CARILLON MIAMI WELLNESS RESORT
SPA • BEAUTY • FITNESS • HEALTH
A NEW GENERATION OF WELL-BEING
CARILLON MIAMI WELLNESS RESORT

Come as you are. Leave as you’ve never been.

Set in a luxurious 70,000 square foot integrated wellness space surrounded by breathtaking views of the Atlantic Ocean, Carillon Miami offers the most empowering approach to treating the mind, body and soul.

Personalized attention. Innovative treatments. Immersive experiences. Medically focused therapies. All working in perfect harmony to renew you like never before.
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ETIQUETTE

HOURS
FITNESS | 7 AM - 8 PM
THERMAL EXPERIENCE | 7 AM - 8 PM MAY - NOV | 7 AM - 9 PM DEC - APRIL
SPA SERVICES | 8 AM - 8 PM
SALON | MON – SAT 10AM – 7PM | SUN 12PM – 5PM HAIR / 12PM – 7PM NAILS

*Hours are subject to change without notice.

SPA & WELLNESS SCHEDULING
To schedule an appointment, please speak to our wellness concierge, who will arrange your perfect experience. If you are a hotel guest, you may dial extension 47310 from your room. Non-hotel guests may call 866 276 2226 for appointments and information. We recommend advance booking, to ensure availability of your preferred time and service.

SALON SCHEDULING
To schedule an appointment, if you are a hotel guest, you may dial extension 47326 from your room. Non-hotel guests may call 305 514 7326 for appointments and information. We recommend advance booking, to ensure availability of your preferred time and service.

CHECK-IN
You are requested to arrive at least 60 minutes prior to your appointment time. This will allow you time to sign in, change clothes and partake in our world class Thermal Experience prior to your service.

SPECIAL HEALTH CONSIDERATIONS
At the time of reservation, please notify our Wellness Concierge if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant.

LATE ARRIVAL
Please be aware that your late arrival may determine the length of your treatment. Your service will end on time so the next guest is not delayed. We appreciate your understanding and cooperation.

CANCELLATION
Please allow 24 hours notice for cancellation or rescheduling of spa services to avoid a 100% charge.

SPA ATTIRE
For your comfort, a robe and slippers will be provided at the Spa. Please disrobe to your level of comfort. Undergarments are not necessary but may be worn during the treatment if you prefer. All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are always used to protect your privacy and comfort at all times.

QUIET & HEALTHY ENVIRONMENT
The Spa is one of relaxation and tranquility. We respectfully ask that you leave cellular phones silenced. Please refrain from using them in the lobby and any area of the Spa, including the Thermal Experience so that the tranquility of the Spa experience may be preserved.

AGE REQUIREMENT
The minimum age of 14 is required for access to the Thermal Experience, treatment areas and fitness area. Kids programming is available for those under 14 years of age, as well as private fitness classes.

GRATUITIES
All Spa, Salon and Fitness services are subject to an additional 20% service charge and sales tax. Therefore, no additional tipping is necessary or anticipated. Rates are subject to change without notice.
THERMAL EXPERIENCE

Our exclusive Thermal Experience mirrors European wellness traditions to enhance the outcome of your stay with us. This nine suite hot and cold circuit provides private men’s and women’s areas help to warm, cleanse and aid in relaxation prior to spa treatments and following physical fitness. Plan ample time to enjoy one of the country’s most expansive hydrotherapy circuits, at your leisure.

THE HEART OF YOUR SPA ENCOUNTER

FINNISH SAUNA
THERMAL EXPERIENCE GUIDE

HERBAL LACONIUM
Relax and revitalize in this warm ceramic room with heated seats and a starlit ceiling—
the perfect way to begin the purification process.

CRYSTAL STEAM ROOM
Release tension and tight muscles in a scented room where the soothing power of steam is enhanced by
aromatic essential oils, refracted colored light, and a large clear quartz crystal.

EXPERIENTIAL RAINS
Enjoy multi-sensory cooling after exposure to heat to improve circulation and slow the aging process.
Select from three storm shower experiences: Atlantic Storm, Caribbean Monsoon, and Polar Mist.

FINNISH SAUNA
A classic Finnish sauna lined with fragrant wood emits dry heat from a traditional stove with hot stones to purify the body and calm the mind.

FOOT SPA
Soothe tired feet while equalizing your body’s temperature. Select warm water for aches and pains or opt for cool water following heat experiences. Cool baths also refresh, revitalize and reduce swelling in the feet.

VITALITY POOL
A variety of massage fountains and body jets provide gentle water massage at an
optimal temperature to release tension and rebalance the body.

THERMAL HEATED LOUNGERS
Radiant-heated loungers designed to relax muscles between thermal experiences surround the HydroSpa.

ATLANTIC SPA
An open-air rooftop HydroSpa with breathtaking views of the Atlantic Ocean. Enhanced with
bubbling jets, contoured seats and small pressure-point river pebbles to relax the body.

IGLOO
Experience Miami’s only igloo! Three Arctic mist experiences—menthol, mint, and eucalyptus—help to cool the body,
improve circulation and re-energize the soul. The perfect way to end your Thermal Experience.
SIGNATURE EXPERIENCES

Lavishly designed. Inspired by the sea. Our signature spa services will transport you to an elevated state of being for the ultimate escape.
SIGNATURE SPA EXPERIENCES

CARILLON SEASIDE FACIAL
50 MINUTES $179
Filled with unique touches expressing the revitalizing and restoring aspects of the sea, and the rhythmic flow of the waves against your skin, this custom facial features alpha-hydroxy renewal, a cooling and lifting eye mask, and deeply soothing massage throughout, with delicate brushes as well as healing human touch! Finished with a nourishing multi-vitamin antioxidant mask rich in goji berry oil and soothing botanicals, this facial is ideal for depleted, dry, stressed and tired skin.

DETOX MUD-SSAGE
50 MINUTES $189
A body massage unlike any other. Encourage profound purification throughout your massage using an innovative massage mud from the Bagni Di Pisa (hot springs) in Tuscany. Abundant in thermal minerals, stimulating essential oils, and green tea extract, you’ll experience an unsurpassed recovery from stress while stimulating cellular vitality; resulting in an energizing slimming and toning effect as well. Maximize all the benefits with the ‘cloud cradle’, an immersion in a zero-gravity dry float bed.

DETOX & RENEW WRAP
80 MINUTES $279
Enhanced with the remarkable soothing therapeutic results of the Vichy shower, boosting the actions of the mineral-rich clay mud in relieving muscle ache, easing physical fatigue, reducing joint discomfort, increasing circulation and firming the skin. Stress and tension evaporates, leaving a lasting sense of peace and groundedness. This treatment is featured on our Aemotio Spa.

WHAT IS AN AEMOTIO SPA?
The Aemotio Spa is an advanced multifunction cabin of original design that offers the most modern treatment techniques: height adjustable water bed, heated water mattress, color therapy, steam bath with aromatherapy, Vichy shower with 6 jets and water-enhanced vibromassage. Providing a complete spa experience: relaxation, anti-cellulite, draining, slimming and toning treatments, body wraps, scrubs, massages and facial treatments.
For centuries, massage strengthened the body, calmed the mind and soothed the soul. Each of our massage therapies harnesses the power of aromatherapy to help you achieve a deep sense of relaxation. Select the modality and duration that best suits your needs.
NECK, BACK & SHOULDERS MASSAGE
25 MINUTES $89
Relax with a mini express neck, back & shoulder massage. This massage brings relief to stressed out muscles and has you in and out in no time.

REFLEXOLOGY
25 MINUTES $89 | 50 MINUTES $179
Beneficial in boosting the immune system, increasing circulation and encourages toxin elimination in the body by using specific reflex points on the feet leaving you feeling better than how you arrived.

