

Menu of Services

P At PALM **V** Virtual **+** Medical Advantage members, Total Advantage members, and Program participants only.

MEDICAL CARE					
MEDICAL CARE			Duration	Price	
+	Functional Medicine	Initial / Extended / Follow-up	75 / 60 / 45 Min	Insurance*	P V
+	Headache Medicine (<i>adult / pediatric</i>)	Initial / Extended / Follow-up	75 / 60 / 45 Min	Insurance*	P V
+	Neurology (<i>adult / pediatric</i>)	Initial / Extended / Follow-up	75 / 60 / 45 Min	Insurance*	P V
+	Physical Medicine and Rehabilitation	Initial / Extended / Follow-up	75 / 60 / 45 Min	Insurance*	P V
+	Primary Care	Follow-up or Acute Care	30 Minutes	Insurance*	P V
+	Psychiatry and Psychotherapy	Initial / Extended / Follow-up	75 / 60 / 30 Min	Insurance*	V

* We accept many insurance plans and Medicare for most medical visits. Inquire about our self-pay schedule if we do not accept your plan. Specialty labs not covered by insurance may be recommended and range from \$100 to \$1,500.

NUTRITION					
NUTRITION CONSULTS			Duration	Price	
Cp	Functional Nutrition Assessment with Victoria Nieveen		60 Minutes	\$ 145	P V
Cp	Nutritional Counseling with Victoria Nieveen		60 / 30 Minutes	\$ 89 / \$ 55	P V
Cp	Nutrition Supplement Consult with Dr. Emily Guilfooy or Sarah Bird, DNP		45 Minutes	\$ 89	P V
Cp	Personalized Meal Plan and Review with Victoria Nieveen		30 Minutes	\$ 89	P V
IV NUTRITION			Duration	Price	
Cp	IV Infusion Consult with a Medical Provider		30 Minutes	\$ 89	P V
	Intravenous Nutrition		90 Minutes	\$ 164	P
	10-Pack / 20-Pack		90 Minutes	\$1,478 / \$2,628	P

FITNESS					
FITNESS AND PERFORMANCE OPTIMIZATION			Duration	Price	
Assessments					
Cp	Functional Fitness Assessment		60 Minutes	\$ 145	P
Cp	Youth Functional Fitness Assessment		60 Minutes	\$ 145	P
	Body Composition Analysis		25 Minutes	\$ 48	P
Strength and Conditioning (<i>see website for trainers</i>)					
Cp	Personal Training	Private 1:1	55 Minutes	\$ 89	P V
		Duo	55 Minutes	\$64/person	V
		Small Group	55 Minutes	\$49/person	V
	30-Minute Personal Training Boost	Private 1:1	30 Minutes	\$ 55	P V
		Duo	30 Minutes	\$40/person	V
		Small Group	30 Minutes	\$33/person	V
	Hypervolt Deep Tissue Massage Session		25 Minutes	\$ 55	P
Cp	Personalized Exercise Plan		55 Minutes	\$ 89	P V
Cp	Pilates Mat, Flow, Full Body Sculpt, ELDOA, or Active Stretching	Private 1:1	55 / 30 Minutes	\$ 89 / \$ 55	P V
		Duo	55 Minutes	\$64/person	P V

FITNESS (CONT.)

INJURY PREVENTION AND REHAB			Duration	Price	
	Corrective Movement with Ashley Kumar, DPT	Assessment	60 Minutes	\$ 150	P V
		Therapy / Training	60 Minutes	\$ 130 / \$ 100	P V
	Kinesio Tape Application		15 Minutes	\$ 55	P
	Kinesio Tape Application Add-On		<i>No additional time required</i>	\$ 26	P
Cp	Graston Technique		45 Minutes	\$ 89	P
	SomaTraining with Liam Springer		30 / 45 Minutes	\$ 88 / \$ 126	P V
			60 / 80 Minutes	\$ 165 / \$ 175	P V
	One-on-One Chiropractic Training with Dr. Jason Biondo		55 Minutes	\$ 150	P V
	Comprehensive Spine Assessment Package with Dr. Jason Biondo		3 Visits	\$ 1,095	P

