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SPA & WELLNESS MENU



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## *Hydrotherapy & Thermal Suite Ritual*

For spa visits made on Monday - Friday, 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. Saturday and Sunday, spa and retreat 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 replicate the effects of the ocean and natural thermal springs. This contrast therapy—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, helping 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**

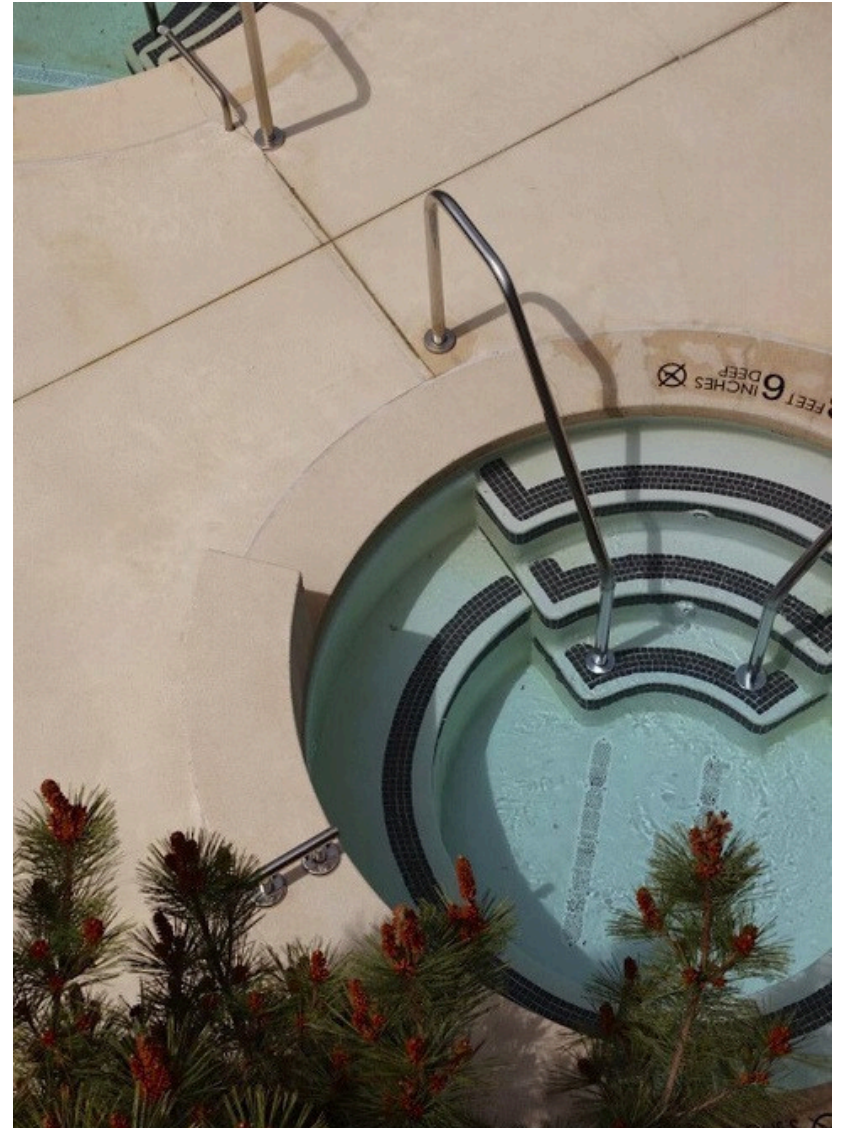
Warm, high-humidity vapor envelops the body, hydrates tissues, opens lungs, and reduces inflammation. Temperatures range between 100° - 110°F.

### **EXPERIENCE SHOWER**

Featuring an overhead cascading waterfall and a rainfall showerhead, this unique experience combines contrasting temperatures to boost 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)

A fully customized massage tailored to your areas of focus, using a blend of jojoba oil infused with ylang-ylang, rose geranium, and bergamot essential oils to help bring your body and mind into a state of balance, while easing your muscles into sweet restoration.

**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 · \$275 | \$415 (Monday - Friday)

60 | 90 mins · \$295 | \$445 (Saturday - Sunday)

A deep tissue massage incorporating hot stones and a decompressing aromatic body oil from Tata Harper with notes of sandalwood and geranium essential oils to promote healing in the deep muscle layer.

**TONIC PAIRING** *Curam*

### 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. 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 applied from the core to the extremities, helping to release 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 with organic rice bran oil and jojoba oil, blended with rose geranium, grapefruit, and mandarin essential oils, helps uplift the spirit. \*For the second and third trimesters 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 and customized to suit both of your desired areas of focus. Guests may choose from the following signature treatments: *SSBH Custom Massage*, *Edge of Woods*, or *Deep Within*.

