

Rejuva



Wellness Center

Treatments, Programs and Pricing

Better Health = Better Life

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Essentialwellness.com

Introduction

Hello,

The World Health Organization in 1948 broadly defined wellness as "not merely the absence of disease and infirmity" but an overall sense of wellbeing.

Don Ardell, PhD, University of Buffalo says, "Wellness is first and foremost a choice to assume responsibility for the quality of your life. It begins with a conscious decision to shape a healthy lifestyle. Wellness is a mindset, a predisposition to adopt a series of key principles in varied life areas that lead to high levels of wellbeing and life satisfaction."

At Rejuva, we want to help you with your health and wellness so you can feel better which leads to living better. Quality of life is everything! And you deserve it.

There are five key principals for all our wellness treatments and programs.

1. Stress Reduction – all Rejuva treatments and programs create calm and relaxation important to all levels of health. A calm, relaxed state is essential to feel good, operate at our best and to optimal health.
2. Cellular Health Improvement – we're made up of trillions of cells, if our cells aren't healthy, we aren't healthy. Rejuva treatments get to a cellular level to help the cells regenerate and repair so we can live healthier, longer and age better.
3. Boost the Immune System – our immune system protects us from bacteria, germs and viruses. A strong immune system is essential for good health.
4. Eliminate Inflammation – chronic or long-term inflammation causes pain and leads to illness. We want to eliminate as much chronic inflammation in your body as possible.
5. Create a State of Homeostasis – homeostasis is a balanced state that feels great and it's the state where your body can heal.

We will empower you with information and knowledge to make good decisions. We want to be your partner on your self-care journey to improve your health, wellness and quality of life.

Thank you for considering Rejuva Wellness Center in your journey!

Sincerely,

Cathy Stopczynski

Owner

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Wellness Matters

Maintaining an optimal level of wellness is crucial to live a higher quality life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It is an ongoing cycle. Therefore, it is important for everyone to achieve optimal wellness to subdue stress, reduce the risk of illness and ensure positive interactions. Wellness is an active process, and you are in the driver's seat.

Unfortunately, we are not taught about self-care, self-love, or quality of life in school. Our parents didn't teach us because they probably didn't know themselves. There is a movement right now away from traditional healthcare toward natural healthcare solutions and taking control of our own wellness. Let's empower ourselves with as much information as we can.

Creating A Wellness Mindset

If you've ever started a gym membership or tried to lose weight and it didn't work out, please don't feel bad. You had good intentions. Let's look at the process for developing something that will help you develop the will for wellness, a Wellness Mindset.

Each component or part in the illustration are important to developing a Wellness Mindset. The stronger each is, the more likely you will be of getting great results.



It's starts with a decision. You and only you can make the decision for wellness. The decision needs to be backed up with a commitment. Stronger commitments lead to success. Weaker commitments lead to failure. Failure meaning, "let's try again differently". Finding out why you want to be healthier and well will strengthen your commitment. Wellness education, learning as much as you can about wellness not only helps strengthen your commitment, your "why" but it also serves in making good decisions to create and execute your Wellness Plan.

The Wellness System

I've always believed that it is easier to deal with the parts of a whole if you can see the whole. Peter Senge, an MIT Professor, wrote a book on systems thinking called The Fifth Discipline. He describes how so many problems can be solved by looking at the whole system, then breaking down the parts of that system to not only see how they work together but where a potential problem might be that effects the whole.



The diagram above illustrates the Wellness System as a whole. We need a Wellness Mindset first and foremost for the system to work. The Wellness Mindset comes from a decision, commitment, education, making and executing a plan and getting results. Developing a Wellness Mindset is an ongoing, ever evolving processing. Your health and wellbeing are your most valuable assets. They are worth protecting and improving.

Rejuva Wellness Signature Treatments

Hot Stone Aroma Touch

\$69

Rejuva's signature service, we use eight doTERRA medical grade essential oils and hot stones along the back and feet to help balance the nervous system. Hot Stone Aroma Touch reduces physical and emotional stressors and provides an unparalleled grounding experience. It helps improve mood, reduce stress, enhance immunity, increase circulation, eliminate inflammation and homeostasis.