WELL-BEING SWEDISH MASSAGE
50 MINUTES $179 | 80 MINUTES $269
This traditional massage incorporates relaxing, long movements to increase circulation, improve skin and muscle tone and effectively ease tired muscles.

SPORTS DEEP TISSUE MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Whether you like to hit the courts or the greens, this is the massage for you. Using vigorous, deep strokes, stretching, and friction, this treatment is especially designed to prepare the muscles for exercise and to help them recover quickly afterwards.

MATERNITY MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Designed for the mother-to-be (after first trimester). Stimulates blood circulation, reduces stress on tired legs and lower back tension.

COUPLES MASSAGE
50 MINUTES $189 PER PERSON | 80 MINUTES $279 PER PERSON
The perfect way to escape and enjoy quiet moments together. Your therapist will customize the massage using a variety of relaxing techniques. A completely customized treatment to suit your desires for technique and pressure.

REJUVENATING MASSAGE
50 MINUTES $189 | 80 MINUTES $279
This treatment starts with an almond orange foot exfoliation to alleviate dryness and fatigued feet. Warm nourishing coconut and argan oil infused with avocado oil is drizzled on to the body for superior hydration and relaxation. Pressure is customized by your therapist to suit your needs.

ASHIATSU MASSAGE
50 MINUTES $189 | 80 MINUTES $279
A barefoot massage technique using deep strokes from the therapists’ feet. A western version of an ancient form of bodywork, with roots dating back thousands of years from cultures across Asia, India, Africa and the Pacific Rim.

SOUND THERAPY MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Experience this profoundly unique therapy that results in reduced stress, improved sleep, pain relief and a unifying of the physical, mental and emotional self. Music, healing vibrations, aromatherapy and expert massage techniques come together to create a soothing symphony of relaxation that will abolish even the toughest of tension and stress.

MASSAGE THERAPIES
WHAT IS A CRYSTAL QUARTZ MASSAGE BED?

The Spa Dream Crystal Quartz Massage Bed features spherical quartz that envelops the body when heated for inner relaxation and color therapy with seven alternating colors to support in energizing and promoting balance throughout the body for a deeper therapeutic experience.

HIMALAYAN SALT STONE MASSAGE
50 MINUTES $189 | 80 MINUTES $279

Combined with intensive deep tissue technique, Himalayan salt stones are used to revive fatigued muscles, rebalance the body and melt away stress, providing a healing, calming and relaxing experience. The heated stones help release deep-seated tension on the deeper muscle layers and expand blood vessels to encourage blood flow throughout the body. Their sedative effect can relieve chronic pain, reduce stress and promote deep relaxation.

AROMATHERAPY MASSAGE
50 MINUTES $189

The use of essential oils found within the 100% organic coconut oil is a holistic treatment to help improve health, emotional well-being and restore balance to the body. With the pressure of today’s modern society, aromatherapy with its holistic approach to health and well-being, can be used to intervene and prevent long term problems occurring. Aromatherapy choices of:

ROSE is an antidepressant
LAVENDER helps to relieve stress and anxiety
FRANKINCENSE is calming to the respiratory, digestive & nervous system
YLANG-YLANG calms nervous affictions, stress, anger, and anxiety while inducing a relaxing feeling.

QUARTZ MASSAGE
50 MINUTES $189 | 80 MINUTES $279

Soothe the tight aching stressed muscles as warm quartz cocoons the body and replicates the benefits of clarity, cleansing and purification. Quartz minerals impart wellness benefits and provide healing strengthening energy. Quartz channels universal energy and transmits balance to the body.

WHAT IS A CRYSTAL QUARTZ MASSAGE BED?

The Spa Dream Crystal Quartz Massage Bed features spherical quartz that envelops the body when heated for inner relaxation and color therapy with seven alternating colors to support in energizing and promoting balance throughout the body for a deeper therapeutic experience.
WELLNESS DETOX & BODY RENEWAL THERAPIES
FITNESS BODY ACTIVE TREATMENT
50 MINUTES $189
An energizing and remodeling treatment post work-out. Using a body mask made with yellow clay from Brazil, enriched with a plankton extract to stimulate your metabolism. Its efficacy is boosted by using a Tui-Na technique. Ideal for combining with a fitness program or to be included in an anti-cellulite and firming program.

REPLENISHING WRAP
50 MINUTES $189
An excellent remedy to replenish elasticity, regenerate tissues and restore moisture balance to the skin. A sensorial cocooning experience that reduces swelling, improves circulation and bestows soft, silky skin. The perfect body treatment for skin which is dry and depleted, as a post-sun treatment, or before, during and after pregnancy.

WHAT IS A DRY FLOAT BED?
A unique therapy allowing you to lie floating in the soft and warm embrace of a dry floatation bed letting your whole body go weightless. Floatation technology is designed to alleviate stress, increase energy, and even improve sleep, while still keeping you entirely dry. This experience will allow you to feel total relaxation and tranquility, taking you away to a transcendent state.

WELLNESS DETOX & BODY RENEWAL THERAPIES
ORGANIC REJUVENATION
BODY TREATMENTS
ORGANIC REJUVENATION BODY TREATMENTS

GINGER-COCONUT-ARGAN SUGAR GLOW
50 MINUTES $179
This dazzling natural treatment begins with a lively citrus-kombucha body wash followed by the vibrant aromas of our ginger-lime sugar scrub. Warm, nourishing coconut and argan oil infused with avocado oil, apricot oil, rose hip, and vitamin E is slowly drizzled on to the body for superior hydration, nourishment, and total body relaxation. This treatment is featured in our Aemotio Spa.

REJUVENATING SEA WRAP AND MASSAGE
80 MINUTES $279
This treatment begins with lymphatic flow stimulation followed by our stimulating French green clay body mask to detoxify and nourish the skin. Drift off with the ultimate Swedish massage relaxation while our vibrant argan and avocado oils renew your skin. Wake up feeling re-energized and refreshed. This treatment is featured in our Aemotio Spa.

WHAT IS AN AEMOTIO SPA?
The Aemotio Spa is an advanced multifunction cabin of original design that offers the most modern treatment techniques: height adjustable water bed, heated water mattress, color therapy, steam bath with aromatherapy, vichy shower with 6 jets and water-enhanced vibromassage. Providing a complete spa experience: relaxation, anti-cellulite, draining, slimming and toning treatments, body wraps, scrubs, massages and facial treatments.
Based on ancient Indian principles of Ayurveda and pressure points, Ayurvedic massage is designed to heal the body and create a balance between mind, body and spirit. The word stems from Sanskrit: ayu, meaning "life," veda, meaning "knowledge and often translated as "science of life."

These customized treatments will incorporate natural oils, aromatherapy and non-traditional strokes and movement for the individual's needs while introducing the three Doshas: Vata (air + ether), Pitta (fire + water), Kapha (earth + water). These combinations of the elements combine into three body-mind archetypes and dominate our physiological activities but also our skin type. While one may dominate, the goal is for the three to exist in harmony.
SHANKARA AYURVEDIC MUSCLE RELEASE TREATMENT
50 MINUTES $189
A moderate pressure treatment that is both nurturing and yet very efficient in calming muscle soreness and tightness. Flowing Abhyanga and more targeted Vishesh moves are inserted within a relaxing Swedish massage. Available with or without scalp massage.

SHANKARA SERENITY SALT STONE TREATMENT
50 MINUTES $189
A relaxing Swedish massage using Shankara’s Soothing Body Oil along with salt stones to provide comfort and relieve agitation from body and mind. Available with or without scalp massage.

