

## A WORLD OF WELLNESS OFFERINGS

### MASSAGE THERAPY

Whether you seek relaxation, stress reduction, relief from chronic pain or stiff muscles, or just time away for yourself; our specialty massages can be personalized for your needs.

Specialty Offerings:

- Oncology nourishing massage
- Prenatal pampering massage
- Neuromuscular/sports injury massage

**Massage bliss** 60 min. \$89 | **Extra bliss time** 30 min. \$49  
*Extra bliss time can be added to massage or ANY same-day service*

### GET FIT PROGRAM

An individualized program of fitness and nutrition to help you reach your goals. Start your journey to better health led by our certified fitness coach and personal trainer in a private and supportive environment.

**Individual session** 1 hr. \$90\* | **Group session** 1 hr. \$45

\*Buy 9 get one free

### JOURNEY TO WELLNESS THROUGH MEDITATION, MINDFULNESS, YOGA AND BREATH WORK

Our certified yoga teacher and life coach will work with you to create a program specific to your needs. Individual coaching sessions focus on learning the art of meditation, breath work and beginning the process of journeying within toward finding inner peace.

**Individual session** 1 hr. \$139 | **Group session** 1 hr. \$35

### CANCER RISK ASSESSMENT

Join our group sessions to learn what you can do to reduce your risk of developing breast and other cancers. One-on-one consultations are also available for an individualized risk assessment.

**Individualized consultation or group session** 1 hr. Free

### GUIDED IMAGERY, CLINICAL HYPNOSIS

Supporting the body and mind, guided imagery can be used to help you through pain management, preparing for childbirth, cancer treatments, weight release, trauma, and grief.

**Full session** 2 hrs. \$210 | **Integrated session** \$40

### PILATES

Our certified instructor works closely with your physical therapist to create the most effective and safe program for your body's needs. Some Pilates exercises may be covered by insurance.

**Single session** 60 min. \$89 | **Classes** 60 min. \$20  
**Workshop** 2 hrs. \$45

# CLINICAL SERVICES & OFFERINGS

## PHYSICAL THERAPY

One-on-one specialty physical therapy services addressing pelvic pain, bowel and bladder problems, pre- and post-natal needs, sexual health and cancer therapies.

While we accept most insurance, we offer these non-insurance rates:

Evaluation & first treatment \$159 | Follow-up visit \$89

## ACUPUNCTURE

Acupuncture's effectiveness has been recognized by the World Health Organization for treating 40 common disorders including interstitial cystitis, painful intercourse, IBS, and fibromyalgia.

Evaluation & first treatment \$165 | Follow-up visit \$105  
Integrated session \$40

## SEX THERAPY/PSYCHOLOGY SERVICES

A licensed psychologist will help you cope with sexual issues and have more comfortable sexual experiences by identifying underlying psychological issues that might factor in.

We specialize in treatments of:

- Psychological, emotional, and sexual aspects of pelvic pain disorders
- Women's mental wellness – managing mood, healing trauma, balancing roles
- Sexuality, relationships and reproduction – infertility, pregnancy, and postpartum issues

Treatment session \$210 | Educational classes 1 hr. \$35

## REGISTERED DIETITIAN

As recommended by your physician, our registered dietitian will help you make dietary modifications to prevent and manage eating disorders and such conditions as IBS, painful bladder syndrome/IC, kidney stones and multiple food allergies.

Consultation session 30 min. \$79

### LOCATIONS:

141 W. Wilshire Ave., Suite C | Fullerton, CA 92832  
714-446-9924

16305 Sand Canyon Ave., Suite 210 | Irvine, CA 92618  
949-557-0190

500 Superior Ave., Suite 315 | Newport Beach, CA 92663  
949-764-7277

WOMANOLOGY  
+ RESTOREHIM

