

# CRYOTHERAPY

#### Localized CryoTherapy

Single Session	\$39
Five Sessions	\$175
Seven Sessions	\$235

#### CryoTherapy Tank

Single Session	\$40
Three Sessions	\$114
Five Sessions	\$190
Seven Sessions	\$266

#### **CryoTherapy Combo**

Local and Tank Combo:

Single Session	\$75
Five Sessions	\$350
Seven Sessions	\$500



Prices are subject to change please visit our website for the most updated pricing.





# **BODY CONTOURING**

#### TRUSCULPT ID ONLY

Single Session One Body Part	\$350
Three Sessions One Body Part	\$900
Five Sessions One Body Part	\$1,500
TRUSCULPT FLEX ONLY	
Single Session	\$350
One Body Part	
Three Sessions	
	\$900
One Body Part	\$900

#### SINGLE ID + MULTIFLEX COMBO

Single Sessions One body part	\$1,500
Three Sessions One Body Part	\$1,900
Five Sessions One Body Part	\$2,100

#### **ID + FLEX COMBO**

Single Session	\$500
One Body Part	
Three Sessions	\$1,500
One Body Part	
Five Sessions	\$2,200
One Body Part	

Prices are subject to change please visit our website for the most updated pricing.



## **FACIAL & PEELS**

#### **Facials**

<b>CBD Redness Calming</b> 3 sessions \$400 5 sessions \$650	\$150
<b>Elevation Oxygen Protein</b> 3 sessions \$725 5 sessions \$1,175	\$275
Flawless Acne Focused 3 sessions \$400 5 sessions \$650	\$150
Fountain of Youth Peptide 3 sessions \$400 5 sessions \$650	\$150
<b>Gentleman's Facial</b> 3 sessions \$400 5 sessions \$650	\$150
<b>Opulance Facial</b> 3 sessions \$800 5 sessions \$1,300	\$300
Pod Spa Teen Clean 3 sessions \$250 5 sessions \$400	\$100
<b>Regenerative Facial</b> 3 sessions \$650 5 sessions \$1,050	\$250
Silky Smooth Dermaplaning 3 sessions \$500 5 sessions \$800	\$190
SkinWave Hydrotherapy	\$150
Full Back Facial	\$199
Express Dermaplane Facial	\$75



<b>Brightening Peel (light)</b> 3 sessions \$250 5 sessions \$400	\$100
Five Berry Peel (Deep) 3 sessions \$340 5 sessions \$550	\$130
Invigorating Peptide Peel (medium) 3 sessions \$325 5 sessions \$525	\$125
<b>Pod Spa Signature Peel (Deep)</b> 3 sessions \$370 5 sessions \$600	\$140
<b>Pore Perfecting Peel (light)</b> 3 sessions \$350 5 sessions \$550	\$130
<b>Resilience Peel (Medium)</b> 3 sessions \$340 5 sessions \$550	\$130



Prices are subject to change please visit our website for the most updated pricing.



# HYDRAFACIAL



### Signature Hydrafacial

This treatment includes 3 step process: Cleanse, Extract and hydrate

1 Treatment\$1593 Treatments\$4306 Treatments\$810

#### **Deluxe Hydrafacial**

This treatment includes everything in the Signature Package, as well as boosters for all skin concerns and LED light therapy

1 Treatment	\$225
3 Treatments	\$607
6 Treatments	\$1145

#### Platinum Hydrafacial

This treatment includes everything in the Deluxe Package, as well as lymphatic drainage

1 Treatment	\$275
3 Treatments	\$742
6 Treatments	\$1400



Prices are subject to change please visit our website for the most updated pricing.



# HYDRAFACIAL COMBOS

# Baby Bottom: QWO & Hydrafacial

This treatment includes 3 sessions of QWO Injections & 3 Hydrafacial sessions.

Small (12 Dimples): \$2,300 Large (24 Dimples): \$3,300

#### **Crowning Glory: Procell & Hydrafacial**

Encourage new, thicker hair growth with Hydrafacial Keravive and Procell Microchanneling scalp treatment.

