

Any selection of foundational therapies each month + discounts!

EVOLVE

Unlimited Foundational Therapies
+ 2 Premium Therapies (First Month Only)

\$399 a month

ENHANCE

12 Foundational Therapies
+ 1 Premium Therapy (First Month Only)

\$199 a month

EXPLORE

4 Foundational Therapies

\$99 a month

All Members receive 20% off all therapies & 30% off packages (8 or more therapies)



COLD THERAPY

This Perform therapy harnesses the invigorating power of extreme cold temperatures to stimulate the natural release of anti-inflammatory proteins and endorphins, to promote a host of benefits for your body and mind.



COMPRESSION THERAPY

This Perform therapy utilizes specially designed garments with pneumatic pumps to apply external pressure, helping to alleviate symptoms of venous insufficiency, reduce swelling, and accelerate muscle recovery after exercise.



HEAT THERAPY

This Glow therapy enhances circulation, stimulates detoxification, and alleviates muscle tension by increasing the body's core temperature. Regular sessions can improve sleep quality and strengthen your immune system.



SALT THERAPY

This Glow therapy, also known as Halotherapy, utilizes micro-particles of salt to cleanse your respiratory system and soothe skin ailments, while simultaneously providing stress relief for your mind and body.



PEMF THERAPY

This Live therapy utilizes low-frequency electromagnetic waves to promote cellular function. By stimulating the body's natural healing processes, PEMF therapy can help reduce inflammation and accelerate tissue repair.



RED LIGHT THERAPY

This Live therapy, also known as photobiomodulation, penetrates the skin's surface to activate mitochondrial function. Regular sessions can enhance tissue repair, reduce inflammation, and boost collagen production.

FOUNDATIONAL THERAPIES (\$29 SINGLE / \$199 SINGLE UNLIMITED)

STACK 2 UNLIMITED FOR \$299

Ask about our Complimentary Consultations to select the perfect customized package for your Wellness Journey!

All Members receive 20% off all therapies & 30% off packages (8 or more therapies)



OXYGEN THERAPY⁺ \$129

This Perform therapy utilizes our Hyperbaric Oxygen Chamber to elevate your body's oxygen levels. This process can accelerate cellular repair, decrease inflammation, and enhance overall well-being by allowing your bloodstream to absorb more oxygen than usual.



EMS THERAPY^{+◊} \$99

Short for Electrical Muscle Stimulation, this Perform therapy delivers targeted electrical pulses to fortify muscle strength and endurance, facilitating faster muscle recovery and offering an effective approach to muscle rehabilitation.



LYMPHATIC DRAINAGE^{+◊} \$79

This Glow therapy boosts your body's detox processes with our advanced pneumatic compression. This therapy simulates the natural rhythm of lymphatic flow, aiding in toxin elimination, reducing swelling, and enhancing immune response.



BODY SCULPTING[◊]

CryoLift⁺ \$249

CryoLift focuses on facial rejuvenation. By delivering a precise, cold temperature to the facial area, it stimulates collagen production, leading to a more youthful and tighter skin appearance. The thermal effect helps in reducing the appearance of fine lines, wrinkles, and pores. Ideal for those seeking a refreshed and revitalized facial appearance without invasive procedures.

CryoSlim \$349

CryoSlim employs controlled cooling to target and eliminate fat cells in specific areas, such as the abdomen, thighs, and arms. As these fat cells undergo apoptosis (cell death), they are naturally expelled from the body, leading to reduced fat deposits in the targeted areas. This non-invasive treatment is perfect for those aiming to reduce stubborn fat pockets that are resistant to diet and exercise.

CryoTone \$299

CryoTone is tailored for muscle toning and skin tightening. By alternating between cold and warm temperatures, it stimulates the muscles and enhances skin elasticity. This thermal shock mechanism not only boosts collagen production but also aids in the reduction of cellulite and improves overall skin tone. Suitable for individuals looking to tone, firm, and enhance the texture of their skin.

◊ Add on an IV to these therapies for an extra wellness boost!

+ Enhance & Evolve memberships include these premium therapies during the first month!