

Wellness Coaching Haven Menu

Private Practice

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Coaching Packages: I offer a complimentary phone consultation to discuss your needs. For the first appointment, there is a \$50 initial fee. Custom one- and two-hour sessions are available in person for \$75 or more depending on the requirements.

My coaching approach is based on positive psychology, mindfulness, and cognitive-behavioral therapy. I work together with my clients to help them recognize their strengths, overcome limiting beliefs, and create practical strategies to achieve their goals. Coaching is a journey of self-discovery, and I strive to create a supportive and non-judgmental space for my clients to explore their inner world.

Note: I also offer wellness services in social anxiety packages.

Essential Pedicure Treatment: \$45 for 45 minutes.

This treatment includes toenail trimming and shaping, cuticle care, light callus exfoliating, and polish.

The Lux Wellness Pedicure: \$65 for 60 minutes.

This pedicure includes everything in the basic pedicure, with a focus on foot health, such as ingrown toenails, overgrown cuticles, and calluses. You will also learn about hygienic foot care.

Debulk Callus, Cuticle, Ingrown toenails, and Corn removal. Add-on: \$25 additional cost for 20+ minutes.

This specialty treatment allows more time for callus and cuticle reduction, ingrown toenails, and corn removal.

Natural Nail Manicure: \$30 for 25 minutes.

This manicure includes fingernail trimming, shaping, buffing, cuticle care, and polish. Paint removal is free of charge.

Essential Healing Hands Treatment: \$18 for 20 minutes.

This treatment includes light to vigorous hand massage, with hand lotion applied. It's great for arthritis, anxiety, and relaxation. You can also add the forearm area to your treatment.

Essential Healing Foot Treatment: \$25 for 20 minutes.

This treatment includes light to vigorous foot massage, with foot lotion applied. It's great for dry feet, circulation, anxiety, and relaxation. You can also add the calf area to your treatment.

Dry or Wet Scalp Therapy Treatment: \$25+ for 30 minutes.

This therapy is great for relaxation, headaches, stress, anxiety, over-thinking, energy, and certain scalp conditions.

Note: There may be an additional fee for extra work and time on wellness services. Pedicure and manicure services are dry only.

PODO EXPERT:

Please note that PodoExpert is only available to foot/ankle physicians, clinicians, and other certified professionals.

"Renew your sense of well-being with each self-care treatment you give yourself"