**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 various specialized lymphatic flow techniques to assist with the movement of 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 using Ancient Minerals Magnesium Lotion helps ease tension related to a highly active or physically demanding lifestyle. Prevent injuries and increase muscle recovery with 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. Sessions may be provided on a traditional Thai floor mat or upon a Spa Treatment bed and are subject to availability. *\*Performed without oil and loose fitting clothing is recommended.*

**SUGGESTED ADD-ON** *Tok Sen*, a wooden tool rhythmically tapped along the body's energetic meridian lines to deepen vibrational healing into the fascia.

**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

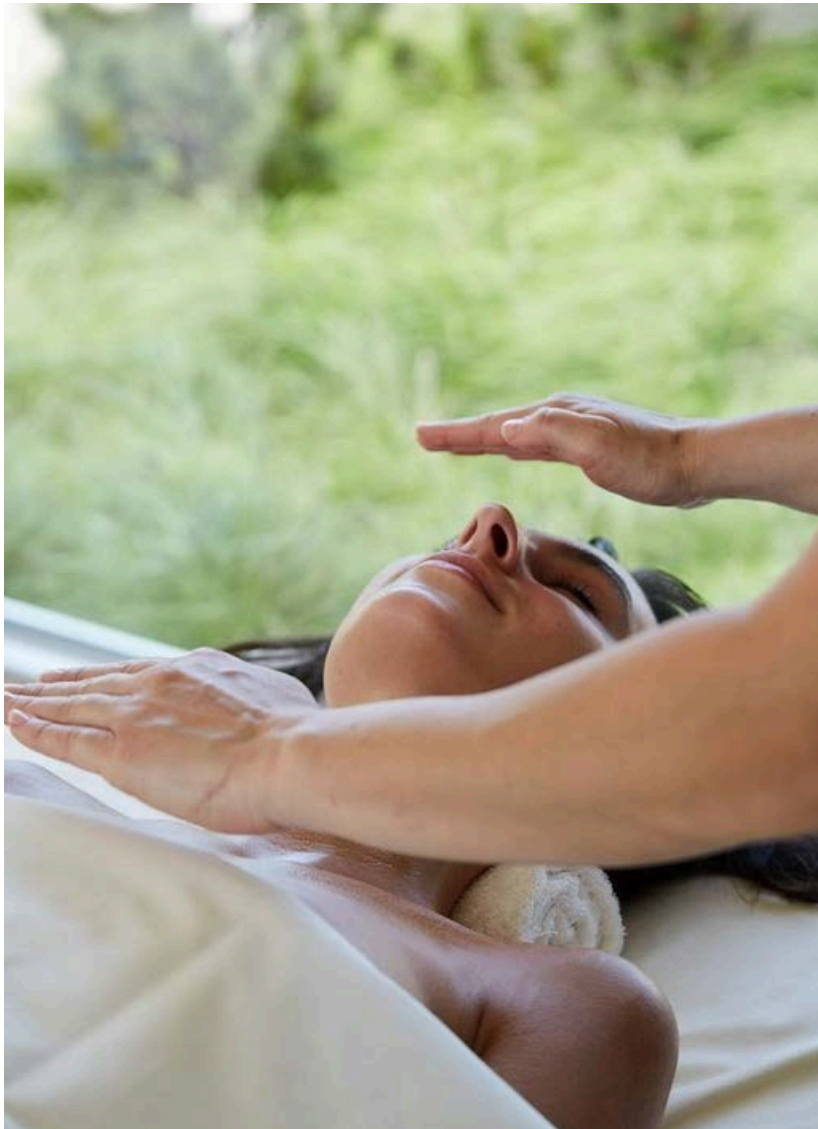
30 | 60 mins · \$150 | \$250 (Monday - Friday)  
30 | 60 mins · \$170 | \$270 (Saturday - Sunday)

The traditional art of reflexology offers a relaxing treatment, where the kneading of pressure points located in the feet, hands, and ears are stimulated to create a healing response in corresponding organs and energy centers of 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.

#### **TOK SEN**

\$50

A wooden tool rhythmically tapped along the body's energetic meridian lines to deepen vibrational healing into the fascia. *\*Available for Thai Bodywork only*

#### **SCALP + NECK MASSAGE**

\$125 +30 minutes

Indulge in 30 minutes of the ultimate pampering experience with our signature scalp and neck treatment.

