

EST  2016

ELEVATED HEALTH

wellness sanctuary

ASPEN



SERVICES MENU

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 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](http://www.aspenelevatedhealth.com)