Thermal Massage Therapy

\$30

Our Thermal Massage therapy represents the fusion of massage, chiropractic, far infrared heat therapy, acupressure and acupuncture. This FDA approved device acts as a mechanical traction stretching and straightening the spine, allowing nerves and your entire body to function more efficiently. It helps reduce chronic pain, lower blood pressure, reduce stress, improve sleep, reduce digestive disorders and improve circulation.



Whole Body Vibration

\$30

Our mechanical vertical vibration therapy was developed in the 1960's for astronauts to help with bone and muscle mass loss. It also helps increase circulation which engages the immune and lymphatic systems that helps with overall wellness. It also helps reduce back pain and improve balance.



Pulsed Electromagnetic Field Therapy (PEMF)

\$30

This FDA approved device is therapy that mimics the magnetic field of the earth and helps every cell in our body regenerate at a healthy rate. It helps your body with healing and regeneration. It also helps improve blood pressure, cholesterol levels, sleep, energy and vitality.



Rejuva Spa Day Special

\$119

Our signature two-hour session was designed specifically for you to experience the ultimate relaxation and rejuvenation. You receive all four treatments that were designed to work together to help your body get rid of inflammation and put you in a state of homeostasis or balance so you can heal. As an added bonus, you may substitute the 60 minute Hot Stone Aroma Touch with a 60 minute Sound Therapy treatment.

Wellness Memberships



Rejuva Monthly Memberships

Silver Membership

\$59 monthly

One hour of relaxation and rejuvenation each month with Rejuva's Signature Service, Hot Stone Aroma Touch! Must be on autopay for at least 12 months.

Gold Membership

\$79 monthly

One and half hours of relaxation and rejuvenation each month that includes Rejuva's Signature Service, Hot Stone Aroma Touch, Whole Body Vibration Therapy and PEMF (Pulsed Electromagnetic Field Therapy) Must be on autopay for at least 12 months.

Platinum Membership

\$99 monthly

Two hours of relaxation and rejuvenation each month that includes all four of our therapeutic spa treatments. Plus an extra 30 minutes each month on your choice of Thermal Massage Therapy, PEMF Therapy or our Far Infra-red Sauna Therapy. Must be on autopay for at least 12 months.

Sound Therapy Membership

\$49 monthly

One 1 Hour Sound Therapy Session per month, not in conjunction with any other memberships or programs. When combined with a Platinum Monthly Membership the cost is \$30 in addition to your Platinum monthly price. See page 9 for Sound Therapy details.

Far Infrared Sauna Membership

\$89 monthly

With this Far Infrared (FIR) Sauna Membership, you get two 30-minute Sauna Sessions per week, must be on autopay for at least 12 months. This membership is not combined with any other Rejuva Membership. When adding to a Platinum monthly Membership, you get one 30-minute sauna per week and the price is \$35 additionally. See page 10 for Far Infrared Sauna details.

Wellness Memberships

Rejuva's Diamond Membership \$249 monthly



Our newest membership level for those serious about improving their health and wellbeing. This is a floating membership. You can join at this level and stay on it for the whole year or can you float between this level and the Platinum Membership. Must be on autopay for at least one year.

The Diamond Membership includes the following each month:

- One two-hour Platinum Session
 - Whole Body Vibration
 - PEMF – Pulsed Electromagnetic Field Therapy
 - Our Signature Hot Stone Aroma Touch Therapy
 - Thermal Massage Therapy
- Three Sound Therapy Sessions
 - Each one hour
- Unlimited Far Infrared Sauna
- Unlimited 30 Minute PEMF
- Unlimited 35 Minute Thermal Massage

Issue Specific Treatments

Rejuva EO Treatments

Rejuva's Essential Oil Treatments are highly effective treatments for specific issues such as stress (the underlying cause for most illnesses), digestive, respiratory, hormone, neurological and more. We apply approximately 10 essential oils along the back and bottom of the feet. Essential oil molecules are so tiny they get into our bodies on a cellular level bringing our cells into harmony producing a healing affect for the intended issue. It's recommended that for each specific issue you have 7 treatments in a 3 week time period. The pricing below is per each individual session.



