

WholePerson Therapeutics LLC HEALTH & WELLNESS PROGRAM

ABOUT OUR PROGRAM

Research support Health & Wellness programs are beneficial if the program meets the temporal, physical, emotional and environmental needs of its members. The WP-1000 program is designed for your needs. Your orientation session will introduce the following:

ACUTE PAIN MANAGEMENT PROGRAM

- Initial condition evaluation and assessment.
- Two therapeutic sessions, additional sessions require purchase of therapy packages.

MASSAGE

- Monthly 15-minute standard chair massage of your choice
- By appointment only

NUTRITION PROGRAM

- Nutri-physical assessment with findings.
- Continuous coaching individual and groups to reach goals
- Individual purchase of recommended products maybe required

WEIGHT MANAGEMENT PROGRAM

- Non-invasive physical assessment with findings
- Purchase of recommended products (may be required)
- Body composition analysis.
- On-site 25-minute exercise program over 90 days
- Continuous coaching by licensed therapist to reach personal goals

INDEPENDENT GUIDED AROMA MEDITATION

- Unlimited access to meditation with audio equipment and mat provided.
- Requires use of personal earphones, blanket, sleeping mask (optional)

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30 min.: M \$35 • NM \$45

45 min.: M \$50 • NM \$60

60 min.: M \$65 • NM \$75

75 min.: M \$80 • NM \$90

90 min.: M \$95 • NM \$105

120 min. M \$130 • NM \$150

Add cupping to any massage: \$30

SWEDISH MASSAGE

A soothing lighter pressure relaxing technique that allows the body to release tension, increase level of oxygen in the blood, decrease muscle toxins, improves circulation and flexibility

SHIATSU

Supports and strengthens the body's natural ability to heal itself. Requires therapist to use comfortable touch pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow.

DEEP TISSUE

A Swedish massage with deeper pressure to release **chronic** muscle tension and joint fatigue of deeper muscles, tendons and fascia

SPORTS MASSAGE

Based on the athlete's sport of choice. A vigorous technique, stretching, range of motion of athlete's soft tissue before or after sports events

ENERGY HEALING

We focus on the layers of energy surrounding your body that may be imbalanced contributing to emotional & physical energy blocks

LYMPH DRAINAGE

Gentle massage to stimulate and naturally circulate lymphatic fluids and help your body's fluid balance, blood circulation, metabolism and immune system

REFLEXOLOGY

Massage approach through points of the hands, ears and feet to produce changes in body function and conditions

MYOFASCIAL AROMATHERAPY RELEASE

Uses essential oils for relaxation during trigger point therapy to address ongoing pain symptoms. Traction pressure and positioning of joints in various angles creates a natural stretch that relaxes spasms.

FIRE CUPPING

Ancient Chinese Therapy which uses glass cups with an applied flame before being placed on certain points of the body. The lack of oxygen, after cup placement, creates suction that therapeutically affect pain, inflammation, blood flow, and relaxation.

MAGNETIC CUPPING

Natural alternative to acupuncture. Utilizes magnetic cups over acupoints. Combines the benefit of acupuncture & cupping along with the healing power of magnets to stimulate your body's natural electrical currents.

SILICON CUPPING

glass cups with an applied flame before being placed on certain points of the body, however, cups are moved along the body to provide a deep penetrating massage.

ACUPRESSURE

Precisely applied pressure over specific points along the body to activate points which can improve blood flow, release tension, and enhance "energy", "chi, or "Qi" that flows along the energetic pathways of the body. Energy flows freely.

IONIC FOOT BATH

Natural foot bath that revitalizes the body's bio-energy allowing it to effectively detoxify by stimulating the cells of the body to absorb oxygen and release toxins.

Call to Schedule an Appointment: 203-636-0065

WholePerson Therapeutics LLC

PLANS

Program	Product & Frequency	Fee: Case- Management (per person)	Monthly Cost (per person)
Health & Wellness - Unlimited			
Individual	Musculoskeletal pain consult	\$325	\$125
Corporate/Group	Monthly 15-minute chair massage	\$295	\$105
	Nutrition consultation		
	Weight management program		
	Guided meditation		
UPGRADES			
Therapy based on frequency:			
	1x/month	With Health & Wellness Program	\$160
	2x/month		\$347
	1x/week		\$693
	2x/week		\$1387
60-min Massage based on frequency:			
	1x/month	With Health & Wellness Program	\$65
	2x/month		\$140.83
	1x/week		\$281.66
	2x/week		\$563.33

Non-Member Therapy Package:

- Initial consult and evaluation \$400
- Additional sessions: \$250 per session