MIND-BODY RESILIENCE AND STRESS MANAGEMENT

COACHING AND WELLNESS CONSULTS			Duration	Price	
Cp	Well-Being & Stress Assessment & Planning Session** with Sarah L. or Julie G.		50 Minutes	\$ 89	P V
Cp	Health Coaching with Sarah Lewis	Initial or Follow-up	50 Minutes	\$ 89	P V
		6-Pack / 12-Pack	15 Minutes	\$ 180 / \$ 325	P V
		6-Pack / 12-Pack	30 Minutes	\$ 330 / \$ 595	P V
Cp	Well-Being Coaching with Julie Geeting or Sarah Lewis	Initial or Follow-up	50 Minutes	\$ 89	P V
		Follow-up	85 Minutes	\$ 128	P V
		12-Pack	85 Minutes	\$ 1,450	P V
	Functional Wellness Consult with Sarah Bird, DNP		60 Minutes	\$ 150	P V
Cp			30 Minutes	\$ 89	P V
	Restorative Sleep Consult with Sarah Bird, DNP		60 Minutes	\$ 130	P V
COUNSELING			Duration	Price	
	Counseling – Individual Therapy with Ashley Wiegand, Julie Geeting, or Sarah Lewis		55 / 30 Minutes	\$ 180 / \$ 100	P V
	Counseling – Family Therapy with Ashley Wiegand		55 / 30 Minutes	\$ 180 / \$ 100	P V
AWARENESS AND ENRICHMENT			Duration	Price	
	Art for Well-Being with Maria Ojascastro	Private 1:1	60 Minutes	\$ 120	V
Cp		Private 1:1	45 Minutes	\$ 89	V
Cp	TCI Personality Assessment and Interpretation with Julie Geeting or Sarah Lewis		60 Minutes	\$ 145	P V
	<i>Know Yourself</i> Workshop		3 Sessions	\$ 120	V
Cp	Cardiac Coherence with Sarah Lewis		45 Minutes	\$ 89	P V
	Meditation	Private 1:1	45 Minutes	\$ 55	P V
	Mind-Body Movement (Neuroplasticity and Body Awakening) with Jessica Dycus		45 Minutes	\$ 55	P V
NEUROFEEDBACK			Duration	Price	
	Neurofeedback with Ashley Wiegand	Initial with qEEG	90 Minutes	\$ 795	P V
		qEEG Review Session	30 Minutes	<i>No additional cost</i>	P V
		Training Session	30 Minutes	\$ 88	P V
		10-Pack of Training Sessions	30 Minutes	\$ 798	P
		Pack of Remote Training Sessions	Monthly	<i>Price variable</i>	V
	Neurofeedback Package for Students		2 Months	\$ 2,900	P V