EO Treatments List

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EO Treatments Described

Cardiovascular Support

\$20

This protocol supports circulatory and cardiovascular health. There are many feelings and emotions tied to the heart, therefore, this application can be supportive both physically and emotionally.

Angina, Arrhythmia, Atherosclerosis, Cholesterol Issues, High Blood Pressure, Phlebitis, Raynaud's Disease, Varicose Veins, Heart Failure, Low Blood Pressure, Aneurysm, Coronary Artery Disease, Adrenal Fatigue, Cardiovascular Challenges, Diabetes, Heart Disease, Hypertension

Cellular Boost

\$30

This protocol is for people who are suffering from various autoimmune and/or endocrine challenges. This helps to support healthy cellular function by protecting the body from oxidative stress.

Cystic Fibrosis, Angelman Syndrome, Sickle-Cell Disease, Spinal Muscular Atrophy, Demensia, Alzheimer's Disease, Multiple Sclerosis, Parkinson's Disease, Brain Injury, Anxiety Disorder, Schizophrenia, Major Depressive Disorder, Concussion, Fibromyalgia, Epstein Barr, Anemia, Malaria, Lymphoma, Leukemia, Multiple Myeloma, Lupus, Lyme Disease, Autoimmune Disease, Parasites, Cancer, Creutzfeldt-Jakob Disease, Addison's Disease, Shingles, Grave's Disease, Nephritis, Adrenal Fatigue

Chi Balancing

\$40

This protocol focuses on the skeletal, muscular and connective tissues systems of the body. The Chi Protocol is intended to relieve, support and recharge the physical structures of the body.

Fibromyalgia, Back Pain, Herniated Disc, Neuropathy, Chronic Fatigue, Arthritis, Scoliosis, Aches, Bursitis, Inflammation, Joints, Migraine, Restless Leg Syndrome, Rheumatoid Arthritis, Sciatica, Scleroderma, Autoimmune Disease, Tension, Seizures, Stroke, Muscle Weakness, Adrenal Fatigue, Flu/Cold, Bacterial Infections, Gout, Complex Regional Pain Syndrome, Tendonitis, Peripheral Neuropathy

Digestive Harmony

\$20

This protocol was created to help support healthy digestive function. It can assist with relieving occasional constipation and intestinal stress. The oils involved also help create movement and flow within the body.

Acidosis, Candida/Yeast, Inflammation, Diverticulitis, Gastritis, Heartburn, Hemorrhoids, Hepatitis, IBS, Indigestion, Nausea, Ulcers, Acid Reflux, Acne, Allergies, Atopic Dermatitis,

Bloating, Celiac Disease, Cellulite, Cirrhosis, Colic, Crohn's Disease, Colitis, Constipation, Coronary Artery Disease, Cysts, Cystitis Dermatitis, Diarrhea, Eczema, Endometriosis, Energy, Cholera, Fibromyalgia, Fibroid Cysts, Immune Support, Kidney Infection, Liver Detox, Lupus, Macular Degeneration, Pancreatitis, Psoriasis, Stomach Aches, Urinary Tract Infections

Emotional Support

\$40

This protocol was established for the enhancement of the emotional and limbic systems. The oils involved can help restore mental and emotional alertness. Additionally, they can provide support for overcoming emotions and feelings associated with past memories and trauma.

