

	Service	Minutes	Price	Description	Paperwork
Massage Therapy All massage is blended swedish & deep tissue style	Targeted Massage	30	\$60.00	Suitable for massage of one area, i.e. shoulders / upper back / hands & wrists / feet	Standard
	Targeted Therapeutic Massage	45	\$75.00	Suitable for intensive treatment in a painful or long-term problem area	Standard
	Full Body Massage	60	\$90.00	Minimum duration for full-body massage sessions	Standard
	Therapeutic Full Body Massage	75	\$120.00	Full body massage including deep tissue treatment of a problem area /allows more time for taller people	Standard
	Luxury Therapeutic Full Body Massage	90	\$150.00	Full body massage including deep tissue treatment as needed, allows ample time for people of all sizes	Standard
Graston Targeted deep-tissue therapy performed with the aid of die-cast stainless steel instruments	First visit	30	\$60.00	Screening & treatment, one area	Standard, Graston release
	Follow Up Visits	20	\$45.00	Treatment only (after initial screening visit)	
	Add-On Treatment Area	15	\$30.00	Add-on second area (ex: treat both legs, both shoulders, etc)	
Physical Therapy Skilled evaluation with a science and systems approach. Includes all needed hands-on treatments, home exercise prescription, and expert advice every step of the way	Evaluation visit	90-120	\$120.00	Full service evaluation & home exercise prescription	Standard, Graston release
	Follow Up Visit	45-60	\$90.00	Continue consultation and manual treatments, progress home exercise	
	Pre-Pay Packages		\$320-350	Get \$10 off per visit by pre-paying in packages of four sessions	
	Quick Treat	20	\$45.00	Twenty-minute quick-screen & treat sessions that must start & end on time	Direct-pay release (name/signature only)
	Doc Block	120	\$200.00	Prepaid only, businesses may book two-hour blocks to provide basic healthcare services to up to six employees per two-hour block	Direct-pay release (name/signature only)
Wellness Care Open-ended wellness care for folks on a long-term health journey, athletes, etc.	Evaluation visit	90-120	\$120.00	Evaluation	Standard, Graston release
	Follow Up Visit	45-60	\$90.00	Continuing wellness care	
	Member Visit	30-60	\$80.00	Wellness visits for committed clients who have already graduated from a PT plan of care	