

Menu of Services

P At PALM **V** Virtual **+** Memberships with medical benefits only.

MEDICAL CARE					
MEDICAL CARE			Duration	Price	
+	Functional Medicine	Initial / Extended / Follow-up	75 / 60 / 45 Min	Included in membership*	P V
+	Acute Care		30 Minutes	Included in membership*	P V
+	Physical Medicine and Rehabilitation	Initial / Extended	75 / 60 Minutes	Included in membership*	P V
+	Neurology (adult / pediatric)	Initial / Extended / Follow-up	75 / 60 / 45 Min	Included in membership*	P V
+	Cardiology	Initial / Extended	75 / 60 Minutes	Included in membership*	P V
+	Pediatric Care	Initial / Extended / Follow-up	75 / 60 / 45 Min	Included in membership*	P V
+	Mental Health	Initial / Extended / Follow-up	75 / 60 / 30 Min	Included in membership*	V

*Medical benefits vary by membership. Speak with a Navigator if you are unsure which visits are included in your membership. Specialty labs 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	Personalized Meal Plan and Review with Victoria Nieveen		30 Minutes	\$ 89	P V
SUPPLEMENT CONSULTS			Duration	Price	
Cp	Nutrition Supplement Consult with Dr. Emily Guilfooy or Sarah Bird, DNP		45 Minutes	\$ 89	P V
	CBD and THC Wellness Consult with Dr. Cynthia Kardesch		60 Minutes	\$ 325	P
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 (see website for trainers)					
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

FITNESS (CONT.)

Cp	Personalized Exercise Plan		30 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		V
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
Cp	One-on-One Chiropractic Training with Dr. Jason Biondo		30 / 55 Minutes	\$ 89 / 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, Julie, or Lara		50 Minutes	\$ 89	P	V
Cp	Health Coaching with Sarah L., Lara P., or Mitch H.	Initial	50 Minutes	\$ 89	P	V
		Starter Package / Comprehensive Package	4 / 8 Weeks	\$ 335 / \$ 700	P	V
		6-Pack / 12-Pack (must complete Starter or Comprehensive Package first)	30 Minutes	\$ 330 / \$ 595	P	V
		6-Pack / 12-Pack (must complete Starter or Comprehensive Package first)	15 Minutes	\$ 180 / \$ 325	P	V
		Mix 6-Pack (must complete Starter or Comprehensive Package first)	15 or 30 Min	\$ 250	P	V
Cp	Well-Being Coaching with Julie G., Sarah L., Lara P. or Mitch H.	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, Amanda Peregrin, or Christen Rincker		60 Minutes	\$ 150	P	V
COUNSELING			Duration	Price		
	Counseling – Individual Therapy with Ashley Wiegand, Julie Geeting, or Sarah Lewis		55 / 45 / 30 Min	\$ 170/130/100	P	V
	Counseling – Family Therapy with Ashley Wiegand		55 / 45 / 30 Min	\$ 170/130/100	P	V
AWARENESS AND ENRICHMENT			Duration	Price		
	Art for Well-Being with Maria Ojascastro	Private 1:1	60 Minutes	\$ 120	P	V
Cp		Private 1:1	45 Minutes	\$ 89	P	V
Cp	TCI Personality Assessment and Interpretation with Julie Geeting or Sarah Lewis		60 Minutes	\$ 145	P	V
	<i>Know Yourself Workshop</i>		3 Sessions	\$ 120		V
Cp	Cardiac Coherence with Sarah Lewis, Lara Pennington, or Mitch Herzog		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

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

MIND-BODY RESILIENCE AND STRESS MANAGEMENT (CONT.)

	qEEG Review Session	30 Minutes	No additional cost	P	V
	Training Session	30 Minutes	\$ 88	P	V
	10-Pack of Training Sessions	30 Minutes	\$ 798	P	
	Pack of Remote Training Sessions	Monthly	Price variable		V
	Neurofeedback Package for Students	2 Months	\$ 2,900	P	V

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. Trybus, Dr. Guilfoy, or Dr. Liu Initial	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. Jason Biondo, Dr. Trybus, or Dr. Guilfoy Initial	75 Minutes	\$ 195	P	V
	Follow-up	45 Minutes	\$ 135	P	V
Cp	Follow-up	30 Minutes	\$ 89	P	V
CRYOTHERAPY		Duration	Price		
	Cryotherapy	15 Minutes	\$ 40 [†]	P	
	1 Month Unlimited	1 Month	\$ 99 [†]	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	15 Minutes	\$ 100	P	
	5-Pack / 10-Pack	15 Minutes	\$490 / \$950	P	
SALT ROOM (HALOTHERAPY)		Duration	Price		
	Salt Room (Halotherapy) (by appointment only)	30 Minutes	\$ 35 [†]	P	

[†] Included in memberships with unlimited Vitality Sessions.

