

Ripples to Re-membering Wellness Menu

***Call for a 15 minute complementary discovery call ***

207-977-3034 (342 Sanford Road Alfred, Maine)

Choices:

Wellness Consultation/ Concierge Connecting

Intake session:

On line or on site for 90 minutes - **\$100.00**

(you will be asked to complete an intake form)

Follow up sessions; –Accountability support and continuation of focused progress planning

60 minutes **\$70**

90 minutes **\$90**

Session Includes : *Listening to YOU. Review of symptoms you are experiencing and then the Co creation of a focused plan that aligns with your lifestyle and schedule.*

Example: “Stomach issues “(review the organs of the “Stomach” area’ that may be affected , review diet, exposures to medications, toxins, life style habits emotions role in health to establish a focused goal)

Then a

Focused goal plan is co -created together :*to match your lifestyle and schedule:*

Example: reviewing the organs of elimination and ways to support them and reason why issues/symptoms arise and possible remedy considerations

(minerals, vitamins, foods, habit changes, healing approach options)

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Colonhydrotherapy initial visits

Intake session (45-60 minutes) (before initial cleanse can be on line or on site) **\$100.00**

Initial cleanse session(45-60 minutes) on site **\$75.00**

****Follow up/Subsequent sessions** (45-60 minutes) **\$90****

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Bodywork (on site)

- - 60 minutes Craniosacral Therapy **\$80**
- - 90 minutes Craniosacral Therapy **\$110**
- - 90 minutes Somato-emotional Release **\$110**

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FOOT SOAKS

* Pricing individualized*

- - 30 minute experience \$20.00
- - 40 minute experience \$30.00 (includes muscle testing technique review)

*** ~ ask about options for groups (birthday party, wedding party etc)