1 Treatment : \$2100

#### Hydrafacial Body Part Treatments

Deeply cleanse, exfoliate, extract, and hydrate the skin. Neck and Decollete Single-\$95 (45 Minutes) Neck and Dec 3 session-\$250 Neck and Dec 6 session -\$485 Hands single-\$40 Hands 3 session - \$108 (30 Minutes) Hands 6 session - \$200 Back Single \$250 (60 Minutes) Back 3 Session-\$675 Back 6 Sessions-\$1,275 Booty Single \$250 Booty 3 session - \$675 Booty 6 session-\$1,275 Arms Single Session \$125 (30 Minutes) Arms 3 sessions-\$335 Arms 6 sessions- \$635



Prices are subject to change please visit our website for the most updated pricing.





# HYDRAFACIAL COMBOS

#### HydraFacial Keravive Hair Growth and Scalp Treatment

Single Session \$550 3 Sessions \$1,500

#### Red Carpet: Cryo Trilift & Hydrafacial

Pair TriLift muscle stimulation + radio frequency with a platinum level Hydrafacial as well as local facial cryotherapy before your big moment.

#### 1 Treatment \$800

#### Satin Skin

The most satiny skin is yours with a dermaplaning session to exfoliate and remove villus "peach fuzz" hair and a Deluxe Hydrafacial.

#### 1 Treatment \$245

#### Velvet Skin

Get smoother, tighter, dewy skin with this combo of a dermaplaning session to exfoliate and remove villus "peach fuzz" hair combined with a local facial cryo to shrink wrap lax skin and a Deluxe Hydrafacial for an ultra glow. (90 Minutes)

#### 1 Treatment \$285



Prices are subject to change please visit our website for the most updated pricing.





### **INJECTABLES**

#### **Botox/Dysport**

Nasal Bunny	\$150
Forhead	\$250
Glabella	\$250
Crow's feet	\$250
Lip Flip	\$150
Gummy Smile Reduction	\$250
Chin Dimple/Wrinkle	\$150
Horizontal Neck Bands	\$450
Glabella + Crow's Feet	\$450
Forehead + Crow's Feet	\$450
Glabella + Forehead + Crow's Feet	\$675
Forehead + Glabella	\$450
Platysmal/Nefertiti Neck Lift	\$500
Platysmal + Horizontal Neck Bands	\$900
Masseters	\$550
Masseters + Platysmal + Neck Bands	\$1,200
Masseters + Platysmal + Neck Bands + Lip Flip	\$1,300
Trapezius Reduction	\$800
Trapezius + Masseters + Platysmal + Neck Bands	\$2,000
Trapezius + Masseters + Platysmal + Neck Bands + Lip Flip	\$2,150
Palm Sweating Reduction	\$550
Axilla Sweating Reduction	\$1,100
Palm + Axilla Sweating Reduction	\$1,450
Calf Reduction	\$850



#### **QWO Cellulite Treatment**

Small Area 3 sessions	\$2,000
Large Area 3 sessions	\$3,000



Prices are subject to change please visit our website for the most updated pricing.



### **INJECTABLES**

#### **Filler Syringe**

Restlyne Lyft/Defyne/Contour/Classic/ Kysse/Versa	\$750
2 Filler Syringes	\$1,350
3 Filler Syringes	\$2,000
4 Filler Syringes	\$2,650
5 Filler Syringes	\$3,300
Sculptra Vial	\$1,000
2 Sculptra Vials	\$1,800
3 Sculptra Vials	\$2,750
4 Sculptra Vials	\$3,700
5 Sculptra Vials	\$4,650



#### **Filler Dissolver**

Lips	\$500
Tear Trough	\$350
Cheeks	\$350
Chin	\$350
Bridge of the nose	\$350
Marionette Lines	\$350
Nasoliabial Folds	\$350
Temples	\$350
Jawline	\$350
Lips + Marionette Lines	\$700
Lips + Marionette Lines + Nasolabial Folds	\$1,000
Cheeks + Tear Trough	\$600
Cheeks + Tear Trough + Temples	\$850



Prices are subject to change please visit our website for the most updated pricing.



