



# REMEDY PLACE MENU OF ELEMENTS

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Our philosophy is simple: the epitome of health is achieving and maintaining homeostasis, or internal balance. Our Remedies counteract the life stressors that wreak havoc on your wellness baseline, bringing you back to your true north.

Achieving a holistic state of balance has a ripple effect, both mentally and physically. Balance begets deeper levels of happiness, success, creativity, connection, and overall health.

Remedy Place is a social wellness club that helps you seek balance, both internally and externally. Stop in for a nutrient drip while catching up with a friend. Meet for a cold-pressed juice instead of drinks after work. Take your next meeting in our hyperbaric oxygen chamber for heightened clarity. It's all about conscious choices that prioritize balance.

**Seek truth. Seek balance. Seek the Remedy.**

# ELEMENTS OF BALANCE.

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Explore our Elemental Circuits to achieve whole body balance.  
Our Rebalance Specialists provide personalized on-site guidance  
to help members navigate their unique wellness needs.



MIND

**Meditation Classes | Sound Bath | Education & Stretch • (Starting at \$30)**

30 - 60 mins

*Reconnect with your parasympathetic nervous system. Clear your mind and calm your body to promote healing, decrease stress hormones, & improve mental health with our meditations/Sound baths & breath-work classes. Or opt-in on our education classes or loosening up in our much-needed stretch classes.*



MOVEMENT

**Initial Consultation (\$180) | Movement Therapy (\$120)**

60 mins - 30 mins

*Our curated blend of adjustments, active release therapy, and fascial manipulation will release joint pressure and muscle tightness to decrease pain and eliminate inflammation. Improve your performance and overall health.*



OXYGEN

**Hyperbaric Chamber Oxygen Therapy (\$80 - \$160)**

30 - 60 mins

*Give yourself an extra boost. Increased oxygenation nourishes your cells & speeds up every healing system in your body.*



COLD

**Ice Bath w/ Breath Work (\$50) | Cryotherapy (\$45)**

25 mins (Ice Bath) | 3 mins (Cryotherapy)

*Heal yourself from within. Decrease blood flow & minimize the inflammation to recover faster & increase endorphins.*



HEAT

**Single Infrared Sauna (\$70) | Group Sweat (\$90)**

60 mins

*Surround yourself in the penetrative power of infrared light. Increase your body's core temperature to detoxify & increase your metabolism, flexibility, and skin health.*



COLD + HEAT COMBO

**Cryo or Ice Bath + Infrared Sauna (\$100)**

3 mins | 20 mins + 60 mins

*The ultimate contrast therapy to fight inflammation.*



COMPRESSION

**Lymphatic Drainage Massage (\$75 - \$150)**

30 - 60 mins

*Flush out your lymphatic system to decrease inflammation, encourage weight loss, improve digestion & remove waste products.*

# BECOME A MEMBER.

## MONTHLY (\$495)



**Unlimited Cryo** | *Increase your circulation to recover faster, reduce inflammation and boost endorphins.*

**Unlimited Classes** | *Clear your mind and calm your body with regularly scheduled Meditation, Sound Bath, Breath Work, Stretch, and Educational classes.*

**Monthly Multi Nutrient Drip** | *(x1) Restore balance and harmony to your body with just the right blend of nutrients once a month.*

**Ice Bath & Infrared Sauna Combo** | *(x1 of each) The ultimate contrast therapy to fight inflammation and offset the common effects of over-training.*

**Compression -or- Oxygen** | *(x1 of your choice) Select between one Compression or Oxygen Element to reinforce your natural resiliency and ability to heal.*

**Quarterly Stress Analysis** | *Sit down with your dedicated health coach each quarter to discuss and create your rebalance plan.*

**15% off all Additional Purchases** | *Excluding retail and specialist visits.*

# THE GOLDEN RATIO.



## Sampler (\$395)

- ⊥| **Compression** | (45 min) Flush out your lymphatic system to remove waste and toxins.
- ⊕ **Oxygen** | (45 min) Increase your oxygen and speed up your body's healing process.
- ))) **Heat** | (45 min) Surround yourself in the penetrative power of infrared light to boost the detoxification process and boost skin health.
- ✱ **Cold** | Choose between Cryo (5 min) or an ice bath (20 min) to manipulate your circulation, reduce inflammation and boost endorphins.
- ⊕ **Mind** | (x1 class) Clear your mind and calm the body with your choice of one Meditation, Sound Bath, Breath Work, or Stretch class.