Mental Fatigue, Bipolar Disorder, Anxiety, Depression, Emotional Trauma, Panic, Insomnia, OCD, Stress, Grave's Disease, Hypoglycemia, Hyperglycemia, Hypothyroidism, Diabetes, PMS, Kidney Disease, Renal Failure, Memory Loss, Anger, Fear, Postpartum Depression, Limbic Encephalitis, Autoimmune Encephalitis, Disinhibited Behavior, Appetite Dysregulation, Hyperorality, Anterograde Amnesia, Epilepsy, Hypoxia

Forgiveness Protocol

\$30

Most of us have people in our lives that we have negative feelings towards, such as anger or resentment. This protocol helps us to build our emotional strength and supports us in the process of letting go of hurtful feelings and emotions from the past.

Anger, Resentment, Primary Sclerosing Cholangitis, Cirrhosis, Respiratory Challenges, Immune Support, Fatigue, Abuse, Depression, Hate, Mental Fatigue, Fear Emotional Trauma, Anorexia, Post-Traumatic Stress Disorder, Stress, OCD, Bulimia, Jaundice, Primary Biliary Cholangitis, Rage, Liver Disease, Hypertension, Arrhythmia, Broken Heart Syndrome, Takotsubo Cardiomyopathy, Apical Ballooning Syndrome, Anxiety, Loneliness, Bacterial Infection, Sinus Infection, Hepatitis, Self-Doubt, Self-Hate, Disdain

Hormonal Balancing

\$25

This application was created to help support better glandular function. The oils used here can help provide emotional-grounding, promote balance, cleanse, as well as soothe and calm nerves.

Addison's Disease, Cushing's Disease, Endometriosis, Grave's Disease, Hashimoto's Disease, Hyperthyroidism, Hypothyroidism, Hypoglycemia, Hypopituitarism, Menopause, Premenstrual Syndrome (PMS), Post-Partum Depression, Stress, Rosacea, Abdominal Cramps, ADHD, Anxiety, Cramps, Depression, Endometriosis, Fibroid Cysts, Hot Flashes, Infertility, Insomnia, Thyroid

Infection Recovery

\$20

The ID protocol involves many of the strongest essential oils. It supports all body systems but specifically assists the immune system in fighting some of the stronger environmental threats.

Influenza, Pneumonia, Strep, Staph, Croup, Malaria, Mono, Epstein Barr, Infections, Candida, Lyme Disease, Parasites, Fungus, Colds, Constipation, Creutzfeldt-Jakob Disease, Hepatitis, Immune Support, Meningitis, Shingles, Sore Throat, Yeast Infection, Viral Infections, Bacterial Infections.

Inflammatory Protocol

\$30

This protocol is one of the most popular. It's used to help with pain and inflammation in the body. It can help relieve head, neck and back tension as well as soothe muscles and sore joints.

Chronic Fatigue, Lupus, Back Pain, Neuritis, Varicose Veins, Neuropathy, Spondylitis, Gout, Meningitis, Aches, Arrhythmia, Arthritis, Athletes Foot, Bursitis, Connective Tissue, Constipation, Fibromyalgia, Cramps, Cystitis, Dementia, Energy, Epstein Bar Virus, Exhaustion, Fever, Headaches, Herniated Disc, Hypertension, Inflammation, Joint Issues, Migraine, Muscle Fatigue, Nausea, Neuralgia, Paget's Disease, Phlebitis, Prostate, Rash, Restless Leg Syndrome, Rheumatoid Arthritis, Sciatica, Scleroderma, Scoliosis, Tendonitis

Lymphatic Support

\$20

The Lymphatic Protocol was designed to allow for greater movement and flow within the lymphatic system. It also assists us in the processing some of our bodily waste and can be helpful throughout the weight loss journey.

Lymphedema, Weight Loss, Cellulite, Neuritis, Fluid Retention, Cushion's Disease, Cystitis, Edema, Acne, Kidney Stones, Swollen Lymph Nodes, Acidosis, Allergies, Atopic Dermatitis, Cellulite, Congestion, Dermatitis, Diabetes, Earache, Eczema, Fibroid Cysts, Hearing Challenges, Heartburn, Immune Support, Infertility, Laryngitis, Obesity, Psoriasis, Raynaud's Disease, Scleroderma, Tinniitus, Yeast Infection



Rejuva Sound Therapy

Sound therapy uses tuning forks, metal bowls and other sound instruments to restore harmony and balance to the body's biological rhythms and processes, re-establishing correct functioning of the endocrine system (the glands) which releases powerful healing hormones such as endorphins, serotonin and melatonin into the body. Other natural chemicals are also released, such as nitric oxide, vital for the body's health and vitality. As all Rejuva treatments and therapies, Sound Therapy gets to a cellular level to help the body come into balance and heal. Sound Therapy enhances all our other treatments and programs.