#### **IV & IM THERAPY**

#### **IV Therapy**

<b>Pod Spa After Party Drip</b> 3 sessions \$475 5 sessions \$775	\$175
Pod Spa Glowing Goddess	\$185
3 sessions \$505	
5 sessions \$825	
Pod Spa Resilience	\$180
3 sessions \$490	
5 sessions \$800	
Pod Spa Signature	\$190
Vitamin Boost	
3 sessions \$520	
5 sessions \$850	
Pod Spa Skinny Drip	\$195
3 sessions \$535	
5 sessions \$875	
Pod Spa Wellness Defense Drip	\$170
3 sessions \$430	÷ • • •



Glutathione: D	etox Blast
njection	
3 sessions \$160	
5 sessions \$250	
10 sessions \$500	
ipomino: Ener njection	gy Blast

3 sessions \$130 5 sessions \$200 10 sessions \$400

**IM Therapy** 

B12 Add On	\$60
D3 Add On	\$60

\$60

\$50



5 sessions \$815

Prices are subject to change please visit our website for the most updated pricing.



### LASER HAIR REMOVAL

#### Laser Hair Removal

Hairline/Widows Peak 6 sessions \$210	\$35	
<b>Ears</b> 6 sessions \$250	\$45	
<b>Upper Lip</b> 6 sessions \$270	\$45	Abdomen Center Line 6 sessions \$250
Sideburns 6 sessions \$570	\$95	<b>Areola</b> 6 sessions \$270
<b>Chin</b> 6 sessions \$360	\$60	Navel Line 6 sessions \$180
Male Face 6 sessions \$375	\$75	Abdomen 6 sessions \$570
Full Face 6 sessions \$930	\$155	Lower Leg 6 sessions \$1,050
Neck 6 sessions \$390	\$65	<b>Upper Leg</b> 6 sessions \$690
Shoulders 6 sessions \$450	\$75	<b>Full Leg</b> 6 sessions \$1,740
Half Back 6 sessions \$1,000	\$200	<b>Bikini</b> 6 sessions \$570
Full Back 6 sessions \$1,650	\$275	<b>Brazalian</b> 6 sessions \$1,170
Chest 6 sessions \$1,170	\$195	Buttocks 6 sessions \$570
Half Arm 6 sessions \$870	\$145	Buttocks (center) 6 sessions \$250
Full Arm 6 sessions \$1,075	\$175	Feet & Toes 6 sessions \$180
<b>Underarm</b> 6 sessions \$390	\$65	



Prices are subject to change please visit our website for the most updated pricing.

221 East Park Avenue, Long Beach NY 11561 888-766-8889 www.podspas.com

\$60

\$45

\$30

\$95

\$175

\$115

\$290

\$95

\$195

\$95

\$50

\$30



# SALT CAVE & INFRARED SAUNA

<b>Private</b>	Sauna	Suite	for 1

30 Minute Session	\$35
3 sessions \$100 5 sessions \$150 7 sessions \$215 10 sessions \$295	
45 Minute Session	\$45
3 sessions \$125 5 sessions \$200	

Salt Cave (Halotherapy)

7 sessions \$275 10 sessions \$395

**30 Minute Session** 

3 sessions \$105 5 sessions \$150 10 sessions \$250



#### Fitness/ Yoga/ Meditation Classes

All Classes (Single Drop in)	\$22
10 Class Pack	\$195
20 Class Pack	\$360
<b>New Student Special</b> *Unlimited classes for 30 days **Only valid for New Students and one tim	\$40 ne offer
Private Meditation session in Salt Cave	\$125/hr

Private Training session \$125/hr



Prices are subject to change please visit our website for the most updated pricing.

