

Clinic & Spa Menu

HOLISTIC WOMEN'S HEALTH CARE

Cultivating Fertility Consult

initial session 2hr \$145 | follow-up 75-90min \$90

We have spent years working with couples on their journey to conceive and have developed a unique team of practitioners, therapists, and healers to support you in the process of cultivating fertility. We provide guidance on the effective, safe and appropriate use of complementary medicine including: uterine massage, mind-body medicine, fertility awareness and herbal medicine. We will help you develop a comprehensive & calming holistic fertility plan that encompasses all aspects of your fertility care, including preparation for IUI and IVF cycles.

Naturopathic Consult

initial session 2hr \$175 | follow-up 75-90min \$90

Naturopathic medicine is based on the belief that the human body has an innate healing ability. When working with clients, we do not treat the symptoms, rather we locate and eliminate the root cause of their problems, resulting in long-term health. During an initial consult, each client receives a personalized plan that maps out their path to optimal health & wellness, including short- and long-term goals. To ensure your personal health and success at least one follow-up session is recommended and is offered at 20% off.

Herbal Consultation

30min \$30 | 60min \$60

Let us help you reach your health goals! In this session we will review your health history, address your current questions and devise a plan to help get you going in the right direction, combining herbal remedies (tinctures, teas and essential oils) with sound and supportive nutritional guidance.

Maya Abdominal & Uterine Massage

initial session 2hr \$135 | follow-up 75-90min \$90

Our most important treatment, this massage technique is a slow, gentle external massage of the abdomen and lower back that works to soften the muscles, and adjust the uterus to its proper position, enhance circulation of blood, lymphatic fluids and qi. It has been used successfully as part of a holistic treatment for problems including painful periods, fertility issues, uterine fibroids, ovarian cysts and low backache. We have learned this work from Dr. Rosita Arvigo and other traditional Maya healers in Belize.

Womb Healing

90 min \$90

This treatment combines several of the Maya Uterine Massage techniques, castor oil packs and the traditional Chinese practice of 'moxa' to warm, gently soften adhesions, prevent scar tissue & heal the womb. This is particularly indicated for women who have given birth by Cesarean, or who have had other surgical or invasive procedures in the womb space.

Traditional Spiritual Healing for Women

90min \$90

We have found that women heal when their spirit is strong and vital. Using traditional feminine-centered healing practices from around the world such as plants, song, copal and blessing/prayer, balance and change are brought forth in a gentle, yet profound way.

Mind-Body Medicine: Hypnotherapy for Health & Healing

initial session 2 hrs \$135 | follow-up 75-90min \$90

Hypnotherapy is a proven mind-body technique used for reducing stress & strengthening self-esteem, healing depression/anxiety, facilitating, weight management, and fertility and birthing. It involves deep soulful exploration – helping to uncover and heal negative thought patterns, deeply held emotions and core beliefs that interfere with the emergence of the inner voice and intuitive self.

Massage

60min \$75 | 90min \$90 | DT/HS \$110

Prenatal Pregnancy Massage: Our gentle and effective side-lying pregnancy massage nurtures the mother-in-the-making, by relieving common prenatal discomforts and gently preparing a woman's body to give birth. Women who receive regular massages while pregnant report healthier pregnancies, stronger bodies, and a deeper connection with their blossoming bellies and growing babies.

Awakening Massage: This restorative treatment begins with a relaxing foot bath & scrub to soften and awaken the senses. You pick your favorite stimulating pure essential oil blend for your invigorating massage. We wrap up this fabulous treatment with a traditional "plant brushing", bringing you blessings of renewal and strength.

Ashiatsu Massage: For a thoroughly body softening and mind opening massage experience we recommend Ashiatsu. Ashi means foot and atsu means pressure. Smooth gliding strokes, kneading, and stretching are combined with pure essential oils to create truly divine relaxation, as the practitioner uses the feet to deliver this deeply therapeutic treatment.

Swedish Massage: For a thoroughly body softening massage we recommend this classic favorite. Five classic strokes reduce pain, stiffness, and improve circulation through your entire body.

Deep Tissue Massage: Our deep tissue massage combines fully relaxing strokes with strong focused movement to relieve muscle tension and strain. Moist-heat packs on your back and reflexology with hot towels on your feet to bring you comfortably back into your body.

Deep Tissue / Hot Stone Combo: A one of a kind treatment combining focused deep tissue work with the muscle relaxing massage of warm basalt stones.

SKINCARE

The Classic Treatment

120min \$130

A facial unlike any other, this sensory rich experience envelops the entire body in relaxing touch and beautiful, aromatic Dr. Hauschka Products. This treatment includes all aspects of the Cleansing Treatment (see below) with additional lymphatic stimulation, massage and over 30 steam towels.

The Rejuvenating Treatment

90min \$100

The most popular treatment. This treatment includes all aspects of the Cleansing Treatment (see below) with additional lymphatic stimulation and massage.

The Cleansing Treatment

60min \$70

A lovely introduction to the Dr. Hauschka products, or the perfect facial to maintain a healthy, glowing complexion. This treatment includes a warm sage foot bath, deep cleansing, aromatic steam towels, extractions, two customized masks and lymphatic stimulation. Voila! Beautiful.