

|   | Service                                       | Minutes | Price     | Description  |
|---|---|---------|-----------|--|
| <b>Massage Therapy</b><br><br>All massage is blended swedish & deep tissue style.<br><br>Members receive a \$10 discount on all massage therapy services.   | <b>Targeted Massage</b>                       | 30      | \$75.00   | Suitable for massage of one area, i.e. shoulders / upper back / hands & wrists / feet  |
|   | <b>Wellness Massage</b>                       | 45      | \$90.00   | Suitable for full-body wellness massage or intensive treatment in a painful or long-term problem area                            |
|   | <b>Therapeutic Full Body Massage</b>          | 60      | \$105.00  | Popular for full-body massage sessions, and allows time for targeted treatment   |
|   | <b>Extended Therapeutic Full Body Massage</b> | 75      | \$135.00  | Full body massage including targeted deep tissue treatment of problem areas, allows more time for taller people                  |
|   | <b>Luxury Therapeutic Full Body Massage</b>   | 90      | \$165.00  | Full body massage including deep tissue treatment as needed, allows ample time for people of all sizes                           |
| <b>Graston</b><br>Targeted deep-tissue therapy performed with the aid of die-cast stainless steel instruments   | <b>First visit</b>                            | 45      | \$75.00   | Screening & treatment, one area  |
|   | <b>Follow Up Visits</b>                       | 30      | \$60.00   | Treatment only (after initial screening visit)   |
|   | <b>Add-On Treatment Area</b>                  | 15      | \$30.00   | Add-on additional treatment area (ex: treat both legs, both shoulders, etc)  |
| <b>Physical Therapy</b><br><br>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 | <b>Evaluation visit</b>                       | 90-120  | \$120.00  | Full service evaluation & home exercise prescription   |
|   | <b>Follow Up Visit</b>                        | 45-60   | \$90.00   | Continue consultation and manual treatments, progress home exercise  |
|   | <b>Pre-Pay Packages</b>                       |         | \$320-350 | Get \$10 off per visit by pre-paying in packages of four sessions  |
|   | <b>Quick Treat</b>                            | 20      | \$65.00   | Twenty-minute quick-screen & treat sessions that must start & end on time, prepaid or pre-approved by provider only              |
|   | <b>Doc Block</b>                              | 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 |
| <b>Wellness Care</b><br>Open-ended wellness care for folks on a long-term health journey, athletes, persistent pain.  | <b>Evaluation visit</b>                       | 90-120  | \$120.00  | Evaluation   |
|   | <b>Follow Up Visit</b>                        | 45-60   | \$90.00   | Continuing wellness care   |
|   | <b>Member Visit</b>                           | 30-60   | \$80.00   | Wellness visits for committed clients who have already graduated from a PT plan of care  |