**We recommend starting with this service to plan your stress management and resilience pathway.

WELLNESS THERAPIES

ACUPUNCTURE AND ACUPRESSURE		Duration	Price	
Cp	AcuGraph Assessment and Body Balance with Dr. David Trybus or Dr. Emily Guilfoy	45 Minutes	\$ 89	P
	Acupuncture and Acupressure with Dr. David Trybus, Dr. Emily Guilfoy, or Dr. Lily Liu	75 Minutes	\$ 195	P
Cp	Follow-up	45 Minutes	\$ 89	P
Cp	Cupping with Dr. Lily Liu	45 Minutes	\$ 74	P
BIOFEEDBACK REBALANCE		Duration	Price	
Cp	Biofeedback Rebalance	60 Minutes	\$ 89	P
BIOMAT AND PEMF MAT		Duration	Price	
	BioMat Session	30 Minutes	\$ 40 [†]	P
	Cell Recharge (PEMF Mat) Session	30 Minutes	\$ 40 [†]	P
CHELATION		Duration	Price	
	Chelation for Heart Health	3-4 Hours	\$ 164	P
	Chelation for Heavy Metals	90 Minutes	\$ 164	P
CHIROPRACTIC CARE		Duration	Price	
	Chiropractic Care with Dr. David Trybus, Dr. Jason Biondo, or Dr. Emily Guilfoy	75 Minutes	\$ 195	P V
	Follow-up	45 Minutes	\$ 135	P
Cp	Follow-up	30 Minutes	\$ 89	P V
CRYOTHERAPY		Duration	Price	
	Cryotherapy	15 Minutes	\$ 40	P
	1 Month Unlimited	15 Minutes	\$ 190	P
	Trilogy (cryotherapy, salt room, and BioMat session)	90 Minutes	\$ 90	P
LOW LEVEL LASER THERAPY		Duration	Price	
Cp	Low Level Laser Therapy Initial Consult with Dr. Emily Guilfoy	45 Minutes	\$ 64	P
	Low Level Laser Therapy	45 / 75 Minutes	\$ 70 / \$ 110	P
Cp		60 Minutes	\$ 89	P
	5-Pack	45 Minutes	\$ 326	P
	5-Pack	60 Minutes	\$ 412	P
	5-Pack	75 Minutes	\$ 512	P
NAET®		Duration	Price	
	NAET® with Dr. Varsha Rathod	30 Minutes	\$ 146	P
	5-Pack / 10-Pack	30 Minutes	\$692 / \$1,308	P
SALT ROOM (HALOTHERAPY)		Duration	Price	
	Salt Room (Halotherapy) (by appointment only)	30 Minutes	\$ 35 [†]	P

[†] Free for Lifestyle Advantage and Total Advantage members.

(continued on next page)

BODY AND BEAUTY

MASSAGE <i>(pricing includes gratuities)</i>		Duration	Price	
	PALM Personalized Massage	60 / 75 Minutes	\$ 130 / \$ 160	P
		90 / 120 Minutes	\$ 195 / \$ 260	P
	PALM Signature Stress Reduction Massage	90 Minutes	\$ 200	P
	Lymphatic Restorative Massage	75 Minutes	\$ 160	P
	Lymphatic Restorative Massage with Castor Oil Pack	90 Minutes	\$ 245	P
	Anti-Inflammatory Massage with Castor Oil Pack	75 Minutes	\$ 210	P
	Maternity Massage	60 Minutes	\$ 145	P
	Muscle Rescue Deep Tissue Massage with Arnica and Stretching	90 Minutes	\$ 200	P
	Salt Stone Massage	90 Minutes	\$ 200	P
Cp	Targeted Revitalizing Massage	45 Minutes	\$ 89	P
Massage Add-On Treatments <i>(add on to any massage)</i>				
	ADD-ON Back Detox Muscle Melter	<i>No additional time required</i>	+ \$ 40	P
	ADD-ON CBD Oil 50mg / 100mg	<i>No additional time required</i>	+ \$ 15 / \$ 25	P
	ADD-ON Scalp Treatment	15 Minutes	+ \$ 35	P
	ADD-ON Revitalizing Foot Therapy	30 Minutes	+ \$ 45	P
MEDICAL AESTHETICS		Duration	Price	
	Medical Aesthetics Initial Consult with Dr. Jeff Reed	60 Minutes	\$ 120	P
	Medical Skin Check with Dr. Jeff Reed	15 Minutes	<i>Price variable</i>	P
	Botox® and Dysport® with Dr. Jeff Reed	30 Minutes	<i>Price variable</i>	P
	Dermal Fillers – Juvéderm® and Restylane® with Dr. Jeff Reed	45 Minutes	<i>Price variable</i>	P
	Kybella® with Dr. Jeff Reed	30 Minutes	\$ 1,200	P
SKIN CARE <i>(pricing includes gratuities)</i>		Duration	Price	
	PALM Signature Facial	90 Minutes	\$ 195	P
	PALM Custom Facial	60 Minutes	\$ 145	P
	ADD-ON Custom Facial Boost	<i>No additional time required</i>	+ \$ 30	P
	Men's Custom Facial	60 Minutes	\$ 145	P
	PALM Clinical Facial	75 Minutes	\$ 185	P
	Organic Eminence Facial	60 Minutes	\$ 135	P
	3D Facial	90 Minutes	\$ 210	P
	Vitamin C Brightening Facial	60 Minutes	\$ 165	P
	Personalized Facial Peel	60 Minutes	\$ 370	P
	Dermaplaning	30 Minutes	\$ 70	P
	Microneedling Single / 3-Pack	75 Minutes	\$ 350 / \$ 900	P
Cp	Teen Clear Skin Facial	45 Minutes	\$ 89	P
Cp	Modern Express Facial	45 Minutes	\$ 89	P
Skin Care Add-On Treatments <i>(add on to any facial)</i>				
	ADD-ON Back Detox Muscle Melter	<i>No additional time required</i>	+ \$ 40	P
	ADD-ON Décolleté Enhancement	<i>No additional time required</i>	+ \$ 40	P
	ADD-ON Eye Radiance Smoothing Treatment	15 Minutes	+ \$ 30	P
	ADD-ON Hands or Feet Detox and Nourish Therapy	15 Minutes	+ \$ 40	P
	ADD-ON Lip Plump and Quench Treatment	<i>No additional time required</i>	+ \$ 10	P
	ADD-ON Scalp Treatment	15 Minutes	+ \$ 35	P
Cp	ADD-ON Castor Oil Pack	15 Minutes	+ \$ 89	P