\$40



# **FRECKLE REMOVER**

#### Motus AX Freckle Remover

<b>Back</b> 6 sessions \$1,500	\$300
<b>Chest</b> 6 sessions \$1,500	\$300
<b>Chin</b> 6 sessions \$600	\$125
Full Face 6 sessions \$1,000	\$200
<b>Full Leg</b> 6 sessions \$2,100	\$425
Full Arm 6 sessions \$1,100	\$275





Prices are subject to change please visit our website for the most updated pricing.



## **SKIN REJUVENATION**

#### **Cool Peel CO2 Laser**

Full Face 4 sessions \$2,500	\$800
Full Face + Neck 4 sessions \$3,500	\$1,200
Full Face + Neck + Décolleté 4 sessions \$4,200	\$1,500
<b>Décolleté</b> 4 sessions \$2,400	\$800
<b>Neck</b> 4 sessions \$2,100	\$600

#### Subnovii Plasma Treatment

Brow Area	\$1,050
Crows Feet	\$1,150
Décolleté	\$2,250
Forehead	\$1,150
Full Eyes and Neck	\$4,500
Jaw Area	\$950
Lip/ Mouth Area	\$950
Lower Face and Neck	\$3,250
Neck	\$2,250
Tragus	\$650
Upper /Lower Eye	\$1,700



Prices are subject to change please visit our website for the most updated pricing.





#### **SKIN REJUVENATION**

**Procell MicroChannel "PRO"** 

Full Face 4 sessions \$990	\$275
Full Face + Neck 4 sessions \$1,075	\$325
Full Face + Neck + Décolleté 4 sessions \$1,500	\$450
Hand Rejuvenation 4 sessions \$800	\$250

#### **Procell MicroChannel "MD"**

Full Face 4 sessions \$1,170	\$325
Full Face + Neck 4 sessions \$1,255	\$375
Full Face + Neck + Décolleté 4 sessions \$1,680	\$500
Hand Rejuvenation 4 sessions \$980	\$300





Prices are subject to change please visit our website for the most updated pricing.

# Pode Spa & Wellness

#### **SKIN REJUVENATION**

#### Tetra CO2

**Tixel Fraxel** 

3 sessions \$1,400

3 sessions \$2,100

**Hand Rejuvenation** 

3 sessions \$725

**Periorbital Area** 

3 sessions \$1,000

Full Face + Neck + Décolleté

**Full Face** 

Full Face 3 sessions \$2,700	\$1,000
Décolleté	\$1,000
3 sessions \$2,600	
Neck	\$800
3 sessions \$2,600	
Full Face + Neck	\$1,400
3 sessions \$3,700	
Full Face + Neck + Décolleté	\$1,700
3 sessions \$4,400	-



#### TriLift

\$500

\$750

\$275

\$350

Trilift Single Session	\$650
Trilift w/o microneedling	\$550
<b>Trilift Five Session</b> *includes 2 micro-needling sessions	\$2,500
<b>Trilift Six Session</b> *includes 2 micro-needling sessions	\$3,000
Trilift Ten Session	\$5,500



Prices are subject to change please visit our website for the most updated pricing.

# Pode Spa & Wellness

# VIRTUE RF MICRONEEDLING

#### Deep RF

Abdomen	\$1,500
3 sessions \$3,600	
Arms	\$1,250
3 sessions \$3,000	
Buccal	\$450
3 sessions \$1,080	
Buttocks	\$1,500
3 sessions \$3,600	
Inner / Outer Thighs	\$1,500
3 sessions \$3,600	
Scars	\$850
3 sessions \$2,040	
Stretch Marks	\$1,250
3 sessions \$3,000	
Submental	\$650
3 sessions \$1,560	



#### Exact RF

<b>Eye Bags</b> 3 sessions \$2,800	\$1,750
Festoons 3 sessions \$2,800	\$1,750
Jawline 3 sessions \$2,800	\$1,750
Lesions 3 sessions \$1,120	\$700
Peri-Orbital (Upper+ Lower) 3 sessions \$3,600	\$2,250
Submental 3 sessions \$4,000	\$2,500

#### Smart RF

Full Face 3 sessions \$2,040	\$850
Face + Neck 3 sessions \$2,520	\$1,050
Face + Neck + Decollete 3 sessions \$2,880	\$1,200



Prices are subject to change please visit our website for the most updated pricing.

