

MENU OF SERVICES

ACUPUNCTURE (50 | 80 min) - \$140 | \$195

Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health and improve overall function and well-being. It is a safe, painless and an effective way to treat a wide variety of medical problems such as: stress, fertility issues, cravings and addictions, chronic conditions, pain management, weight loss, fibromyalgia, migraines, digestive problems and much more. Frequent sessions of this treatment will enhance its benefits.

**Nemacolin acupuncturists do not diagnose any type of medical condition.*

****It is recommended that all initial sessions be 80 minutes.***

ACU-KILA (50 | 80 min) \$140 | \$215

Acu-Kila is an integrative mind and body treatment which combines our exclusive Kila Body Work massage with the added support of acupuncture and Qi Gong energy work. This unique service utilizes specialized modalities to address muscular and skeletal conditions as well as enhances your body's natural ability to fight pain and reduce inflammation.

ACU-VITALITY (80 min) \$215

Acu-Vitality is designed to balance and restore the body's functional ability. Incorporating specific massage techniques, acupuncture and energy work, we will tap energy points that have been known for centuries to support day-to-day living and maintain a healthy body, mind and spirit. This proven technique will help to increase vitality, create a strong immune system, improve brain function and improve physical performance. Acu-Vitality is especially effective for anyone experiencing low energy, fatigue and stress. Frequency of this treatment will enhance its benefits.

KILA BODY WORK (50 | 80 min) \$160 | \$220

Take the time to experience a powerful massage that combines Russian, Swedish and Eastern Body Work with healing energy techniques. This deep tissue massage opens the joints, works out the kinks and helps to heal injury with unique stretches, trigger point therapy and acupressure.

CUPPING MASSAGE* (50 min) \$140

An ancient technique that has found its place in the modern world of healing, massage cupping is a modified version of the common practice of cupping therapy, used in traditional Chinese medicine. Through suction and negative pressure, massage cupping releases rigid soft tissue; drains excess fluids and toxins; loosens adhesions and lifts connective tissue; and brings blood flow to stagnant skin and muscles. Cupping is a method of creating a vacuum on the patient's skin to dispel stagnant blood and lymph, thereby improving qi or energy flow.

** Please note cupping can leave mild to moderate bruise marks on the skin, along with minor swelling. These effects are temporary.*

HEALING ENERGY WORK (50 min) \$140

Healing energy therapies, such as Qigong, are used in conjunction with other medical therapies for many chronic conditions including asthma, ADHD, ADD, arthritis, allergies, cancer, headaches, hypertension, depression, lower back pain, joint pain, mental illness, brain injury, heart disease, obesity, pain management and improved healing immediately after surgery.

COUPLES HEALING ENERGY WORK (50 min) \$260

HEALING MEDITATION* (25 min) \$50

Meditation has been scientifically proven to boost immunity, balance emotions, lower blood pressure, relieve inflammation, increase fertility, aid in digestion and calm and quiet the mind. Enjoy the benefits of a relaxing guided meditation session and learn how to induce relaxation to promote healing from within.

COUPLES MEDITATION SESSION (25 min) \$75

HOLISTIC MASSAGE (50 | 80 min) \$140 | \$200

This customized massage treatment may incorporate the familiar massage techniques of Swedish, deep tissue and sports massage as well as more specialized modalities based on your needs and practitioner recommendations.

COUPLES HOLISTIC MASSAGE SESSION (50 | 80 min) \$280 | \$400

MEDICAL MASSAGE (50 | 80 min) \$140 | \$200

Medical massage employs a system of techniques focused and directed to resolve conditions that you are experiencing or that have been diagnosed by your physician.

COUPLES MEDICAL MASSAGE SESSION (50 | 80 min) \$280 | \$400

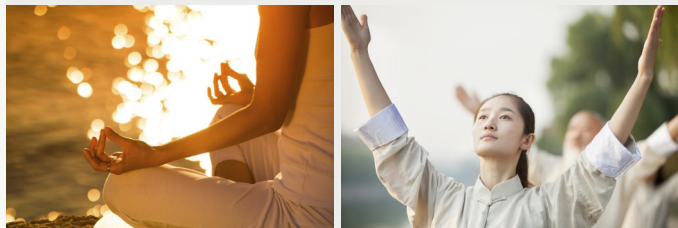
STRESS RELIEF THERAPY (50 | 80 min) \$140 | \$200

Stress relief therapy combines several different techniques of massage and energy work to help overcome emotional distress, lower stress levels and improve overall well-being of body and mind.

