

Namaste Integrative Wellness, LLC Mobile Massage & Naturopathy

Naturopathy Services and Pricing (membership not required to schedule)

15 minute Tela-Health consultation - (free)

Briefly discuss your current health and wellness goals, related services, and membership options.

Namaste Naturopathy initial visit (90 mins) - \$200

During this visit a thorough intake, appropriate assessments are provided. Together we will discuss your current and past health history, set measurable wellness goals, and develop a personalized plan of care. Prior to your appointment (48 hours minimum) please complete new client intake form (emailed to you during Tela-Health consultation)

****Promo**** (1) year Wellness Silver Membership Included. Membership promo is only applicable for new clients.

Namaste Naturopathy follow-up (60 minutes) - \$150

A follow-up visit allows us to reassess your goals and current plan of care. Go over any labs or compare assessments, discuss progress and make adjustments to your plan of care if needed.

Namaste Tela-Health Check In (up to 30 minutes) - \$90

TelaHealth follow-up visits are for clinician/client check-in's, any minor concerns, lab/testing recommendations and/or interpretations.

**excludes testing cost*

Non-Member Services and Pricing

(customers have the ability to schedule one visit with the following services only once per calendar year without an active membership. No add-ons or discounts can be applied unless otherwise specified.)

1 Hr Introductory Massage | \$100

30 min. Reflexology | \$50

Posture Assessment | \$65

Wellness Thermography ROI | \$225

Wellness Thermography Full Body | \$375

Namaste Wellness Membership Tiers

Silver | \$125 /year

The ability to schedule any member services. Additional Wellness SILVER Perks Include:
Member Rewards program (exclusive to wellness members)

Gold | \$125/month

The ability to schedule any member services. 5% discount on every service. Additional Wellness GOLD Perks Include:

(1) 1Hr Swedish or Deep Tissue Massage (monthly)

(1) Facial (monthly)

Member Rewards program (exclusive to wellness members)

Platinum | \$175/month

The ability to schedule any member services. 10% discount on every service. Additional Wellness GOLD Perks Include:

(1) 1Hr Swedish or Deep Tissue Massage (monthly)

(1) Facial (monthly)

60 FREE Massage Minutes(monthly. valid for 60 and 90min services only. Minutes do not roll over, they cannot be gifted, only 15(free)mins can be applied per visit).

1 FREE Add-on per month

Member Rewards program (exclusive to wellness members)

Member Services and Pricing

1 Hr Swedish Massage/Bodywork | \$100

1 Hr Deep Tissue Massage/Bodywork | \$100

1 Hr Acupressure Massage/Bodywork | \$100

1 Hr Esalen Massage/Bodywork | \$100

1 Hr Manual Lymphatic Drainage Bodywork | \$100

1 Hr Myofascial Cupping Therapy | \$100

15 min. Reflexology | \$30

20 min. Reflexology | \$35

30 min. Reflexology | \$50

90 min. Swedish Massage/Bodywork | \$130

90 min. Deep Tissue Massage/Bodywork | \$130

90 min. Acupressure Massage/Bodywork | \$130

90 min. Esalen Massage/Bodywork | \$130

90 min. Myofascial Cupping Therapy | \$130

Posture Assessment | \$65

Wellness Thermography ROI | \$225

Wellness Thermography Full Body | \$375

(member only Add-Ons)

Hot Stones | \$25

Dry Brushing | \$55

Himalayan Salt Stones | \$25

CBD Oil/Cream | \$15

Hot Towels | \$25

Aroma Therapy (10 min.) | \$10

Steam Sauna (15 min.) | \$20

Herbal Steam Sauna (15 min.) | \$25

Far-Infrared Sauna Blanket | \$25 and up

Paraffin Wax (hands or feet) | \$11

Paraffin Wax (hands and feet) | \$20

Basic Facial | \$55

Bodywrap | \$150

Spray Tanning | \$75

(Members Only Massage Packages and Pricing)

The Namaste Massage Package is our most popular/sold service.

Namaste Massage Package A (3) 60 min massage service | \$240

Namaste Massage Package B (6) 60 min massage service | \$480
Namaste Massage Package C (12) 60 min massage service | \$900

(with a FREE Add-On included w/each service.)

Coming To Peace Yoga

Individual Virtual or In-person class | \$35

Group Virtual or In-person class (4 or more individuals) | \$30 per individual attendee

Virtual/ In Person Hoop Lessons (Flow Arts)

Individual lesson | \$35

Group Lesson (4 or more individuals) | \$30 per individual attendee

**prices subject to change at anytime without notice, though Namaste Integrative Wellness, LLC tends to give a 30 to 60 day notice to existing clientele of any price changes.