SHANKARA TRANQUILITY TREATMENT
50 MINUTES $189
Deeply restful, silent, and restorative treatment that starts with a foot soak ritual with a head/scalp and shoulders massage. Flowing Abhyanga moves are inserted within a relaxing Swedish massage using Shankara’s Calming Body Oil. Available with or without scalp massage.

SHANKARA’S ABHYANGA MASSAGE
50 MINUTES $189
Sansára, Sanskrit for “continuous flow,” signifies the flow of consciousness and life. Like the movements of the Abhyanga, a continuous flow of medicated oil, massaged in a rhythmic motion, works to affect the 7 Dhātus or layers of the physical and subtle bodies, bringing balance and harmony to the Dosha, revitalizing and refreshing the mind, the body and the spirit.

ZEKHARA SHANKARA AYURVEDIC SHIRODARA TREATMENT
80 MINUTES $279
Zekhara, Sanskrit for “crown of the head” is an inviting treatment with deep significance in Ayurveda. This is the location of the Crown Chakra and is symbolized by a lotus with 1,000 petals. It is considered the gateway of enlightenment and full awareness. This encompassing treatment focuses on the release of tension around the head and neck, stimulation of the scalp, nourishment of the hair and balancing Marma energy points to soothe the mind and awaken the senses. The flowing oil of the Shirodhara quiets the mind caressing the scalp in a blanket of warmth.

AYURVEDIC WELLNESS
GEOMA RITUALS

THE ORIENTAL
50 MINUTES $179 | 80 MINUTES $269
This ritual is rooted in Tui-na, the ancient massage therapy of China. In traditional Chinese medicine, the principles of YIN and YANG are followed: yin refers to 'the shady side of the valley,' and yang to 'the sunny side of the valley,' and so yin relates to darkness, coldness, resting and quiet, while yang relates to heat, light, activity and movement. This treatment helps to stimulate the immune system, reduces stress and improves calmness and sleep.

THE MEDITERRANEAN
50 MINUTES $179 | 80 MINUTES $269
This ritual is an interpretation of the spirit of the Mediterranean – the sun and warmth, the sea and fluid movement. The nurturing aspects of water inspire this treatment, which encourages both gentle and powerful movements, release, purification and renewal. Also relieving general tension and stress. Provides gentle realignment of the body.

TRANQUILITY PRO SLEEP RITUAL
50 MINUTES $189 | 80 MINUTES $279
This exceptional treatment acts on three different sensorial pathways for profound relaxation, favoring sleep, aiding in recovery from chronic stress. Through a unique combination of calming aromatic textures including: an exclusive music composition, Ayurvedic and Indonesian Sea Malay Rituals, we gently guide the way to achieve a quiet, peaceful deep rest.

TURKISH RHASSOUL FOR TWO
45 MINUTES $99 PER PERSON | $198 PER COUPLE
This exotic and totally private treatment will be performed by just you and your partner in our private Rhassoul Chamber. This steamy, time-choreographed, thermal experience begins with a couple’s shower and is followed by a delicious, aromatic, salt scrub exfoliation. Then you will apply a sultry, skin softening and detoxifying mud treatment to one another while acting as skilled therapists. Next you will step into a gentle steam, which is followed by a warm shower finale. This is hedonism at its finest.

WHAT IS A DRY FLOAT BED?
A unique therapy allowing you to lie floating in the soft and warm embrace of a dry floatation bed letting your whole body go weightless. Floatation technology is designed to alleviate stress, increase energy, and even improve sleep, while still keeping you entirely dry. This experience will allow you to feel total relaxation and tranquility, taking you away to a transcendent state.

GLOBAL RITUALS

DRY FLOAT BED
ESSENTIAL SKIN CARE

NON-SURGICAL FACE LIFT
TEEN CLEANSE ••
50 MINUTES $179
Specially designed for the unique needs of hormonal skin, this facial helps to clean, purify and hydrate the complexion restoring skin vitality and teen confidence. *For those requiring extensive extractions, we recommend the Deep Cleansing Clear Complexion.

THE NON-SURGICAL FACE LIFT
50 MINUTES $200 | 80 MINUTES $275
This noninvasive treatment is designed to lift and firm sagging skin, and to immediately restore radiance. Backed by over 20 years of research, this award-winning system utilizes a computer-aided cosmetology instrument to turn back the clock. An alternative to microdermabrasion, this treatment utilizes a crystal-free ultrasound technology to power-cleanse the skin; firming micro-current; lymphatic drainage; LED light therapy; skin-relaxing peptides; and an advanced, collagen-based hydro mask. Instantly, skin is visibly firmer and more toned, fine lines and wrinkles appear smoothed, and tired skin looks rejuvenated. Visible results are seen in just one treatment. Longer-term results require a course of twice-weekly 50-minute treatments for five weeks, followed by a monthly 80-minute maintenance session.

ESSENTIAL SKIN CARE

SKIN REGIMEN/ LONGEVITY DETOX FACIAL
50 MINUTES $189
The perfect antidote to modern fatigue and urban lifestyle. This facial is ideal for when you feel your skin is stressed and showing the first signs of aging. Customizable to correct dullness, dehydration, depletion and wrinkles, it deeply renews the skin and leaves it exceptionally radiant and protected. The combination of the iconic /skin regimen/ Aroma, Macro Waves Sound™ and unique Qigong and Rolling Roulage massage techniques will leave you feeling recharged and ready to face your busy days.

THE CORRECTIVE SOLUTION
50 MINUTES $189 | 80 MINUTES $259
Addresses loss of elasticity, fine lines, wrinkles, sun spots, dehydration and dullness. Effectively stimulates cellular regeneration, restores fullness and redefines the volume of the face. Featuring the exclusive Active Lift massage (Kobido inspired) and a Hexa-peptide plumping mask. Immediately bestows a visibly firm, plumped and even-toned face, neck and décolleté.

SENSITIVITY
50 MINUTES $179
For skin that is sensitive, fragile, sensitized and prone to redness. Soothe, renew and restore the protective skin barrier. Featuring fragrance-free products leveraging the power of a probiotic to provide extra defense, and an innovative botanical mask to curb inflammation combined with a unique calming massage, offering profound relaxation.

PURIFICATION
50 MINUTES $179 | 80 MINUTES $259
If your skin is oily, scarred or acne-prone, this is the perfect choice. Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.

REPAIR & RECOVER
50 MINUTES $179
Nurture your skin and recover from the damage caused by sun, pollution, and aging. The antioxidant, replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.

THE NON-SURGICAL FACE LIFT
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ORGANIC & RAW BEAUTY
SKIN CARE
KOMBUCHA RADIANCE FACIAL
50 MINUTES $170 | 80 MINUTES $249
This facial incorporates the latest advances in natural and organic skin care. Natural fruit acids, derived from bilberry, sugar cane and sugar maple, help rapidly exfoliate dead skin cells for immediate clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe and improves skin.

RAW HYDRA-BOOST FACIAL
50 MINUTES $170
Pure, active, cold pressed botanical extracts and cutting-edge natural cosmeceuticals combine in this revolutionary facial. Delivering highly-mineralized Argentiere ice cap water, carrot seed oil, black cumin seed oil and Kakadu plum extract to moisturize, soothe, nourish the skin. While our unique raspberry seed, avocado, kaolin, and pumice dual mask/gommage treatment gently exfoliates, improving skin tone and texture, and fight the appearance of fine lines and wrinkles, leaving skin glowing.
ANTI-AGING BEAUTY SKIN CARE
EXPRESS BOOSTER
25 MINUTES $85
The express treatment for people with little time on their hands, to compliment a refreshing make up routine before an event or for anyone who needs a boost between the regular treatment routine. The deep but gentle cleansing and exfoliating with active ingredients, such as organic edelweiss, vitamin B3, Allantoin polysaccharides and Swiss spring water, together with the innovative mask, gives the skin a refreshing kick. For tired, nervous and stressed skin.

