

# HOW MANY SESSIONS DO I NEED?

## SINGLE SESSION

30 minute  
60 minute  
90 minute

### RELAXATION

Red  
Light  
Therapy

### SPOT TREATMENT

Cupping  
Therapy

## MEMBERSHIP

Reoccurring membership, great  
for active lifestyles and pre/post  
physical therapy conditioning

### ACTIVE ATHLETE

Cold  
Plunge

### ORTHOPEDIC INJURY

Neuromuscular  
Release  
Techniques

## TREATMENT PLAN

For those looking to treat a chronic  
or acute soft tissue injury within a  
timeframe discussed in a  
consultation.

### CHRONIC PAIN

Myofascial  
Release  
Therapy

### ACUTE MUSCLE STRAIN

TENS  
Muscle  
Stim Unit