**Stress Analysis** | Sit down with one of our in-house health coaches to discuss your balance plan.

# NUTRIENTS & IV MENU.



Seek the antidote & go straight to the source with our proprietary blend of nutrients formulated by our Naturopathic Doctor to offset common stressors.

## IV DRIPS

### POST-LAX

B-Complex, Calcium, Magnesium,  
Additional Vitamins B5, B6, B12

**\$220**

+ Option to add a Glutathione push

*Air travel exposes us to radiation, dry air, and germs. Rest and rebalance with this hydrating IV that replenishes your antioxidants with vitamin C, B vitamins, and quality minerals.*

### SET IN MOTION

B-Complex, Calcium, Vitamin C, Magnesium,  
Additional Vitamins B5, B6, B12

**\$210**

+ Option to add a Glutathione push

*Recover from pain with a blend of vitamins and minerals that help with muscle relaxation. Add an anti-inflammatory injection to help with reducing inflammation and speed your recovery.*

### MORNING AFTER

B-Complex, Calcium, Magnesium,  
Additional Vitamins B5, B6, B12

**\$220**

+ Option to add a Glutathione push

*Rebalance after a night out with a hydrating IV full of vitamins and minerals to help replenish lost vitamins and minerals.*

### DEFENSE

B-Complex, Calcium, Vitamin C, Magnesium,  
Selenium, Zinc, Additional Vitamins B5, B6

**\$200**

+ Option to add a Glutathione push

*Build your immunity and defend your natural state of balance. Give your body the right nutrients and watch it remedy itself into an optimal state of wellbeing.*

### MIND MOMENT

Vitamins B5, B6, B12, Calcium, Glycine  
Magnesium, Taurine

**\$210**

+ Option to add a Glutathione push

*Rebalance your mental health by looking inwards to decrease stress. This Drip is a chill pill in liquid form. Formulated to calm the busy mind and relax the body. This nourishing blend is your fast-pass to zen.*

### POST-WORKOUT

B12, Calcium, L-Glutamine, L-Carnitine,  
Magnesium, Taurine

**\$220**

+ Option to add a Glutathione push

*Give your body the nutrients it needs to enhance lean muscle growth, decrease fat mass and maximize all the hard work you're putting in at the gym.*

## REST DAY

B-Complex, Calcium, Magnesium, Taurine,  
CBD Oil – 4 sublingual drops,  
Additional Vitamins B5, B6, B12

**\$220**

+ Option to add a Glutathione push

*Maximize your day off from the gym and renew your  
balance and energy.*

## ENERGY BOOST

B-Complex, Additional Vitamins B5, B6, B12

**\$180**

*Better than caffeine, stop in for a pick-me-up to  
revive and renew.*

## REM CYCLE

B-Complex, Calcium, Vitamin C, Magnesium,  
CBD Oil – 4 sublingual drops  
Additional Vitamins, B5, B6

**\$210**

*Sleep better, feel better. Reset your inner balance to  
sleep soundly.*

## MONTHLY MULTI

B-Complex, Calcium, Vitamin C, Magnesium,  
Selenium, Zinc, Additional Vitamins B5, B6, B12,

**\$180**

+ Option to add a Glutathione push

*Restore balance and harmony to your mind, body  
& soul.*

# SHOTS

## ENERGY

**\$35**

*Hit the ground running and power through the week.  
This blend of B vitamins to help improve energy and  
mental clarity.*

## B12

**\$35**

*Enjoy increased energy, nourished adrenals with this  
high dose of activated B12.*

## LEAN

**\$50**

*Formulated with 3 amino acids to help burn fat,  
increase energy and boost metabolism while  
supporting healthy liver detoxification.*