# **SKIN REJUVENATION COMBO**

Pod@Spa

& Wellness

#### Awaken Treatment- SkinWave + Cool Peel

Full Face 3 sessions \$2,500	\$1,000
Full Face + Neck 3 sessions \$2,800	\$1,200
Full Face + Neck + Décolleté 3 sessions \$3,600	\$1,500

#### Clarity Trio- Skinwave + Virtue RF + Cool Peel

Full Face 3 sessions \$4,275	\$1,500
Full Face + Neck 3 sessions \$4,725	\$1,650
Full Face + Neck + Décolleté 3 sessions \$5,175	\$1,800

#### Collagen Combo- Virtue RF + Subnovii

Full Face 3 sessions \$4,800	\$2,000
Full Face + Neck 3 sessions \$5,700	\$2,200
Full Face + Neck + Décolletè 3 sessions \$6,200	\$2,600

#### Glow H2O- Skinwave + Virtue RF

Full Face	\$950
3 sessions \$2,600	
Full Face + Neck	\$1,050
3 sessions \$3,000	
Full Face + Neck +Décolletè	\$1,150
3 sessions \$3,250	

# Renew+Rejuvenate- Subnovii

#### + Virtue RF + Skinwave

Full Face 3 sessions \$5,300	\$2,200
Full Face + Neck 3 sessions \$5,750	\$2,400
Full Face + Neck + Décolletè 3 sessions \$6,200	\$2,600



Prices are subject to change please visit our website for the most updated pricing.



# **SKIN REJUVENATION COMBO**

Trilogy- Cool Peel	+	Virtue RF	F
Subnovii			

Full Face 2 sessions \$2,900 \$1,900

#### Ultimate Duo- Virtue RF + Cool

Peel	
Full Face	

3 sessions \$3,750

\$1,500

#### Vibrance Treatment- Cool Peel + Subnovii

Full Face 3 sessions \$4,275	\$1,500
Full Face + Neck 3 sessions \$4,725	\$1,650
Full Face + Neck + Décolletè 3 sessions \$5,175	\$1,800



#### PhysiQ Full Body Combo

3 areas of PhysiQ contouring & 3 areas of Motus laser hair removal	
Single Sessions	\$1,500
Six Sessions	\$8,500



Prices are subject to change please visit our website for the most updated pricing.



# LYMPHATIC MASSAGE

#### Post-Surgical Lymphatic Drainage

<b>U</b>	
Single	\$95
Six Sessions	\$513
Nine Sessions	\$769
Twelve Sessions	\$1,000
Fifteen Sessions	\$1,282



# **General Wellness Lymphatic**

#### Massage

Single	\$130
Three Sessions	\$351
Six Sessions	\$702
Nine Sessions	\$1,053

#### Lymphatic Massage Packages

6 Lymphatic Massage + 3 IV Drips + 3 CryoTherapy Tank	\$1,032
9 Lymphatic Massage + 5 IV Drips + 4 CryoTherapy Tank	\$1,628
12 Lymphatic Massage + 8 IV Drips + 7 CryoTherapy Tank	\$2,309



Prices are subject to change please visit our website for the most updated pricing.



# **MASSAGE THERAPY**

#### **Basic-Overall Relaxation**

When you think of a classic massage, you're actually thinking of a Swedish massage. It is the most commonly practiced massage therapy and offers you a wonderful relaxing and rejuvenating experience. The goal of Swedish massage is to improve your circulation and promote relaxation through soothing your muscles. The benefits are easing of muscle pain, Increased blood circulation, Increased range of movement, Reduction in physical stress and improve sleep.

55 Minutes	\$135
85 Minutes	¢195

#### Deep Tissue Massage

Deep Tissue is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduces tension in muscle and tissue. It may also promote faster healing by increasing blood flow and reducing inflammation. This treatment is done in the salt cave.