TIMELESS TAILOR MADE FACIAL FOR MEN
50 MINUTES $160
With the latest technology, this skin treatment takes special care for men’s stressed, tired and irritated skin, as well as supporting the regenerating process after shaving and environment stress. The Cellular Detox Cleansing Foam can also be used as shaving cream. The enzymatic, non-abrasive Triple Action Peeling, with its special massage, softens the skin and leads to less ingrown hair. The anti-stress massage helps to relax and restore the skin barrier and reduces wrinkles. Resulting in skin radiance and rejuvenation.

POLLUTION DEFENSE AND ANTI-STRESS FACIAL
50 MINUTES $179
With the exclusive Pollution Defense skin care line, you detoxify, hydrate and protect your skin from harmful toxins. The revolutionary Triple Action Peeling works in three different ways and layers. It is supported from a special massage technique, to eliminate skin toxins and impurities for a radiant renewed skin. The special Anti-Stress and Detox Massage and Refining Mask complement each other to treat an environmental damaged and stressed skin.

TIMELESS RADIANCE FACIAL
80 MINUTES $259
With this treatment, you will receive the latest advanced Swiss bio high technology, which will help to create a potent effect on cell protection, cell renewal, and cell production. Each product contains the revolutionary combination of three plant stem cells of apple, grape and Alpine rose. For maximum efficacy, each formula has been supplemented with additional active complexes and further high concentrations of ingredients. The enzymatic, non-abrasive Triple Action Peeling efficiently exfoliates on three different levels: AHA (fruit acid), Glycolic and Enzyme and prepares the skin for a deeper penetration of the ingredients. With our signature Lifting Massage, the tone and texture of the skin will look improved, plumped and firmed. At the same time expression lines and wrinkles will appear to be less severe and the facial features look relaxed. Ideal for stressed, tired and mature skin, as well as skin that has lost its radiance.

ADVANCED REPAIR & LIFTING FACIAL
80 MINUTES $289
The pioneering anti-aging products supply a high-performance and immediately visible care results, for non-invasive lifting, firming and rejuvenation of the demanding skin. The enzymatic, non-abrasive Triple Action Peeling activates the skin all the way to the dermis. The ultrasonic helps to penetrate the advanced anti-aging ingredients in high concentration with a multi-dimensional effect. The signature Lifting Massage helps to infuse second-generation antioxidants and restores the skin barrier, reduces wrinkles and lift the skin from within. The Mask & Luxury Night Cream used with the massage, harnesses the strengths of five different stem cells: Uttwiler Spätlauber, Gamay Grape, Alpine Rose, Argan and Edelweiss, resulting in overall skin rejuvenation.

THE NON-SURGICAL FACE LIFT
50 MINUTES $200 | 80 MINUTES $275
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FACIAL ENHANCEMENTS

CREATE YOUR ULTIMATE FACIAL ENCOUNTER WITH A SELECTION OF TEMPTING TREATMENT UPGRADES

ULTRASONIC MICRODERMABRASION
+ $89
Gentle exfoliation through vibration and ultrasound to help promote cell renewal.

PURE OXYGEN INFUSION
+ $89
Medical grade oxygen used to build collagen and elastin, increases cell turnover and hydrates restoring the skin's healthy glow.
# Waxing

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<tr>
<td>Brazilian</td>
<td>$85+</td>
</tr>
<tr>
<td>Bikini</td>
<td>$45+</td>
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<tr>
<td>Full Leg</td>
<td>$95</td>
</tr>
<tr>
<td>Full Leg with Bikini</td>
<td>$125+</td>
</tr>
<tr>
<td>Half Leg</td>
<td>$65+</td>
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<tr>
<td>Underarm</td>
<td>$30</td>
</tr>
<tr>
<td>Full Arm</td>
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</tr>
<tr>
<td>Half Arm</td>
<td>$45</td>
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<tr>
<td>Back or Chest</td>
<td>$75</td>
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<tr>
<td>Lip or Chin</td>
<td>$25</td>
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<tr>
<td>Full Face</td>
<td>$65</td>
</tr>
<tr>
<td>Ear Waxing</td>
<td>$8</td>
</tr>
<tr>
<td>Nose Waxing</td>
<td>$8</td>
</tr>
<tr>
<td>Brow Sculpting</td>
<td>$35</td>
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</tbody>
</table>
NON-TRADITIONAL SPA EXPERIENCES

CRYOTHERAPY FACIAL
TIBETAN BOWL RITUAL
50 MINUTES $179 | 80 MINUTES $269
The precious combination of Tibetan singing bowls, a body butter and aromatherapy oils blend; along with the power of human touch, rendering this a unique experience to completely revitalize the body, mind and soul as well as encouraging a full systemic purification and rebalancing.

TRANQUILITY PRO SLEEP RITUAL
50 MINUTES $189 | 80 MINUTES $279
This exceptional treatment acts on three different sensorial pathways for profound relaxation, favoring sleep, and aiding in recovery from chronic stress. Through a unique combination of calming aromatic textures, an exclusive music composition and Ayurvedic and Indonesian Sea Malay Rituals, we gently guide the way to achieve a quiet, peaceful deep rest.

SALT FLOAT BATH THERAPY
PER PERSON: 30 MINUTES $89 | 60 MINUTES $129 | 90 MINUTES $179 | 120 MINUTES $195
COUPLES: 60 MINUTES $245 | 90 MINUTES $315 | 120 MINUTES $395
This therapy offers a deep relaxation state achieved by allowing the body to recover from stress. Pain is relieved, blood flow is stimulated through all the tissues, natural endorphins are released and the brain gives out alpha waves associated with relaxation and meditation. The 800 pounds of salt relaxes the muscle tissue and releases muscle tissue pain.

INFRARED SAUNA
25 MINUTES $65
By sweating one activates and intensifies the elimination of toxins. You eliminate about 7 times more toxins with an infrared sauna than a traditional sauna. Infrared heat yields additional benefits in a significant way, beyond relaxation. Benefits are detoxification, relaxation, pain relief, weight loss, improves circulation, reduces inflammation, and provides skin purification.

ADD ON INFRARED SAUNA
20 MINUTES $25
*Booked in combination with any other service

WHOLE BODY CRYOTHERAPY
3 MINUTES $99
Step into a whole body subzero chamber for an innovative three-minute treatment. Utilizing old age science combined with cutting-edge equipment. The benefits of cryotherapy include athletic recovery, reduces fatigue, soreness, chronic pain, inflammation and boosts the immune system. Cryotherapy can also accelerate your metabolism for weight loss and increases collagen production for healthier skin. Cryotherapy is commonly used before or after knee, shoulder or any other surgery to speed up the healing and recovery process and reduce pain and swelling. It also can help control the effects of inflammation so you can get back on your feet faster.

A LA CARTE CRYOTHERAPY SESSIONS
Target specific areas: with a blast of cryogenically cooled air which decreases the blood flow and increases collagen production as well as tightens the skin pores and reduces wrinkles. Cryotherapy is commonly used before or after knee, shoulder or surgery to speed up the healing and recovery process and reduce pain and swelling. It also can help control the effects of inflammation so you can get back on your feet faster.