## PRE-PARTY

**\$40**

*Stay ahead of the game and get a dose of B-vitamins  
that get depleted with alcohol.*

## GLUTATHIONE

**\$35**

*Detoxifying to clear free radicals and brighten skin.*

## CITRUS

**\$35**

*Assist your cell's metabolic function and immune  
system.*

# PACKAGE BUNDLES.

5% off 5 packs | 10% off 10 packs | 15% off 20 packs

## MIND

Meditation Classes | Sound Baths (\$30)

**5 | \$142    10 | \$270    20 | \$510**

## OXYGEN

Hyperbaric Chamber Oxygen Therapy (\$160\*)

**5 | \$760    10 | \$1,440    20 | \$2,720**

## COLD

Ice Bath w/ Breathe Work (\$50)

**5 | \$332    10 | \$630    20 | \$ 850**

Cryotherapy (\$45)

**5 | \$213    10 | \$405    20 | \$765**

## COMPRESSION

Lymphatic Drainage Massage (\$150\*)

**5 | \$712    10 | \$1,350    20 | \$2,550**

## HEAT

Infrared Sauna (\$70)

**5 | \$332    10 | \$630    20 | \$1,190**

Group Sweat (\$90)

**5 | \$427    10 | \$810    20 | \$1,530**

## MOVEMENT

Movement therapy (\$120) *after \$180 initial consultation not included in package cost*

**5 | \$570    10 | \$1,080    20 | \$2,040**

\*RATES FOR 60 MINUTES

# REBALANCE ANTIDOTES.

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Discover the antidote to the stress of modern life. Each of our curated Rebalance packages remedies the effects of a common life stressor, bringing you back to your natural state of balance.

## POST-LAX

Cold | Hyperbaric Chamber | Sauna

**\$200**

1 hr 30 mins

*Reset and rebalance after the travails of travel.*

## SET IN MOTION

Cryo | Hyperbaric Chamber | Chiropractic

**\$200**

1 hr 30 mins

*Recover and rebalance after an injury to regain your range of motion.*

## MORNING AFTER

Cold | Sauna | Compression

**\$175**

1 hr 30 mins

*Hangovers can be optional. Rebalance after a night out.*

## DEFENSE

Hyperbaric Chamber | Cold | Sauna

**\$200**

1 hr 30 mins

*Build up your immunity and defend your natural state of balance.*

## MIND MOMENT

Cryo | Compression

**\$170**

50 mins

*Rebalance your mental health by looking inwards to decrease stress.*

## POST-WORKOUT

Compression | Cold | Sauna

**\$170**

1 hr 10 mins

*Get the most out of your workout by following up with a balance reset.*

## REST DAY

Cryo | Chiropractic | Hyperbaric Chamber

**\$200**

1 hr 10 mins

*Maximize your day off from the gym and renew your balance and energy.*

## ENERGY BOOST

Cryo | Hyperbaric Chamber

**\$175**

45 mins

*Better than caffeine, stop in for a pick-me-up to revive and renew.*

## REM CYCLE

Hyperbaric Chamber | Sauna

**\$175**

1 hr

*Sleep better, feel better. Reset your inner balance to sleep soundly.*

# FUNCTIONAL MEDICINE & NUTRITION.

## MICRONUTRIENT

Draw, Results, & Consult

**\$600**

*This test provides a 360° view of every vitamin and mineral level in your body. It allows me to assess the overall function of your white blood cells, showing everything from the immune system function to antioxidant and protein levels, metabolic performance, and your body's ability to process carbohydrates and sugar.*

## FOOD SENSITIVITY TESTING

Draw, Results, & Consult

**\$800**

*180 foods raw and cooked! Many times, people don't realize that the foods they're eating may be causing problems (or exacerbating) health-related issues. Food sensitivity testing will tell me everything you should and should not be eating.*

## CHEMICAL IMMUNE REACTIVITY SCREENING

Draw, Results, & Consult

**\$600**

*A full analysis of any toxins that have been building up in the body.*