Gratuities are not accepted.

Classes & Choice Packs

CLASSES				
CLASSES		Duration	Price	
	Classes	Single / 10-Pack	30-60 Minutes	\$ 30+ / \$ 200+ P
FITNESS & MOVEMENT <ul style="list-style-type: none"> Active Stretch (I/II) Box & Flow (II/III) Flow (I/II) Full Body Sculpt (II/III) HIIT & Core (II/III) Cardio & Strength Interval Training (II/III) Pilates Mat (II/III) Power Flow (III) 	CONDITIONING & RESTORATION <ul style="list-style-type: none"> Beginner Flow (I) Pilates Mat (I/II) 	AWARENESS <ul style="list-style-type: none"> Meditation: Breathing and Relaxation Meditation: Silence of the Mind Meditation: Union with Nature Neuroplasticity (I) 	<i>† Free for Lifestyle Advantage and Total Advantage members.</i>	Physical Challenge Level I = Light II = Moderate III = Intense

VITALITY PACKS				
VITALITY PACKS		Duration	Price	
Select and customize a pack of 8, 12, 24, or 48 wellness services of your choice from the following: <ul style="list-style-type: none"> Salt Room Sessions Cryotherapy Sessions Classes BioMat Sessions Cell Recharge (PEMF Mat) Sessions 		8-Pack	\$ 240	P
		12-Pack	\$ 300	P
		24-Pack	\$ 480	P
		48-Pack	\$ 768	P

Cp CHOICE PACKS					
SERVICES INCLUDED		Duration	Price		
Cp Services marked with CP are included in the Choice Pack. Select and customize a Pack of 8, 12, 24, or 48 services of your choice. Choice Packs are nonrefundable, expire after one year, and are valid only with an active membership. <ul style="list-style-type: none"> Well-Being and Stress Assessment and Planning Session (50 Min) Art for Well-Being Private 1:1 (45 Min) Cardiac Coherence (45 Min) Functional Wellness Consult (30 Min) Health Coaching Initial or Follow-up Visit (50 Min) TCl Personality Assessment and Interpretation (60 Min) Well-Being Coaching Initial or Follow-up Visit (50 Min) Functional Fitness Assessment (Adult or Youth) (60 Min) Personal Training Private 1:1 (55 Min) Personalized Exercise Plan (55 Min) Flow Private 1:1 (55 Min) Pilates Mat Private 1:1 (55 Min) Full Body Sculpt Private 1:1 (55 Min) ELDOA Private 1:1 (55 Min) Active Stretching Private 1:1 (55 Min) Graston Technique (45 Min) Functional Nutrition Assessment (60 Min) Nutritional Counseling (60 Min) Nutrition Supplement Consult (45 Min) Personalized Meal Plan and Review (30 Min) IV Infusion Consult (30 Min) Targeted Revitalizing Massage (45 Min) Teen Clear Skin Facial (45 Min) Modern Express Facial (45 Min) Acupuncture and Acupressure Follow-up Visit (45 Min) AcuGraph Assessment and Body Balance (45 Min) Cupping (45 Min) Biofeedback Rebalance (60 Min) Chiropractic Care Follow-up Visit (30 Min) Low Level Laser Therapy Initial Consult (45 Min) Low Level Laser Therapy (60 Min) 		8 Services	\$ 695		
			12 Services	\$ 1,018	
			24 Services	\$ 1,976	
			48 Services	\$ 3,765	