Sound Therapy Pricing

Non-Member Pricing

Adult – 60 Minutes \$60

Child – 30 Minutes \$30

Children aged 3 to 16 must be accompanied by a parent or guardian at all times.

Sound Therapy with Monthly Memberships

Silver and Gold Membership \$45 monthly

Silver and Gold Members get one 60 minute Sound Therapy Session per month as an add-on, must be on autopay for at least 12 months.

Platinum Membership \$35 monthly

Platinum Members get one 60 minute Sound Therapy Session per month as an add-on, must be on autopay for at least 12 months.

Sound Therapy Membership \$49 monthly

With this Sound Therapy Membership, you get one 60-minute Sound Therapy Session per month, must be on autopay for at least 12 months. This membership is not combined with any other Rejuva Membership.

Far Infrared Sauna

Infrared saunas use infrared heat to penetrate your body's skin barrier to raise your core temperature. This is different from a traditional sauna that has to heat the air before it actually heats you. Because of these differences, infrared saunas get less hot, allowing you to spend more time inside reaping the benefits.

Far infrared heat goes the deepest into the body to help with chronic pain as well as draw out toxins. Benefits include detoxification, lowers pain and inflammation, restores energy, enhances brain function, boosts immunity, reduces stress and anxiety.



Far Infrared Sauna Pricing

Non-Member Pricing

30 Minute Session	\$35 each
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Far Infrared Packages

Package of 6	\$155
Package of 12	\$289

Far Infrared Sauna with Monthly Memberships

Far Infrared Sauna Membership	\$89 monthly
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With this Far Infrared Sauna (FIR) Membership, you get two 30-minute Sauna Sessions per week, must be on autopay for at least 12 months. This membership is not combined with any other Rejuva Membership.

Platinum Membership	\$20 monthly
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Platinum Members get one 30-minute Sauna Session per week as an add-on membership, must be on autopay for at least 12 months

Rejuva Wellness at Home

Continuing your wellness regime at home is crucial to your overall health and wellness. doTERRA's Wellness Lifestyle Pyramid illustrates how optimum wellness is achieved through a combination of healthy lifestyle behaviors and proper medical care. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. At Rejuva, we promote and use doTERRA essential oils and supplements because they're all natural and certified pure.



These at home wellness solutions put you in charge of your health and wellness. After all, no one knows you better than you. doTERRA makes the only medical grade essential oils in the world. These oils can be used to provide relief for many issues like:

*Stress, anxiety and depression *Digestive Issues *Headaches, migraines *Muscle and joint pain *Sleep disorders *Allergies, asthma *Immune issues *Hormonal imbalance *Focus, memory *Much more

doTERRA's Lifelong Vitality Pack, “The Foundation of Health”



As one of doTERRA's most popular products, doTERRA Lifelong Vitality Pack is full of essential nutrients, metabolism benefits, and powerful antioxidants designed to help promote energy, health, and lifelong vitality. These supplements provide the Foundation for Health and include these benefits:

*General wellness and vitality *Antioxidant and DNA protection *Energy metabolism
*Bone health *Immune function *Stress management *Cardiovascular health
*Healthy hair, skin, and nails *Eye, brain, nervous system *Liver function and digestive health
*Lung and respiratory health *Gentle on stomach *Does not contain genetically modified material, dairy-free

Rejuva Wellness at Home cont.

Supplements for Gut Health

A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion, and it may help prevent some cancers and autoimmune diseases.

