patterns to optimize performance.

#### **MYOFASCIAL RELEASE**

+30 mins · \$125

Using a foam roller and gentle, sustained pressure work into the myofascial connective tissue to eliminate pain and restore motion. Smooth the skin, reduce the visibility of cellulite, and encourage lymphatic drainage.

#### **POWER PLATE®**

+15 mins · \$125

A high-speed effective workout machine, vibrating between 25 - 50 times per second, that stimulates and engages the muscles for optimal results.

# *Nutrition*

*Discover food as medicine*

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## *Personal Consultations*

### **NUTRITION COACHING**

60 mins · \$250

This session is designed to offer clarity, create actionable steps, and offer personalized education. Focus on any aspect of your health that you may want to address with our nutritionist.

### **NUTRITION FOR LONGEVITY**

60 mins · \$250

Understand current biohacking food trends, explore kitchen hacks, and discuss lifestyle modifications that can help support a longer life.

### **WOMEN'S WELLNESS**

60 mins · \$250

A female-focused session for support in optimizing hormone health, maintaining blood sugar levels, and supporting menstruation and fertility.

## *Hands-on Workshops*

### **FERMENTED FOODS FOR THE MICROBIOME**

60 mins · \$250 | +\$50 additional guest

Learn how to ferment your own foods and integrate healthful probiotics and elixirs into your diet.

**FOCUS** microbiome, gut health, digestive system, fermentation, immunity, reducing food waste

### **JUICING AND BLENDING**

60 mins · \$250 | +\$50 additional guest

Explore the world of blending fruits, vegetables and superfoods and how to include them in your daily routine for maximum hydration, cleansing, and balance.

**FOCUS** superfoods, hydration, blood sugar regulation, understanding fiber, healthy detoxing

### **BETTER BLOOD SUGAR**

60 mins · \$250 | +\$50 additional guest

Learn how to set-up your plate with a balance of protein, fat, and fiber to maintain your blood sugar throughout the day and explore lifestyle modifications to balance your glucose beyond the plate.

**FOCUS** biohacking, glucose, balance, satiety, understanding symptoms of high and low blood sugar



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