



## Packages and Services

### Cryotherapy

Member    Retail

Single Session

\$44

\$55

### Infrared

Member    Retail

Single Session

\$44

\$55

### Oxygen Bar

Member    Retail

30-minute Session

\$35

\$45

### Heart Math

Member    Retail

15-minute Session

\$25

\$35

### Bio Mat

30-minute Session

\$35

\$45

60-minute Session

\$45

\$55

| Treatment Area                | Per Treatment Cost | Package Cost<br>(5 Treatments) | Package Cost<br>(10 Treatment) |
|-------------------------------|--------------------|--------------------------------|--------------------------------|
| Frotox (neck & face)          | \$150              | \$700                          | \$1350                         |
| Acne Treatment                | \$150              | \$700                          | \$1350                         |
| Arms                          | \$200              | \$950                          | \$1800                         |
| Mens Pecs                     | \$300              | \$1350                         | \$2700                         |
| Breast Lift                   | \$300              | \$1350                         | \$2700                         |
| Core Treatment                | \$600              | \$2850                         | \$5400                         |
| Back of the Legs & Glute Lift | \$500              | \$2350                         | \$4500                         |
| Glute Lift                    | \$300              | \$1350                         | \$2700                         |
| Front of the Legs             | \$300              | \$1350                         | \$2700                         |
| Pain Management               | \$100              | \$475                          | \$900                          |
| Upper Back                    | \$500              | \$2350                         | \$4500                         |
| Hair Rejuvenation             | \$125              | \$575                          | \$1125                         |
| Energy Boost                  | \$125              | \$575                          | \$1125                         |



OBTAINING MASTERY

## MEMBERSHIPS

### FIT MEMBERSHIP

**\$89** / mo.

Couples: \$155

Your Choice of Any Two of the Following Services:

Cynotherapy | Infrared Sauna | Heart Math | Oxygen Therapy

### WELLNESS MEMBERSHIP

Wellness Made Easy

**\$143** / mo.

Couples: \$192

Your Choice of Three of the Following Services:

Cynotherapy | Infrared Sauna | Heart Math | Oxygen Therapy

### SUPERHERO MEMBERSHIP

Wellness Whenever You Want It

**\$369** / mo.

Couples: \$629

Your Choice of Any of the Following Services:

Cynotherapy | Infrared Sauna | Heart Math | Oxygen Therapy

## MEMBERSHIP BENEFITS

Save on Retail Pricing | Packages Never Expire | Unused Services Roll Over |  
Member Discounts on All Services | Exclusive Access to Events and New Services |  
Excluding Daily Memberships

Learn more at [www.omcenterforwellness.com](http://www.omcenterforwellness.com)



OBTAINING MASTERY

## Cryoskin Pricing

### CryoSlimming & Cryotoning

1 Session

5 Sessions

Member

\$275

\$1250

Retail

\$345

\$1625

### Cryoskin Facial

1 Session

5 Sessions

Member

\$165

\$750

Retail

\$185

\$850

## Frequently Asked Questions

### When will I start seeing results?

Immediately! However, 3-5 sessions for CryoSlimming and CryoToning are recommended for best results.

### How long do the results last?

CryoSlimming results last as long as 6 months after the end of the treatment, while CryoToning and Cryoskin Facial results last for 4-5 weeks after the end of the treatment.

### How often can I get Cryoskin treatments?

Each treatment is different so each service requires a different amount of time between sessions. We recommend waiting 2 weeks between CryoSlimming sessions and 1 week between CryoToning and Cryoskin Facial Sessions.

### What can I do to prepare before each session?

For a CryoSlimming session, avoid eating sugar or carbo at least 2 hours prior to your sessions. For Cryoskin Facials, come with a clean face (no make up, or be aware you'll have to wash your face before your session. We also recommend drinking plenty of water before or after any treatment.

| Device, Product or Service                     | Description   | Price                            |                             |
|--|---|----------------------------------|-----------------------------|
| Primary Neurofeedback and Biofeedback Training |   |                                  |                             |
| Consultations                                  | Review history in detail, identify plans and options, or other discussions and review of progress.  | Per half hour                    | \$95                        |
| Neurofeedback Sessions                         | Appointments generally range from 30-45 minutes (includes discussions, training, setup/cleanup).  | Regular Session                  | \$115                       |
| HeartMath Session                              | Helps individuals “reset” or recalibrate. Helps to get clients to live in the now. Reduces stress and overwhelm. Improvement with rapid heartbeats, reduces anxiety, drop in fatigue, improve focus, improve depression.  | Regular Session<br>Per half hour | \$35                        |
| Brain Mapping                                  |   |                                  |                             |
| qEEG brain map                                 | Identifies patterns that correlate with and/or contribute to symptoms related to learning disabilities, processing issues, concussions, ADHD, emotional/mood issues, anxiety, racing mind, difficulty quieting, developmental issues and self-soothing. Includes neurofeedback protocol recommendations that more accurately target the issue, often resulting in accelerated training success. | Initial map & written summary    | \$795                       |
|  |   | Optional follow-up map           | \$595                       |
| Auditory, visual and sensory processing map    | Sometimes used in addition to the qEEG brain map when visual or auditory processing issues are suspected, to guide more targeted neurofeedback training.  |                                  | \$300                       |
| Other Neurofeedback and Biofeedback Services   |   |                                  |                             |
| Training Set up session                        | Brain training and coaching services used together will add the set up cost of the cap and training equipment. .  |                                  | \$25                        |
| Alpha theta neurofeedback                      | Helps with sleep, letting go of past emotional blocks, getting off alcohol and quieting the mind. Enhances creativity, self-esteem and peak performance. Sometimes called the “doorway to the subconscious.” This includes cap and set up cost.   |                                  | \$120<br>(up to 45 minutes) |
| Cognitive Testing (CNS)                        |   |                                  |                             |
| Testing: Cognitive/Memory/Attention Screening  | This baseline computerized test assesses performance in memory, executive function, processing speed and attention. Provides well -validated test results comparing you to others in your age group.  |                                  | \$100                       |
| Cancellation Policy                            |   |                                  |                             |
| Cancellation fee                               | Fee for missed appointments and cancellations with less than 24 hours’ notice   |                                  | \$150                       |

## Oxygen Bar Flavors

**Flavor #1:**

Appletini (Green Apple)

**Flavor #2:**

Bliss (Hawaiian Ginger, Bergamot)

**Flavor #3:**

Calming (Lavender, Tangerine)

**Flavor #4:**

Chocolate Covered Cherries

**Flavor #5:**

Coconut Limon

**Flavor #6:**

Lavender Lemongrass

**Flavor #7:**

Mango Madness

**Flavor #8:**

Watermelon

**Flavor #9:**

Sugar Cookie

**Flavor #10:**

Tranquility (Chamomile, Vanilla)

**Flavor #11:**

Zen (Rosemary, Mint)

**Flavor #12:**

Blackberry Vanilla

**Flavor #13:**

Citrus Zing (Orange, Peppermint)

**Flavor #14:**

Vanilla Bean

**Flavor #15:**

Fuzzy Navel (Peach)

**Flavor #16:**

Cherry Blossom