BODY AND BEAUTY

MASSAGE (pricing includes gratuities)		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 (add on to any massage)				
	ADD-ON Back Detox Muscle Melter	No additional time required	+ \$ 40	P
	ADD-ON CBD Oil 50mg / 100mg	No additional time required	+ \$ 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	15 Minutes	\$ 125	P
	Medical Skin Check with Dr. Jeff Reed	15 Minutes	\$ 125	P
	Botox® and Dysport® with Dr. Jeff Reed	15 Minutes	Price variable	P
	Dermal Fillers - Juvéderm® and Restylane® with Dr. Jeff Reed	30 Minutes	Price variable	P
	Kybella® with Dr. Jeff Reed	30 Minutes	\$ 1,200	P
SKIN CARE (pricing includes gratuities)		Duration	Price	
	PALM Signature Facial	90 Minutes	\$ 195	P
	PALM Custom Facial	60 Minutes	\$ 145	P
	ADD-ON Custom Facial Boost	No additional time required	+ \$ 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 (add on to any facial)				
	ADD-ON Back Detox Muscle Melter	No additional time required	+ \$ 40	P
	ADD-ON Décolleté Enhancement	No additional time required	+ \$ 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	No additional time required	+ \$ 10	P
	ADD-ON Microneedling Décolleté Enhancement	15 Minutes	+ \$ 75	P
	ADD-ON Microneedling Skin Brightening Enhancement	No additional time required	+ \$ 75	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
	1 Month Unlimited	1 Month	\$ 99 [†]	P

1 MONTH UNLIMITED PACKS

1 MONTH PACKS		Duration	Price	
Cryotherapy	Unlimited	1 Month	\$ 99 [†]	P
Classes	Unlimited	1 Month	\$ 99 [†]	P
Lifestyle Sessions (Vitality Sessions plus fitness center access)	Unlimited	1 Month	\$ 250 [†]	P

VITALITY PACKS

VITALITY SESSIONS		Duration	Price	
Select and customize a pack of 8, 12, 24, or 48 wellness services of your choice from the following: Salt Room, Cryotherapy, BioMat, Cell Recharge (PEMF Mat), Classes.		8-Pack / 12-Pack	\$ 240 [†] / \$ 300 [†]	P
		24-Pack / 48-Pack	\$ 480 [†] / \$ 768 [†]	P

[†] Included in memberships with unlimited Vitality Sessions.

CP CHOICE PACKS

SERVICES INCLUDED		Duration	Price
<p>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.</p> <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 Visit (50 Min) TCI 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 (30 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) One-on-One Chiropractic Training (30 Min) 	8 Services	\$ 695	
	12 Services	\$ 1,018	
	24 Services	\$ 1,976	
	48 Services	\$ 3,765	
	<ul style="list-style-type: none"> 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) 		

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

MIND-BODY AWARENESS PACKAGE

Member \$875

- Mental Health Consult with Dr. Nigel Lester (60 Minutes)
- 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)

WELL-BEING TOOL KIT

Member \$199 / Non-Member \$255

- 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)

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

Member \$3,690 / Non-Member \$4,190

Our nationally-recognized Stress Management Program supports emotional well-being with an integrative approach. Through daily care coordination, our team of mental health 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 details.

4-WEEK RESILIENCE PROGRAM (in-person)

Essentials \$1,965 / Comprehensive \$2,750

Our Resilience Program is designed specifically for individuals in search of mood enhancement, stress reduction, and a structured schedule to accompany their mental health, stress, and well-being goals. We offer two versions of the four-week program: Essentials and Comprehensive. Speak with a Navigator at 314-801-8898 option 2 for more details.

DAY SPA PACKAGES

BIRTHDAY CELEBRATION

2.75 hours

Member \$330 / Non-Member \$380 / Package Value \$400

Celebrate a birthday and another year of well-being.

- PALM Personalized Massage (60 Minutes)
- PALM Signature Facial (90 Minutes)
 - 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

OMEGA

3.5 hours

Member \$340 / Non-Member \$390 / Package Value \$480

Reach your ohm zone with this personalized retreat.

- 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)