



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



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



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 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 (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