

Center for Progressive Health & Wellness

The Next Step

Massage

Not just a regular massage . . .

Each of our massage therapists has

6-20 years of experience and specialized training by

Dr Keith Barbour which allows them to locate the root of a problem and work it out from there.



Therapeutic Massage

Increases circulation, strengthens the immune system, relieves muscle tension and stiffness, and reduces stress.

30 Minutes	\$45
60 Minutes	\$70
90 Minutes	\$90

Specialized Body Therapy

Manual Medicine Treatment \$55

Evaluation and treatment with pressure point release applied to ease pain and disability. 30 minutes.

Percussion Treatment \$20

This quick, but effective, treatment uses a percussion instrument to release the adrenal glands to reduce tension and renew your energy! -- Naturally, with drug-free results! 10 Minutes.

Thoracic Pump Treatment \$6

A quick, but effective hands-on treatment to start your immune system flowing.

Unlimited -- 1 calendar month \$45

Healing Oil Massage

Warm specialty oils for specific purposes.

60 Minutes spine	\$85
90 Minutes whole body	\$115

Renewal & Lymphatic Massage \$85

Stimulates the immune system and relieves stress from the body. 60 minutes.

Ultimate Detox \$85

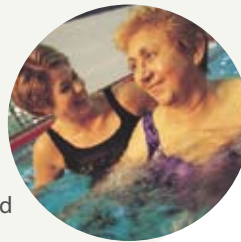
Castor oil packs & detox massage. 60 minutes.

Sports Massage \$70

Enhances sports performance and recuperation. Fosters faster healing of strained muscles. 60 Minutes.

Watsu Water Therapy \$120

Powerful warm water relaxation therapy. Feel brand new after one session. Decrease pain & anxiety. 60 Minutes.



Aquatic Center

Infinite Pool \$7

The Infinite Pool is adjustable to any skill level - from beginner swimmers to world-class athletes. Or improve tone, strength, and flexibility with water exercises. 20 minutes.

Sauna \$8

Our infrared sauna is a key component to detoxifying your system. Up to one hour of use.

Whirlpool \$3

Enjoy the swirling water and therapeutic jets in our Hot Tub. 10 minutes.

Aqua Pass \$15

A one-hour package for a combined spa experience. Includes a 20 minute Infinite Pool session, 30 minute Sauna session, and 10 minutes in the Whirlpool.

Bring a Friend \$10

An additional Aqua Pass for a friend to join you. Maximum 4 friends. One hour. Price is for each person.

Float Tank \$60

The ultimate in relaxation and stress relief. Reach the deepest levels of relaxation. 60 minutes.

Float Memberships include 2 hour sessions

13 weeks	\$540
26 weeks	\$1040
52 weeks	\$1560

Lifestyle Enrichment

Health & Wellness Evaluation \$90

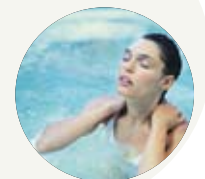
- Complete a health & wellness assessment to establish current wellness level and future wellness goals.
- Receive a Structural Screen to detect the key physical or functional barrier to wellness.
- Your personal plan may include nutrition, fitness, relaxation, bodywork, alternative medicines, and help with lifestyle changes.

Exercise Programs Varies

Check with reception for details and times on various exercise classes offered.

Water Exercise Class \$72

Six week session. Great for people with arthritis and fibromyalgia.



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