Cancellations or Missed Appointments

Please provide at least 24 hours notice of cancellation prior to the appointment time. Any missed appointments or cancellations with less than 24 hours of notice are subject to a fee equal to: 100% of the reserved service amount or loss of service from a package, or \$100 for medical and mental health visits. There is no charge for cancellations due to cold or flu symptoms or COVID-19 exposure.

Packages & Programs

RESILIENCE AND STRESS PACKAGES

RESILIENCE PACKAGE	WELL-BEING TOOL KIT
Member \$475 / Non-Member \$530 / Package Value \$530	Member \$199 / Non-Member \$255 / Package Value \$255
<ul style="list-style-type: none"> Stress Management Consult with Dr. Nigel Lester (60 Minutes) (billed to insurance*) Functional Wellness Consult with Sarah Bird, DNP (60 Minutes) Counseling with Julie Geeting (60 Minutes) Cardiac Coherence or TCI Assessment with Sarah Lewis (45-60 Minutes) Private 1:1 Neuroplasticity with Jessica Dycus (45 Minutes) Private 1:1 Meditation with Sarah Lewis (45 Minutes) <p>*Consults with Dr. Lester are billed to insurance and are subject to your copay, deductible, and any other out-of-pocket expenses.</p>	<ul style="list-style-type: none"> Temperament and Character Inventory (TCI) Personality Assessment and Interpretation with Sarah Lewis (45-60 Minutes) Private 1:1 Neuroplasticity with Jessica Dycus (45 Minutes) Private 1:1 Meditation with Sarah Lewis (45 Minutes)

3-WEEK STRESS MANAGEMENT PROGRAM (virtual or in-person)

Member \$2,450 / Non-Member \$2,600 / Package Value \$2,850

Our nationally-recognized stress reduction program supports emotional well-being with an integrative approach. Through daily care coordination, our team of experts helps you address your physical and emotional health and encourages a deeper sense of meaning in your life. Speak with a Navigator at 314-801-8898 option 2 for more details.

DAY SPA PACKAGES

BIRTHDAY CELEBRATION	2.75 hours	OMEGA	3.5 hours
Member \$330 / Non-Member \$380 / Package Value \$400		Member \$340 / Non-Member \$390 / Package Value \$480	
<p><i>Celebrate a birthday and another year of well-being.</i></p> <ul style="list-style-type: none"> PALM Personalized Massage (60 Minutes) PALM Signature Facial (90 Minutes) <ul style="list-style-type: none"> - Lip Plump and Quench Treatment (No additional time) Eye Radiance Smoothing Treatment (15 Minutes) Décolleté Enhancement (No additional time) 20% off all retail sales for the day of your package 		<p><i>Reach your ohm zone with this personalized retreat.</i></p> <ul style="list-style-type: none"> PALM Personalized Massage (90 Minutes) PALM Custom Facial or Organic Eminence Facial (60 Minutes) Scalp Treatment (15 Minutes) or Revitalizing Foot Therapy (30 Minutes) Himalayan Salt Room Session (30 Minutes) Infrared BioMat Session (30 Minutes) 	

RECHARGE

2.5 hours

Member \$218 / Non-Member \$268 / Package Value \$313

Ready, set, recharge.

- Targeted Revitalizing Massage (45 Minutes)
- Modern Express Facial (45 Minutes)
- Lip Plump and Quench Treatment (No additional time)
- Eye Radiance Smoothing Treatment (15 Minutes)
- Cell Recharge (PEMF Mat) Session (30 Minutes)