PB Asst, a Pre and Pro Biotic

Promotes a positive balance and proliferation of beneficial bacteria. Supports healthy functioning of the digestive and immune systems. Supports the health of the GI tract, particularly the intestines and colon.



TerraZyme – Digestive Enzyme



Supports healthy digestion and metabolism of enzyme-deficient, processed foods. Supports conversion of food nutrients to cellular energy. Promotes gastrointestinal comfort and food tolerance.

Supports healthy production of metabolic enzymes. Proprietary blend of 10 active whole-food enzymes.

Ask us how to get a doTERRA Wholesale Membership so you can get these products at 25% Off retail prices. We have coaches and wellness advocates at Rejuva that will help you get the best for your health and wellbeing.

*“We want you to feel your best
so you can live your best.”*

Rejuva Wellness Programs

Weight Management

\$199 per month

Associated Issues:

Type 2 Diabetes, High Blood Pressure, High Cholesterol, Heart Issues, Stroke, Gall Bladder Disease, Sleep Apnea, Osteoarthritis, Body Pain, Depression/Anxiety, Low Quality of Life

Program Commitment:

Minimum of 2 months on autopay, three visits each week that include three treatments (see below). Meet twice a month with your Weight Management Coach to review progress and offer support. This is a total of three visits each week. Even though the commitment is at least 2 months, 3 to 6 months is recommended depending on the amount of weight loss is desired/needed.

Treatments:

3 Sound Therapies first month, one per month after first month

Sound Therapy promotes deep relaxation, reduces stress that can lead to stress eating, reduces emotional and mental blocks to losing weight, encourages muscle growth, works on a cellular level to reduce fat cells.

3 Weekly Far-Infrared (FIR) Sauna Treatments

Far-infrared sauna treatments burn calories at a rate of 600 calories per 30 minute session. Far infrared heat has also been found to increase human growth hormone production (HGH) and lower cortisol levels which aids in greater weight loss and overall better health.

3 Weekly Whole-Body Vibration Session

When engaging Whole-Body Vibration Therapy, the body reacts as if it's doing cardio-exercise. It helps reduce fat in the abdomen and liver, strength and balance, increases bone and muscle mass

Recommended Add-on's:

- ☐ Rejuva's EO Treatments specifically to address weight
- ☐ doTERRA Slim and Sassy Softgels or Essential Oil to curb appetite and boost metabolism
- ☐ doTERRA Protein Powder to be used as a meal replacement
- ☐ doTERRA Fiber Powder to support healthy digestion and elimination
- ☐ doTERRA Greens Powder to support getting enough fruits, veggies and superfoods
- ☐ Weight Loss Journal that includes tracking food and fitness

Rejuva Wellness Programs

Pain & Inflammation Management

\$199 per month

Associated Issues:

Types of arthritis, endometriosis, MS, IBS, lupus. Long term inflammation can lead to heart disease, diabetes, cancer, arthritis, and bowel diseases like Crohn's disease and ulcerative colitis.

Program Commitment:

Minimum of 2 months on autopay. Each will there are two Rejuva visits for treatments (see below). Meet with Wellness Coach twice monthly to review progress and offer support. It's recommended to be on the program for at least 3 to 6 months for optimal results.

Treatments:

Three Sound Therapy Sessions first month, then one each month

Each Session is one hour. Deep relaxation of the muscles, stimulates the release of nitric oxide which signals smooth muscles to relax, blood vessels to dilate and increase blood flow which aids in pain relief.

Spa Day, one each month

Two Hour Session. Provides deep therapeutic relaxation, aids in releasing inflammation in the body and puts the body in a state of homeostasis (balance for healing).

Two Pulsed Electromagnetic Field Therapy (PEMF) and Whole Body Vibration (WBV) per week

Each session is 30 minutes. Increases circulation, helps cells repair and regenerate, eliminates inflammation that causes pain.

Two Far Infrared (FIR) Sauna per week

Each session is 30 minutes. Coaxes body out of stress response (stress cycle) back into relaxation and cellular rejuvenation, helps body alleviate discomfort and pain, relaxes the muscles, aid in releasing inflammation that causes pain.