COUPLES STRESS RELIEF THERAPY (50 | 80 min) \$280 | \$400

HEALING STONE MASSAGE (50 | 80 min) \$140 | \$200

Healing stone massage allows the body to relax while rejuvenating the mind and spirit with tools provided by mother earth for natural healing.



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800.422.2736 ▪ nemacolin.com/wellness

Holistic Healing Center: 724.329.6411

A new place to find
a new you.



THAI MASSAGE* (50 | 80 min) - \$140 | \$200

**Thai Massage is performed on a mat and requires comfortable loose fitness-type clothing.*

Thai Massage is a unique and powerful massage therapy combining gentle yoga-like stretching, acupressure and rhythmic compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and clear energy pathways. By working these pathways, it is possible to treat the whole body to ensure that blocked energy is released to restore balance, health and harmony.

TUI NA CHINESE MASSAGE (50 min) \$140

The intent of Tui Na is to focus on specific problems, especially chronic pain associated with the muscles, joints and the skeletal system. It's especially effective for joint pain (such as arthritis), sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also helps chronic conditions such as insomnia, constipation, headaches (including migraines) and the tension associated with stress.

AYURVEDA ABHYANGA MASSAGE (80 min) \$215

This traditional Ayurvedic massage utilizes custom blended Ayurvedic herbal massage oils aimed to balance all constitutions. This treatment may be utilized to calm the central nervous system, reduce stress and anxiety, boost the immune system, and increase metabolism. **For more information regarding Ayurveda or to book a consultation contact the Holistic Healing Center.**

METABOLISM TESTING (50 min) \$100

Oxygen utilization measurement equipment is used to scientifically measure the rate at which your body burns calories. Test results identify metabolic rate as slow, normal or fast, and provides precise numbers as to how many calories you should eat to lose or maintain a healthy body weight. Session includes results interpretation, calorie tracking resources, methods to boost resting metabolism, and various nutritional resource information. Important pre-test preparation information will be provided at the time of reservation booking. **Pre-test prep – No food, exercise, caffeine or other stimulants 4 hours prior to test.**

EMOTIONAL FREEDOM TECHNIQUE (EFT) (50 min) \$125

EFT is a self-acupressure “tapping” technique that utilizes the Chinese meridian system or energy pathways throughout the body. Work with your practitioner to breathe fresh air into your healing process balancing your past with a healthy, productive attitude toward your future.

HOLISTIC POSTURE AND BODY ALIGNMENT ASSESSMENT (50 min) \$100

Faulty postural patterns are identified and an inside-out approach is used to develop efficient postural realignment strategies. Corrective exercises are provided to address muscle imbalances. **Test attire: Women-shorts, tank top or sport bra top. Men-shorts, T-shirt or Tank top.**

COUPLES POSTURE & BODY ALIGNMENT ASSESSMENT (80 min) \$175



SELF-MYOFASCIAL RELEASE TECHNIQUE TRAINING (30 min) \$60

Relieve stress, reduce tension and facilitate total body relaxation with self-massage, trigger point release techniques, and progressive relaxation stretching using compression rollers, trigger point body balls and stretching straps. **Active session – wear exercise attire.**

COUPLES SELF-MYOFASCIAL RELEASE TECHNIQUE TRAINING (45 min) \$110

OPTIMAL EXERCISE FOR HEALTHY BACK AND NECK (50 min) \$100

Unique, researched based series of exercises to prevent, minimize and relieve discomfort in the neck and back. Exercises are tailored to each participant's current functional back and neck health status. **Active session – wear exercise attire.**

EXERCISE PRESCRIPTION FOR WEIGHT LOSS (50 min) \$100

Includes exercise technique training for either in-home or fitness center use, and a personalized, compatible exercise prescription based on the most current exercise and weight loss research. **Light Activity Component – wear active clothing attire.**

COUPLES EXERCISE PRESCRIPTION FOR ENHANCED WEIGHT LOSS (80 min) \$175

GOLF SPECIFIC RANGE OF MOTION ASSESSMENT (50 min) \$100

A comprehensive analysis and identification of golf specific flexibility limitations and restrictions which contribute to compensations and faults in golf swing mechanics. Includes a dynamic flexibility exercise program to improve club head speed and range of motion for optimal golf performance. **Active session – wear exercise attire.**

COUPLES GOLF SPECIFIC RANGE OF MOTION ASSESSMENT (80 min) \$175

FUNCTIONAL FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION (50 min) \$100

In this active one-on-one session we offer evaluation, education, as well exercise technique training. Our Functional Fitness Assessment and Exercise Prescription Session utilizes movement screen, muscle imbalance assessment and a personalized exercise prescription for health and fitness enhancement.

