

Naturopathy Services and Pricing (membership not required to schedule)

15 minute Tela-Health consultation - (free)

Briefly discuss your current health and wellness goals, related services, and membership options.

Namaste Naturopathy initial visit (90 mins) - \$200

During this visit a thorough intake, appropriate assessments are provided. Together we will discuss your current and past health history, set measurable wellness goals, and develop a personalized plan of care. Prior to your appointment (48 hours minimum) please complete new client intake form (emailed to you during Tela-Health consultation)

****Promo**** (1) year Wellness Silver Membership Included. Membership promo is only applicable for new clients.

Namaste Naturopathy follow-up (60 minutes) - \$150

A follow-up visit allows us to reassess your goals and current plan of care. Go over any labs or compare assessments, discuss progress and make adjustments to your plan of care if needed.

Namaste Tela-Health Check In (up to 30 minutes) - \$90

TelaHealth follow-up visits are for clinician/client check-in's, any minor concerns, lab/testing recommendations and/or interpretations.

**excludes testing cost*

Non-Member Services and Pricing

(customers have the ability to schedule one visit with the following services only once per calendar year without an active membership. No add-ons or discounts can be applied unless otherwise specified.)

1 Hr Introductory Massage | \$90
30 min. Reflexology | \$50
Posture Assessment | \$65
Wellness Thermography ROI | \$225
Wellness Thermography Full Body | \$375

Member Services and Pricing

1 Hr Swedish Massage/Bodywork | \$85
1 Hr Deep Tissue Massage/Bodywork | \$85
1 Hr Acupressure Massage/Bodywork | \$85
1 Hr Esalen Massage/Bodywork | \$85
1 Hr Manual Lymphatic Drainage Bodywork | \$85
1 Hr Myofascial Cupping Therapy | \$87
15 min. Reflexology | \$30
20 min. Reflexology | \$35
30 min. Reflexology | \$45
90 min. Swedish Massage/Bodywork | \$115
90 min. Deep Tissue Massage/Bodywork | \$115
90 min. Acupressure Massage/Bodywork | \$115
90 min. Esalen Massage/Bodywork | \$115
90 min. Myofascial Cupping Therapy | \$117

Posture Assessment | \$55
Wellness Thermography ROI | \$200
Wellness Thermography Full Body | \$350

(member only Add-Ons)

Hot Stones | \$25
Himalayan Salt Stones | \$25
CBD Oil/Cream | \$15
Hot Towels | \$25
Aroma Therapy (10 min.) | \$10
Steam Sauna (15 min.) | \$20
Herbal Steam Sauna (15 min.) | \$25
Far-Infrared Sauna Blanket | \$25 and up
Paraffin Wax (hands or feet) | \$11
Paraffin Wax (hands and feet) | \$20
Basic Facial | \$45
Bodywrap | \$95
Spray Tanning | \$50

(Members Only Massage Packages and Pricing)

The Namaste Massage Package is our most popular/sold service.

Namaste Massage Package A (3) 60 min massage service | \$240
Namaste Massage Package B (6) 60 min massage service | \$420
Namaste Massage Package C (12) 60 min massage service | \$780

(with a FREE Add-On included w/each service.)

Coming To Peace Yoga

Individual Virtual or In-person class | \$35
Group Virtual or In-person class (4 or more individuals) | \$30 per individual attendee

Virtual/ In Person Hoop Lessons (Flow Arts)

Individual lesson | \$35
Group Lesson (4 or more individuals) | \$30 per individual attendee

**prices subject to change at anytime without notice, though Namaste Integrative Wellness tends to give a 30 to 60 day notice to existing clientele of any price changes.