CRYOTHERAPY FACIAL PACKAGES
CRYO-FACE, NECK, DÉCOLLETÉ LIFT 12 MIN $72 | 10 SESSION PACKAGE 12 MIN $420
CRYO-FACIAL - FACE ONLY 6 MIN $45 | 10 SESSION PACKAGE 6 MIN $415
CRYO LOCAL 6-8 MIN $45 | 10 SESSION PACKAGE 6-8 MIN $415
MONTHLY UNLIMITED 6-8 MIN $850
LEONARDO ROCCO
HAIRCUT WOMEN $275
HAIRCUT MEN $150
BLOW DRY $120
UP-DO $250
BRIDAL HAIR UPON CONSULTATION
COLOR $150 & UP
HIGHLIGHTS $275 & UP

HAIR ARTIST
HAIRCUT WOMEN $140
HAIRCUT MEN $90
HAIRCUT CHILDREN $50
BLOW DRY $75
STYLING $95

COLOR SERVICES
COLOR $95 - $150
HIGHLIGHTS $175 - $275
GLOSS $55 - $75
MEN CAMOUFLAGE $75
CORRECTIVE COLOR UPON CONSULTATION

TREATMENTS
HAIR BEAUTY DOSE $95
PDP TREATMENT $45
SCALP STIMULATOR $45
HAIR BEAUTIFIER $250 & UP

OTHER SERVICES
MAKE-UP $120
HAIR EXTENSIONS UPON CONSULTATION
BRIDAL SERVICES UPON CONSULTATION
SPA MANICURE $30
SPA PEDICURE $40

HAIR & BEAUTY ART
Rocco Donna was founded by the celebrity stylist Leonardo Rocco, more than 12 years ago right here in South Florida. Leonardo Rocco, has crafted the art of hair and beauty and has passed this along to his team of hair artists. His passion for hair and beauty has taken him to create his own hair care line, Rocco Donna Professional, infused with RoccOil Xotic Oil Complex. The popularity of Leonardo Rocco transcends languages and borders, fusing cultures and styles in a way uniquely his.
Exercise and movement are proven ways of increasing longevity and quality of life, restoring energy levels, managing stress, clearing the mind, and challenging the body. Our expansive fitness area with a breathtaking ocean view features state-of-the-art Technogym cardio and strength training equipment. Our group fitness program is designed for individuals of all ages and fitness levels.

*Available for Carillon Residents, Hotel Guests and Spa & Beach Club Members.
GROUP FITNESS

We feature more than 20 fitness classes per day, allowing you to explore the endless opportunities for physical activity in fun, dynamic group settings. Check the light boards located in the lobby near the elevators and at the fitness reception on the 4th floor for the most up-to-date class schedules. Popular group classes include, but are not limited to:

**YOGA**
Whether you are a beginner or an experienced Yogi, our assortment of styles and levels offers something for everyone.

**BARRE**
Ballet-inspired workouts to sculpt and tone the whole body.

**CYCLING**
Pedal through hill climbs, sprints and many other challenging drills and exercises for a great cardiovascular work-out.

**PILATES MAT**
Reinforces and aligns; builds core strength, increases flexibility, improves posture and coordination and promotes a healthy, focused mind.

**GYROKINESIS**
The Gyrokinesis Method, originally called “Yoga for Dancers,” utilizes flowing movements with corresponding breath patterns to increase the functional capacity of the entire organism.

**KINESIS**
Guided instruction on state-of-the-art Technogym equipment that utilizes 3D movement coupled with resistance on every plane of movement to provide enhanced strength training results.

**STRENGTH & FLEXIBILITY**
An assortment of classes that focus on improving strength, sculpting the body and maximizing mobility, flexibility, coordination and balance.

**BOOT CAMPS**
Based on military techniques, these intense classes will make you physically stronger with increased endurance.

**ROCK WALL**

**MEDITATION**
Learn various techniques to assist you in formulating your own meditation practice.

**TRX**
Born in the Navy SEALs, the TRX method leverages gravity and the user’s body weight to develop strength, balance, flexibility and core stability.

**DANCE**
From popular Zumba—to Ballroom Dance Classes—to less-known Kukuwa® African Dance, we’ll get your toes tapping and heart pumping in these fun and effective workouts.

**BOXING**
Our boxing classes cover the fundamentals of footwork, punches and kicks for beginners—to complex strikes and combinations for more advanced levels.

**AQUATICS**
From Aqua Aerobics to Master Swim classes—our fitness and H2O immersion offerings will please your inner water baby.
PRIVATE FITNESS

Take your practice to the next level with one-on-one instruction with our world class Fitness Trainers. Select from any one of the following:

PERSONAL TRAINING
50 MINUTES
Let our expert staff guide you as you start or rekindle a personal exercise program through a customized strength, weight training or flexibility program.

SINGLE SESSION $110
3 SESSION PACK $325
5 SESSION PACK $525

UPGRADE: FITNESS CHECK +25 MINUTES $89
Obtain key health metrics to assess your current level of fitness and help you to set specific exercise goals. Our exercise physiologist will assess your current metabolic health with measurements of body composition, physical activity level, estimated daily caloric expenditure and your aerobic capacity (VO2max).

PRIVATE GROUP INSTRUCTION
50 MINUTES | UP TO 8 PEOPLE $385
Want to learn to meditate with your bestie, spice up your bachelorette party with an intimacy lecture or bring a group of mummies-to-be for prenatal yoga? Tell our Wellness Concierge what you’re looking for and they will guide you to the perfect pick.

SPECIALIZED PRIVATE CLASS INSTRUCTION 50 MINUTES
Whether you are new to the method or desire to take your practice to the next level, one-on-one instruction will deliver fast and effective results. Choose any style. Choose any instructor. Popular selections include:

GYROTONICS  •  KINESIS  •  REFORMER PILATES  •  BALLROOM DANCE
YOGA  •  MEDITATION  •  BOXING  •  SWIM INSTRUCTION  •  ROCK WALL

SINGLE SESSION $130
3 SESSION PACK $350
5 SESSION PACK $580
10 SESSION PACK $1,070
COUPLE’S SESSION $175
COUPLE’S 10 SESSION PACK $1,575
COUPLE’S 10 SESSION PACK $1,500
10 SESSION PACK $1,000

UPGRADE: FITNESS CHECK
+25 MINUTES $89
Obtain key health metrics to assess your current level of fitness and help you to set specific exercise goals. Our exercise physiologist will assess your current metabolic health with measurements of body composition, physical activity level, estimated daily caloric expenditure and your aerobic capacity (VO2max).
EXERCISE PHYSIOLOGY

Services to fine tune your body for improved athletic performance, reduced pain and a new level of confidence.
WHAT IS AN EXERCISE PHYSIOLOGIST AND HOW MAY I BENEFIT FROM THEIR SERVICE?
Exercise Physiologists help patients exercise safely and efficiently, regarding age, ability and health related risk. They can also assist in maintenance of health, wellness and fitness, as well as assist in rehabilitation from heart disease, other chronic and metabolic conditions and/or disabilities. Finally, they can offer professional guidance for athletes and those interested in performance enhancement.

WELLNESS COMPASS
50 MINUTES $165 | ADD DEXA SCAN $315
Optimize your quality of life by understanding the areas of your health that need attention. This powerful assessment of your current condition helps uncover the health of your cardiovascular system, musculoskeletal system, nutritional habits, body composition and fitness. This questionnaire provides a full report of recommendations for enhancing your total well-being.

DEXA SCAN
50 MINUTES $200 | FOLLOW UP 25 MINUTES $150
The state-of-the-art DXA scan proves one of the most highly accurate measurements of body composition available, registering the distribution of fat, lean mass and bone mass throughout the body. The data provided assists in designing the most efficient approach to all of your health and wellness goals.

RESTING METABOLIC RATE
50 MINUTES $185
This test determines the number of calories your body uses to sustain life. These measurements indicate any metabolic abnormalities and healthy ranges for optimal function.

