

EST  2016

ELEVATED HEALTH

wellness sanctuary

ASPEN



SERVICES MENU & PRICE LIST

Our Services

holistic acupuncture

Blend of traditional acupuncture with ancient healing practices including reiki, energy healing, chakra balancing, aromatherapy, sound therapy and cupping.

- Initial Evaluation & Treatment (\$250)
- Follow-Up (\$185)
- VIP Package (\$1750 / 10)

cosmetic anti-aging acupuncture & facial rejuvenation

Treatment includes facial massage, facial gua sha & cupping (\$210 / \$1875 for 10)

Facial Microneedling (Collagen Induction Therapy)
(\$310 / \$875 for 3)

bodywork & massage

- Ortho-Bionomy / Light-Touch Bodywork[®] (\$150)
- Therapeutic Massage (\$185 / \$275)
- Deep Tissue Massage (\$185 / \$275)
- Reflexology & Meridian Balancing (\$150)
- Elevations - CBD Oil, Cupping & Aromatherapy (\$40 each)
- In-home / hotel : \$50 travel fee within 10 mi

reiki energy work

In-Person or Remote - 60 Mins (\$175) / 90 Mins (\$225)

yoga

Vinyasa, Ashtanga or Yin (60 minutes; in-home/ hotel only)
1- 4 people (\$200/pp), 5+ people (\$175/pp)

breathwork

Breath Journey - 90 Minutes (\$300)

In-home Breath Journey - 90 Minutes (\$350)

Group Breath Journey (*in-home / in-hotel*)

- 1-4 People (\$250 pp)
- 5-10 People (\$225 pp)

holistic inner sanctuary journey

Personalized Whole Body Wellness Experience

please call for details

injection therapy

- B12 *immune & metabolism* (\$35 / \$150 for 5)
- Glutathione *anti-aging* (\$55 / \$250 for 5)
- Lypotropic *fat burning* (\$45 / \$200 for 5)
- Traumeel *pain & injury* (\$45 / \$200 for 5)

bioenergetics / nutrition

Initial Testing, Consult & Treatment Plan (\$225)

Follow-up (\$150 / \$475 for 3)

health & wellness coaching

Coaching, Implementation & Transformation (\$400)

- Four 60 minute sessions per month
- Must bundle w/ BioEnergetics & Nutrition Plan

A La Carte Coaching (\$600)

- Four 60 minute sessions per month
- Personalized Holistic Wellness Plan



T H E
ELEVATED HEALTH
S T O R Y



Born from a desire to
reconnect with the body's
intuitive state of vitality,
Aspen Elevated Health
delivers a full suite of healing
modalities dedicated to your
total wellbeing -
mind, body & soul.

Expanding beyond tradition
by infusing cutting-edge
medical techniques with old
world philosophies -
we are redefining wellness.

Appointments



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www.aspenelevatedhealth.com