## Body Treatments

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

### HARMONY BODY RITUAL

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

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

This treatment begins with a singing bowl ritual, followed by the use of thermal Gua Sha stones to help ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look. Tata Harper's Resurfacing Serum helps to smooth and hydrate the skin for a brighter, more even-looking appearance throughout. Ninety-minute treatment includes whole-body dry-brushing to help loosen dead skin cells.

**TONIC PAIRING** *Euphoria spirit elixir*

### NOURISHING HONEY WRAP

Tata Harper 90 mins · \$400 (Monday - Friday)

90 mins · \$430 (Saturday - Sunday)

An indulgent and uplifting treatment beginning with a full-body scrub that softens and revitalizes the skin, followed by a body wrap rich in local honey and pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

**TONIC PAIRING** *Euphoria spirit elixir*



## Body Treatments

Continued

### EARTH & 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** *Redefining Body Balm, shea butter, aloe, honey, rice bran oil*

**BALANCING** *Tata Harper's Decompressing Body Oil, sea clay, nettle, organic jojoba oil*

**PURIFYING** *Tata Harper's Revitalizing Body Oil, rhassoul clay, dulse, organic sesame oil*

**TONIC PAIRING** *Euphoria spirit elixir*

### EARTH & 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. A nourishing and luxurious body cream from Tata Harper is applied for all-over hydration.

**HYDRATING** *Redefining Body Balm, sugar, lingonberry, blue tansy, organic jojoba oil*

**BALANCING** *Tata Harper's Decompressing Body Oil, yuzu, honey, Dead Sea Salt, organic camellia oil*

**INVIGORATING** *Tata Harper's Revitalizing Body Oil, pink Himalayan salt, hibiscus, eucalyptus, organic coconut oil*

**TONIC PAIRING** *Euphoria spirit elixir*

### 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*

### 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

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*

## Facials

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

### HARMONY FACIAL

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

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

Begin your journey to serenity with the harmonious sounds of a singing bowl ritual and grounding breathing exercises. Your experience starts with face mapping, to address your skin's specific needs and reveal its true potential. Enjoy a calming massage of the décolleté and neck to deepen relaxation, followed by a manual face massage. The treatment is enhanced by a gentle steaming with local garden herbs, to soothe the skin for a radiant, refreshed complexion.

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

**TONIC PAIRING** Collagen booster beauty elixir

### HYDRATION INFUSION

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

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

Immerse yourself in a deeply hydrating journey that combines the moisture-binding power of hyaluronic acid with the enriching essence of a local honey mask. This treatment bathes your skin in supreme nourishment, applying warm honey to leave your complexion dewy and aglow. An oxygenic facial massage elevates the experience, stimulating circulation and infusing your skin with immediate vitality and plumpness. Revel in the rejuvenation and embrace the natural radiance that resonates from within.

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

**TONIC PAIRING** Collagen booster beauty elixir

### TIMELESS YOUTH

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

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

A luxurious and rejuvenating facial incorporating the ancient art of Japanese Kobido massage with the natural efficacy of Tata Harper Skincare. This transformative facial begins with a three-dimensional cleansing followed by Tata's famous Glow Getter mask, instantly brightening and refreshing your skin. A Kobido massage follows, to stimulate circulation, promote cellular renewal, and naturally lift facial muscles. The session is enhanced with a tuning fork ritual on facial marma points, harmonizing your body's energy.

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

**TONIC PAIRING** Collagen booster beauty elixir



## 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-min 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*

### REMODELING FACE MACHINE

Biologique Recherche 60 | 90 mins · \$400 | \$500 (Monday - Friday)  
60 | 90 mins · \$420 | \$530 (Saturday - Sunday)

This advanced treatment combines smoothing, vibrating, and modeling movements to stimulate the epidermis and improve skin tones using a Remodeling Face Machine which uses a medium frequency current to reshape and tone. *\*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, 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.

#### SCALP TREATMENT

All Facials | \$50

A 15-minute relaxing treatment that invigorates and nourishes the scalp with our signature oils designed to hydrate, condition, and soothe both the hair and scalp.

#### BIOCELLULOSE 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.

#### PRESSOTHERAPY

All Facials | \$150 · 40 mins

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 bottom half of the body.

## *Healing Arts*

*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 THERAPY**

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 | 60 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

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*

*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.



## *Yoga*

*Rooted deeply in traditional practices*



### **SSBH CUSTOM YOGA**

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

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

### **DEEP RELEASE YOGA**

60 mins · \$225 | +\$50 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 mins · \$225 | +\$50 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*

### **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 metabolism of each cell.

### **POWER PLATE®**

60 mins · \$300 Hybrid fitness instruction incorporating floor exercises and 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 on the Power Plate® 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.



## *Nutrition*

*Discover food as medicine*

### *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 & 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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