RX FOR EXERCISE
50 MINUTES $185 | ADD DEXA SCAN $335
Assess your cardiovascular endurance, muscular strength, flexibility, balance and body alignment. Our goal is to find out the most effective exercise program, designed just for your training needs, fitness and wellness goals though the FITT principle (Frequency, Intensity, Type and Time)

WELLNESS & FITNESS PERFORMANCE ENHANCEMENT SPORTS MEDICINE
METABOLIC ASSESSMENT PART 1 & 2 (2) X 50 MINUTES $350
Find out how well your engine (cardiorespiratory system) functions for energy production and energy use. This two-part assessment determines your training zones, how many calories are used, maximal oxygen consumption and specific measurements for performance enhancement.
*Dexa recommended as package

EXERCISE TRAINING
FUNCTIONAL MOVEMENT ASSESSMENT SPORTS MEDICINE & INTEGRATIVE MEDICINE/RECOVERY
50 MINUTES $185
Evaluate, recover and maintain your musculoskeletal system, range of motion, walking and essential movements through physical activity.

ADVANCED TRAINING
50 MINUTES $185 | 80 MINUTES $250
Take your sports performance and functional movement training to the next level with individualized guidance on how to train specifically to your body, type of activity, and performance goals.
*May be added to packages/retreats PT sessions with Exercise Physiologist

LONGEVITY & LIFESTYLE PACKAGES
WELLNESS CHECK-UP
80 MINUTES $400
Designed to maintain your health and fitness where you want them to be. This service provides data on your body composition, cardiovascular endurance, and muscular strength progression. Includes a DEXA Scan and an Exercise Prescription. Integrative Medicine & Sports Medicine could be added to Wellness Retreats.

DEXA, WELLNESS COMPASS, RX FOR EXERCISE AND (1) ADVANCE TRAINING SESSION INCLUDED.
STARTING AT $485 WITH 15% PACKAGE DISCOUNT
BOOK 4 SERVICES OR MORE & RECEIVE A 15% PACKAGE DISCOUNT
BOOK 10 SERVICES OR MORE & RECEIVE A 20% PACKAGE DISCOUNT
The quality of your nutrition determines the quality of how you think, look and feel. Food is not only the fuel that energizes your physical body, it has a significant impact on your mental and emotional health. Empower yourself with a better understanding of the importance of a nutrient-rich diet. Discover that nothing tastes better than amazing feels!
NUTRITION FOR LIFE
60 MINUTES $175 | 90 MINUTES $260
Many people incorrectly associate healthy food with poor taste. Meet with one of our expert Nutritionists to discover how delicious nutrient-rich food can be. Depending on your individual needs, topics and programs addressed may include:

- DETOXIFICATION
- AUTOIMMUNE
- DIGESTIVE WELLNESS
- WEIGHT LOSS OR WEIGHT GAIN
- ENERGY

NUTRITION SECRETS
60 MINUTES $175
Meet with our Dietitians and get concrete answers on diet and nutrition tips to help you understand how food interacts with the mind, body and overall health.

MEDICAL NUTRITION THERAPY
60 MINUTES $175 per session | 2-3 sessions minimum
A therapeutic approach to preventing or treating specific medical conditions and associated symptoms with a specific diet in conjunction with Doctor Recommendations for healing and wellness.

28-DAY QUICK START WEIGHT-LOSS PROGRAM
3 SESSIONS & MEAL PLAN $525
Get the ultimate guide to jump starting your weight loss goals with a thorough nutrition plan including recipes, grocery list and easy tricks to get you losing weight without feeling overly hungry. Follow up session includes measurements and a transition plan to maintain the weight loss.

3 MONTH WEIGHT-LOSS PROGRAM & LIFESTYLE PLAN
7 SESSIONS & MEAL PLAN $850
Discover new ways to change your thought process, break through unhealthy eating habits and ditch crash diets to help your body find its ideal weight. Learn the optimal habits and eating regimen for your lifestyle, catered to help you lose weight and to keep the weight off for good.

MONTHLY CHECK-INS
30 MINUTE PHONE SESSION OR IN PERSON $87.50
Keep yourself accountable with your weight loss or health goals by checking in with our in-house Dietitian. Meetings include setting monthly goals and working through any barriers that you may encounter.

GROCERY GURU
90 MINUTES $295
Make every trip to the market stress free with the companionship, wisdom and guidance of our grocery guru. Learn which products to purchase, how to avoid unhealthy choices and simple ways to prepare healthy meals. Walk the grocery store while learning how to read labels, doing product comparisons and finding the best quality foods to keep in your home and pantry.

KITCHEN PANTRY MAKE-OVER
90 MINUTES $295
Have our in-house Dietitian give your kitchen and pantry a make-over by going through your products and checking for controversial ingredients and nutrition facts. Learn which products are worth keeping, worth swapping or worth keeping out of your home!

HOME CONSULT
120 MINUTES $360

CLEANSE CONSULTATION
60 MINUTES $175 | 90 MINUTES $260

ATHLETIC NUTRITION
60 MINUTES $175 | 90 MINUTES $260
ORIENTAL MEDICINE & ACUPUNCTURE

A selection of services that focus on improving the energy that runs through and around you.
This ancient approach has now been proven to be effective in addressing pain, headaches, hormonal disorders, arthritis, autoimmune conditions, digestive disturbances, fatigue, stress, respiratory issues, depression, symptoms of withdrawal and more. This personalized experience incorporates dietary and lifestyle surveys, individual acupuncture treatments, bodywork and Chinese herbal recommendations, as appropriate. *Documentation provided for insurance reimbursement.*

**EVALUATION AND DIAGNOSIS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRITIONAL CONSULTATION</td>
<td>30 MINUTES</td>
<td>$150</td>
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<tr>
<td>ORIENTAL MEDICINE DIAGNOSIS + ACUGRAPH</td>
<td>60 MINUTES</td>
<td>$300</td>
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<tr>
<td>FUNCTIONAL MEDICINE EVALUATION</td>
<td>90 MINUTES AND UP</td>
<td>$350</td>
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<tr>
<td>RE-EXAMINATION</td>
<td>30 MINUTES</td>
<td>$175</td>
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<tr>
<td>MERIDIAN IMAGING DIAGNOSTICS + TREATMENT “INTREPID THERAPY”</td>
<td>50 MINUTES</td>
<td>$200</td>
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**TREATMENT SESSIONS**

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<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>ORIENTAL MEDICINE SESSION</td>
<td>45 MINUTES</td>
<td>$200</td>
</tr>
<tr>
<td>Acupuncture, Chinese herbal therapy, gua sha, cupping, auriculotherapy and heat</td>
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<tr>
<td>PHYSICAL MEDICINE SESSION</td>
<td>45 MINUTES</td>
<td>$175</td>
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<tr>
<td>Magnetic therapy, ultrasound, EMS, cold laser, transcutaneous electrical nerve stimulation</td>
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<tr>
<td>INTEGRATIVE MEDICINE SESSION</td>
<td>60 MINUTES</td>
<td>$225</td>
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<tr>
<td>Functional analysis, nutritional consultation, endocrinology</td>
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**PROcedures**