The Holistic Healing Center offers personalized sessions and packages for individuals and/or small group needs. For a complimentary consultation or to see our corporate group menu please contact us directly at 724-329-6411.

PERSONALIZED DOGA SESSIONS (30 min) \$50

Join our certified yoga instructor for a one on one class in a comfortable, private setting. Balance, harmonize and transcend body and mind partnered with your four-legged best friend. This unique practice creates harmony and synchronicity between owner and dog.

PERSONALIZED TAI CHI SESSIONS (50 min) \$90

An introductory class to Tai Chi, which is derived from Chinese martial arts. Considered as a mind-body form of exercise often referred to as meditation in motion. Learn movements from the easy to follow Yang style short form, which is known for its slow, smooth, relaxed and continuous flowing movements. **Wear active clothing attire.**

COUPLES TAI CHI SESSION (50 min) \$140

PERSONALIZED YOGA SESSIONS (50 | 80 min) \$90 | \$140

Join our certified yoga instructor for a one on one class in a comfortable-private setting. This is ideal for those looking for an introduction to yoga, for enhancing your at-home or studio practice, for diving deeper into the anatomy and alignment of poses or to simply move past current road-blocks.

COUPLES PERSONALIZED YOGA SESSION (50 | 80 min) \$135 | \$210

HOLISTIC PATHWAYS

Integrative Wellness Classes & Mind / Body Classes

The Holistic Healing Center integrates all facets of wellness by offering a variety of classes open to all guests. Exciting and Interactive classes and packages are available daily. Group Meditation, Kids and Adult Gardening, Breathing Techniques, Introduction to Tai Chi, Essential Oils, A.M. Body Prep Workout, Garden Zen and Pen, Kids Yoga, Art and Wine, and YOMAC are just a few of our creative offerings. Please contact the Holistic Healing Center at **724.329.6411** for a more detailed list of offerings or visit nemacolin.com/wellness.

YOMAC (80 min) \$200

A holistic class meant for everyone, YOMAC combines the Eastern Modalities of Yoga, Massage and Acupuncture. Experience a more gentle yoga practice that is enhanced by the benefits of Auricular Acupuncture, acupuncture without needles, and therapeutic massage. Join our expert team of instructors and therapists in a class that embraces all that eastern medicine has to offer.

COUPLES YOMAC SESSION (80 min) \$350

PERSONAL PACKAGES

WEIGHT MANAGEMENT JUMP START PACKAGE \$375 (excludes gratuity)

- Private Yoga or Tai Chi Class: 50 minutes
- Acupuncture Session: 50 minutes
- Exercise Prescription for Weight Loss: 50 minutes
- Personal Wellness Practitioner Consultation: 50 minutes

SIGNATURE PACKAGE: HEALING FROM THE INSIDE OUT \$325

- Healing Meditation 25 minutes
- Holistic Massage 80 minutes
- Acupuncture Session 50 minutes

ULTIMATE STRESS RELIEF PACKAGE \$275

- Healing Meditation: 25 minutes
- Private Yoga or Tai Chi Class: 50 minutes
- Stress Relief Therapy: 80 minutes

BRIDE AND GROOM PACKAGE \$335

- Healing Meditation 25 minutes
- Partner Yoga or Self Myofascial Release Training Session: 50 minutes
- Spousal Massage – With our professionals guiding you, learn therapeutic massage techniques to use at home on your spouse: 110 minutes

SMALL GROUP PACKAGES

Pull these suggested services together to create a unique experience of fun and wellness for your friends and/or family.

(Pricing and length of classes varies based on group size.)

WEDDING PARTY PACKAGE

- Guided Group Healing Meditation
- Personalized Group Tai Chi or Yoga Class
- Personalized Group Acupuncture Session
- Individual Holistic Massage Treatments

GIRLS NIGHT PACKAGE

- Diva Dance Class or Personalized Yoga Class
- Group Acupuncture Session
- Free Your Mind with Art and Wine Class

HOLISTIC HOME PACKAGE

(For the whole family: children 8 and up welcome.)

- Moving Meditation – Performed in our Holistic Garden or within our Labyrinth
- Juicing for the Whole Family or Good for You Treats Class