Recommended Add-on's:

- ☐ Rejuva's EO Treatments specifically to reduce pain and inflammation
- ☐ doTERRA Lifelong Vitality Pack as a foundation of health and vitality plus contains anti-oxidants
- ☐ doTERRA Deep Blue Polyphenol Capsules taken internally, anti-inflammatory and soothing to aches and pains
- ☐ doTERRA Deep Blue Rub, a cream that is also anti-inflammatory and soothing to aches and pains

Rejuva Wellness Programs

Stress Relief & Management

\$199 per month

Associated issues:

Types of anxiety, fear, anger, sadness, OCD, overwhelm, grief, panic, PTSD, phobias.

Program Commitment:

Minimum of 2 months on autopay. Each will there are two Rejuva visits for treatments (see below). Meet with Wellness Coach twice monthly to review progress and offer support. Even though the commitment is at least 2 months, 3 to 6 months is recommended depending on the level of stress.

Treatments:

Three Sound Therapy Sessions first month, then one each month

Sound Therapy reduces stress by restoring more normal functions to our nervous system, recharging the cortex of the brain with high-frequency sound, enhancing focus and concentration, improving the quality of sleep, reducing negative mind chatter, enhancing inner calm and positive emotions.

Seven Far-Infrared Sauna Session each month

Far- infrared sauna therapy promotes relaxation by helping to balance your body's level of cortisol, your body's primary stress hormone. The heat generated by the sauna will relax muscles and relieve tension throughout the body, allowing you to relax and de-stress.

Seven Thermal Massage Treatments each month

Relaxation is a key benefit of this treatment creating a sense of calm and wellbeing.

Spa Day, one each month

Two Hour Session. This therapeutic four treatments provide the ultimate in relaxation and help break the stress cycle.

Recommended Add-on's:

- ☐ Rejuva EO Treatments for Stress depending on the level of stress/anxiety, etc
- ☐ doTERRA Adaptiv System
- ☐ doTERRA Serenity Capsules plus Copaiba Softgels for sleep
- ☐ doTERRA Lavender and Epsom Salt for relaxing lavender salt bath

Sample Wellness Program Calendars

Weight Management

Tues	Wed	Thurs	Sat
Sound Therapy plus FIR Sauna and WBV	FIR Sauna and WBV Meet with Weight Mgr Coach	FIR Sauna and WBV	
Sound Therapy plus FIR Sauna and WBV	FIR Sauna and WBV	FIR Sauna and WBV	
Sound Therapy plus FIR Sauna and WBV	FIR Sauna and WBV Meet with Weight Mgr Coach	FIR Sauna and WBV	
FIR Sauna and WBV	FIR Sauna and WBV	FIR Sauna and WBV	

Pain & Inflammation

Tues	Wed	Thurs	Sat
Sound Therapy plus PEMF/WBV and FIR Sauna	Spa Day - 2 Hr Session		
Sound Therapy plus PEMF/WBV and FIR Sauna	PEMF/WBV and FIR Sauna		
Sound Therapy plus PEMF/WBV and FIR Sauna	PEMF/WBV and FIR Sauna		
PEMF/WBV and FIR Sauna	PEMF/WBV and FIR Sauna		

Stress Relief & Management

Tues	Wed	Thurs	Sat
Sound Therapy plus Thermal and FIR Sauna	Spa Day - 2 Hr Session		
Sound Therapy plus Thermal and FIR Sauna	Thermal and FIR Sauna		
Sound Therapy plus Thermal and FIR Sauna	Thermal and FIR Sauna		
Thermal and FIR Sauna	Thermal and FIR Sauna		

Please note: These are only samples so you can get an idea of the schedule required for the programs. Your scheduled visits will be tailored to fit your needs.



*Thank you for for considering
Rejuva Wellness as your partner on
your wellness journey.*

*We want you to feel good so you can
enjoy your life to the fullest!*