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>ACUPUNCTURE</td>
<td>45 MINUTES</td>
<td>$150</td>
</tr>
<tr>
<td>Acupuncture points are utilized to promote the flow of qi (vital energy) in the body, boost circulation, promote relaxation, while reducing stress, anxiety, tension and improve mood</td>
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</tr>
<tr>
<td>COUPLES ACUPUNCTURE</td>
<td>80 MINUTES</td>
<td>$375</td>
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<tr>
<td>GROUP ACUPUNCTURE</td>
<td>45 MINUTES</td>
<td>$60 EACH ‘MINIMUM OF 3 PEOPLE’</td>
</tr>
<tr>
<td>ELECTRICAL ACUPUNCTURE</td>
<td>FIRST 15 MINUTES</td>
<td>$100</td>
</tr>
<tr>
<td>AURICULAR THERAPY</td>
<td>90 MINUTES</td>
<td>$125</td>
</tr>
<tr>
<td>Auricular acupoints are stimulated with needles or needleless by a medical device which sends a tapping pulse to the pressure points. Ear seeds are also placed on the ear to prolong the effect of the treatment.</td>
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<tr>
<td>CUPPING</td>
<td>15 MINUTES</td>
<td>$75</td>
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<tr>
<td>Cupping was developed thousands of years ago and though the techniques have modernized, the original philosophy remains the same with numerous benefits to better your health. One way to think about cupping is that it’s an inverse of massage. Rather than applying pressure to muscles, the suction uses pressure to pull skin, tissue and muscles upward. Suction cups are placed on the body to relax the muscles, stimulate lymphatic drainage, boost the immune system, improve circulation, remove toxins and promote relaxation.</td>
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<tr>
<td>GUA SHA</td>
<td>15 MINUTES</td>
<td>$75</td>
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<tr>
<td>A natural healing technique, using a special tool to massage the skin to improve circulation.</td>
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</tr>
<tr>
<td>SMOKING CESSATION PROGRAM</td>
<td>UP TO 3 TREATMENTS 60 MINUTES</td>
<td>$599</td>
</tr>
<tr>
<td>TUINA ORIENTAL MEDICAL MASSAGE/ MANUAL THERAPY / CLINICAL HYPNOTHERAPY</td>
<td>EACH 15 MINUTES</td>
<td>$75</td>
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<tr>
<td>To address quitting smoking, trying to lose weight or emotional help</td>
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<tr>
<td>BIOPUNCTURE ACUPUNCTURE INJECTION THERAPY “PLUS MEDICATION COST”</td>
<td>$125</td>
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</tbody>
</table>
IONIC FOOT DETOX THERAPY SINGLE
30 MINUTES $75
The program focuses on the feet to recharge the body and increase well-being, overall health, and balance. Through a short session of warm mineral sea salt water, the therapy helps flush out the toxins in the lymphatic system and energizes the blood. The ionic therapeutic footbath flushes out through ionization. It has also been said, among many other things to relieve arthritis, help cancer patients increase energy, alleviate neck and back pain, and generally return the body to a more well-balanced state. If you are feeling sluggish, tired, have lack of energy and suffering from Neuapathy, Arthritis, Fibromyalgia, Gout, Migraines, Heavy Metal accumulation, Eczema then we can help you to detoxify eliminate waste and heal.

IONIC FOOT DETOX THERAPY -COUPLES
30 MINUTES $145

ELECTRO-LYMPHATIC DRAINAGE THERAPY
60 MINUTES $175
This therapy uses a gentle, high-frequency sound pulse, to loosen stagnation and assist your body in decongesting your entire lymphatic system. Getting the lymphatic system running smoothly is the key to boosting your immune system, easy weight loss, reducing cellulite and detoxification.

MESOTHERAPY
30 MINUTES $250+
Ultimate rejuvenation for face, neck, decollate and body- a non-surgical, relatively painless micro needling utilizing a blend of vitamins and minerals that increases collagen production, improves tone and texture that stimulates the skin’s own regeneration process. Microneedling is ideal for non-surgical and non-ablative treatment of the face, neck and body for various skin conditions such as: aging, wrinkles, sagging skin, scarring, acne, stretch marks and cellula.

VEGECLEANSE PLUS™ 14 DAY DETOXIFICATION PROGRAM
14 DAY KIT $195
A low allergen detox program, designed to reduce inflammation and give the digestive system a break from the toxins and chemicals, found in heavily processed foods. The detox. Paleo Cleanse kit includes pure Pea Protein powder, Paleo cleanse powder, amino detox capsules, plant enzymes digestive formula capsules, convenient blender bottle and a comprehensive patient guide.

BEMER (BIO ELECTRO MAGNETIC ENERGY REGULATOR)
The BEMER is a well-known treatment modality in Europe and is just gaining popularity for its beneficial effects here in the U.S. It uses a low level pulsed electromagnetic field, similar to that of the earth’s electromagnetic field, to bathe your entire body with a soothing energy that has a positive effect on every cell. BEMER is a technology that influences the most important part of the circulatory system: the microscopic capillaries. The capillaries comprise 74% of your vascular system. If you took all of the body’s capillaries and put them end to end you would circle the Earth three times! These tiny vessels are responsible for getting blood to every single cell in the body. Without that blood carrying oxygen and nutrients to the cells, cells can’t function properly and/or they die. Blood flow, then, is vital to optimal cellular health, which then determines bodily health.

THE FIT TEST (FOOD INFLAMMATORY TEST)
$375
The Personal FIT can reduce your weight gain by minimizing your food intolerance. Employs unique methods that detect both IgG antibody and Immune Complexes together to determine the reactivity of each sample against a wide variety of food antigens: Measuring IgG and Immune Complexes together increases the sensitivity over other tests which measure IgG alone!

The test measures the sensitivity to 132 foods, coloring and additives spanning all major food groups:

- DAIY
- SEEDS
- FRUITS
- MEATS
- NUTS
- FISH
- SEEDS
- BEANS
- FOWL
- SHELLFISH
- VEGETABLES
- SPICES
- MICROBIAL
- ADDITIVES
- EXTRACTS

TEETH WHITENING
20 MINUTES $175
Show off your new whiter and brighter smile! We utilize a patented cool blue LED light technology that activates the gel formulation, which results in whitening your teeth faster, deeper and keeps them their whites longer. This is a 15-20 minute cosmetic teeth-whitening procedure that is self-administered with supervision at our location. This procedure is the #1 choice for people with sensitive teeth. It’s safe for crowns, caps and veneers. Many stains will be removed during whitening, returning your teeth to their original color. Anyone over the age of 14 can whiten their teeth. *Parental consent is required for persons under the age of 18.
SPIRITUAL HEALING
SPIRITUAL HEALTH

HEALING ENERGY
50 MINUTES $175 | 80 MINUTES $260
This gentle, non-invasive therapy clears, strengthens, balances and repairs the human energy field as the Therapist accesses the natural restorative processes. As self-awareness heightens, past traumas, tension and stressors release for a profound sense of serenity and vitality. Following this treatment people typically describe a feeling of deep relaxation. It is especially useful for stress reduction, anxiety, depression, fatigue, life transitions, chronic immune-related disease, cancer care, decreased sexual drive, obesity, sleep disorders, infertility, and back problems, and for promoting general wellbeing, spiritual growth and awareness. It is intended to work in harmony with other healing methods, including traditional medical treatments. Please wear light, loose-fitting clothing.

CONSCIOUSNESS AWAKENING
50 MINUTES $175 | 80 MINUTES $260
Are you ready to move through old stories that keep you stuck in time? This powerful session will help you through significant life changes, choices, passages and transitions, or guide you in creating new ones.

SPIRITUAL HEALTH
50 MINUTES $175 | 80 MINUTES $260
Cultivating a spiritual existence is vital to living a balanced and healthy life. This therapy will explore that connection and contribute significantly to health and healing, contentment of mind and heart, improved relationships and connection with community. The therapist will help you connect more deeply with what brings meaning, value, and purpose to your life.

CHAKRA BALANCE
50 MINUTES $175 | 80 MINUTES $260
Damaged or unbalanced chakras can affect our physical and emotional health. Symptoms such as depression, lack of inspiration, low of energy, and a lack of spiritual attunement can arise from a chakra that is blocked or unbalanced. This therapy will identify and balance the chakras in question.

MIND BODY SOUL RECONNECTION
50 MINUTES $165 | 80 MINUTES $260
Learn to eliminate negative feelings and allow in more harmony, peace, self-love and acceptance. This guided meditation helps to remove subconscious blocks that keep you stuck in old patterns and behaviors.

SERIES PRICING AVAILABLE FOR ALL SERVICES. PRICING VARIES.
*Non-transferable. Valid for 12 months following purchase.
EMOTIONAL HEALTH
COUPLES/ FAMILY THERAPY
50 MINUTES $175 | 80 MINUTES $260
Couples and Family Therapy can improve communication and resolve conflicts among family members and partners, as well as nurture positive change and growth. Therapy may be helpful for partners seeking improved intimacy, better communication and understanding by creating new, positive interactions that strengthens the emotional bond.

PREMARITAL COUNSELING
50 MINUTES $175 | 80 MINUTES $260
Premarital therapy can help couples set positive intentions for their future and explore areas of conflict or concern that may cause difficulty in their marriage. Therapy allows couples to discuss differences of opinion, personal values, and their expectations, while laying a strong foundation for the future.

LIFE TRANSITION THERAPY
50 MINUTES $175 | 80 MINUTES $260
Change is the only constant in life. Whether you’re going through a break up, divorce, new employment, relocation, quarter life or mid-life change, etc., Life Transition Therapy will support you in transforming the stress and pain from the strain into an opportunity for growth and fulfillment.

COGNITIVE THERAPY
50 MINUTES $175 | 80 MINUTES $260
Cognitive Therapy helps you identify and challenge erroneous beliefs and behaviors that may be keeping you stuck in unhealthy patterns and situations. It is an evidence-based, solution-focused approach to therapy helping you achieve your goals and experience more fulfillment in all areas of life.

TRAUMA AND ANXIETY THERAPY
50 MINUTES $175 | 80 MINUTES $260
PACKAGES AVAILABLE MINIMUM OF 5 SESSIONS RECOMMENDED
The mind and body stores impressions from all of the events that have occurred in your life both good and bad. If you find yourself repeating old behaviors, ruminating about the past, recycling the same negative emotions and experiencing the same unwanted results, Trauma-Focused Therapy will help you to resolve what’s at the root of the issue and help you restore peace, vitality and wholeness.
ENVIRONMENTAL HEALTH
IN-HOME FENG SHUI
60 MINUTES, UP TO 500 SQUARE FEET $200 | 120 MINUTES, UP TO 1,000 SQUARE FEET $400
According to Asian tradition, “Qi” is the energy that flows through your home. In a balanced space, it flows effortlessly, like a peaceful river helping to improve your mood, health, thoughts and energy levels. If your space is out of balance, it can leave you feeling lethargic and unmotivated. Our renowned Feng Shui designer will assess your home and develop ways to improve the flow of Qi throughout your space to support your health, relationships, finances, and increase your energy.

SPACE CLEARING
60 MINUTES, UP TO 500 SQUARE FEET $175 | 120 MINUTES, UP TO 1,000 SQUARE FEET $350
Space cleansing lifts negative emotional debris from your environment and opens you up to experiencing greater flow and abundance.

OFF-SITE HOME FENG SHUI INTRO ASSESSMENT
CARILLON RESIDENT, $175 | NON-CARILLON RESIDENT, $250
Using your floorplan and photos, our Feng Shui Master will provide you with an assessment of how well the energy flows through your space along with recommendations for revitalizing stagnant energy and creating a respite for harmony, health and peace.
NAD+ IV Therapies

A revolutionary approach to anti-aging.

NAD+ is the acronym for Nicotinamide Adenine Dinucleotide which is found in virtually all living cells, making it essential to sustaining life. As a co-factor in cell energy transfer, NAD+ plays a critical role in regulating the aging process. It works on the cellular level to repair DNA and correct deficiencies within the body. These therapies will aid in age reversal, effectively boost your stamina and extend lifespan.
NAD+ IV THERAPIES

WELLNESS PACKAGES

JET LAG PACKAGE
NAD+ + 500mg & MINI-MYERS IV PUSH $300
Ideal for the traveler in all of us. Don’t waste a minute recovering from travel time instead let yourself bounce back and enjoy your vacation to the fullest. Designed to hydrate, clear and refuel the body.

SPARKLE PACKAGE
500 mL IV INFUSION $379
Designed to make you do just that; Sparkle. Perfect for anyone looking to increase overall health and promotes beautiful hair, skin, and nails.

BOOST PACKAGE
500 mL IV INFUSION $435
Low energy or hungover? Replenish the body with nutrients needed for more energy or to beat a hangover with this IV infusion. It is created to recharge the body with the necessary vitamins we deplete on a daily basis and will put you back on your feet.

ZEN PACKAGE
500 mL IV INFUSION BAG $334
Whether you’ve had a long day or you’re looking to relax, this infusion will be a great remedy. A member top choice due to its stress-relieving benefits.

GLOW PACKAGE
MEGA DOSE IV BAG $378
This powerful cocktail is known to kickstart the body. Leave feeling rejuvenated and glowing.

SLIM PACKAGE
500 mL IV INFUSION BAG $338
A member favorite. Designed for anyone looking to maintain their weight or reduce it by boosting your metabolism to curve those difficult cravings.

REVIVE PACKAGE
500 mL IV INFUSION BAG $338
Ideal for anyone feeling under the weather or needing a pick me up. Packed with highly potent vitamins, it’s key in boosting your immune system.

NAD+ IV THERAPY FEATURED PACKAGES

1 DAY
500 mL $700 | 1000 mL $1,350 | 1500 mL $1,700
Jumpstart your body! This one-day treatment is a great way to begin overall revitalization, mental clarity and improved sleep patterns.

3 DAYS
500 mL $1,900 | 1000 mL $3,875 | 1500 mL $4,800
Receive notable results. This three-day treatment offers clear benefits in the overall look and feel of hair, skin and nails while also improving sleeping patterns, reducing chronic pain and increasing energy levels.

*ADDITIONAL DAYS/DRIps ARE AVAILABLE AND BASED ON INDIVIDUAL NEEDS

SUPPLEMENTS, SHOTS, AND MORE

NAD+ CAPSULES $130
NAD VAPE LIQUID $68
NAD SHOTS $295 EACH
NAD+ PATCHES $295 PER BOX

SLIM SHOTS
10 mL METHIONINE + INOSITOL + CHOLINE 25/50/50 IM INJECTION $228
10 mL METHIONINE + INOSITOL + CHOLINE + B12-METHYLCOBALAMIN 25/50/50/1 IM INJECTION $168
10 mL LIPO COMPLEX PLUS (MIC + BCOMPLEX + B12 + L-CARNITINE) IM INJECTIONS $426
HCG 1000u/ml #5ml Vial $107

CLEANSE GI PLUS VITAMINS
ENZYME COMPLETE CAPSULES #90 CAPS $98 PER BOTTLE
PROBIOTIC ND COMPLETE #30 CAPS $78 PER BOTTLE
Improve GI gut, absorption, regular bowel movements
ALL MEMBERSHIPS INCLUDE
• Priority booking
• (1) complimentary 30-day supply bottle of NAD+ tablets
• 15% off any additional infusion or purchase of supplements or services

INTRO MEMBERSHIP
1 NAD+ IV 1500ML DRIP TREATMENT PER MONTH $1,030 PER MONTH

BEGINNERS MEMBERSHIP
2 NAD+ IV 1000ML DRIP TREATMENT PER MONTH $1,330.00 PER MONTH *33% SAVINGS

ADVANCED MEMBERSHIP
4 NAD+ IV 1000ML DRIP TREATMENT PER MONTH $2,300.00 PER MONTH *40% SAVINGS

SIGNATURE MEMBERSHIP
6 NAD+ IV 1,000ML DRIP TREATMENT PER MONTH $2,800 PER MONTH *50% SAVINGS