55 Minutes	\$145
85 Minutes	\$195



#### Luxury Signature Massage

Our Luxury Signature treatment to achieve ultimate relaxation. This treatment uses Himalayan hot stones and aromatherapy combined with traditional Massage techniques to soothe mind, body & spirit. This treatment is done in the salt cave.

55 Minutes	\$160

**85 Minutes** 

\$210

#### Thai Massage

Thai massage uses gentle pressure and stretching techniques to relax the whole body. It is sometimes referred to as assisted yoga as it is a service that requires you to move with the practitioner, holding extended versions of postures that would be difficult to achieve alone. This massage is performed on a traditional Thai mat, on the ground. Breathe deeply into every crevice as your body is guided through each stretch and posture.

**60 Minutes** 

\$160



Prices are subject to change please visit our website for the most updated pricing.



### **AVICLEAR ACNE TREATMENT**

#### AviClear: The Future of Clear Skin

The first and only FDA-cleared energy device for the treatment of mild to severe acne. AviClear's 1726 nm wavelength treats acne at the source by selectively targeting and suppressing the sebaceous gland safely and effectively. 3 Sessions 1 treated area.



#### **3 Sessions**

\$2,800



Prices are subject to change please visit our website for the most updated pricing.



# **GENTLEMEN PACKAGES**

#### **Optimum Rejuvenation**

\$850

Give your skin the Ultimate Rejuvenation treatment and improve the tone and texture with this package. This effective bundle includes:

- Cool Peel Laser
- Red light LED
- Signature Vitamin Boost IV Drip of your choice

\*All services listed are single session

#### The Athlete

\$250

Deeply recover and recharge your body and muscles! This package includes:

- Cryotank session
- Infrared sauna 45 minutes
- Fitness class of your choice
- Signature Vitamin Boost IV drip of your choice.

\*All services listed are single session

### The BroTOX Treatment \$675

Reduce wrinkles to the forehead, between brows, and crow's feet with botox or dysport. Pricing is for three areas with unlimited units needed to reach appreciable aesthetics goals.

#### The Athlete Express \$200

You've got things to do so get in and get out with this swift service. This package includes:

- Cryotherapy Local centered on one body part
- Signature Vitamin Boost IV Drip of your choice

\*All services listed are single session



Prices are subject to change please visit our website for the most updated pricing.

# PodeSpa & Wellness

#### **GENTLEMEN PACKAGES**

#### The CEO

\$450

Take charge of your wellbeing with one of our most robust packages. This effective bundle includes:

- Gentleman's Facial
- Cyro Tank Session
- IV Drip of Choice
- Laser Hair Removal of Ear and Neck

\*All services listed are single session

#### **Renew Back Cleanse**

\$300

Everyone wants to look good with their shirt off. This package includes:

- Laser Hair Removal of Full Back
- Decongesting Back Facial

\*All services listed are single session

#### Reveal Back Treatment

\$600

Reveal your smoothest skin yet with treatments to banish breakouts. This effective bundle includes:

- Tixel Skin Rejuvenation on Full Face
- Hydrotherapy Facial
- Salt Cave Session

\*All services listed are single session

#### The Ultimate Fix

\$500

You will be looking your best with the following services listed below:

- Gentleman's Facial with Time Freeze Cyro add on
- Salt Cave 30 minutes
- TriLift facial with submental muscle stimulation and RF Sculpting (Microneedling not included)

\*All services listed are single session



Prices are subject to change please visit our website for the most updated pricing.

# PodeSpa & Wellness

#### **TREATMENT ENHANCEMENTS**

Advanced Healing Accelerator Serum	\$130
Advanced Results Boosting Package	\$220
Advanced Stemcell Treatment	\$80
Gold Standard Microcurrent Facial Mask	\$100
Healing Accelerator Serum	\$80
LED Light Treatment	\$25
Premium Acne Microcurrent Face Mask	\$80
Premium Anti-Aging Microcurrent Mask	\$80
Premium Brightening Microcurrent Mask	\$80
Premium Hand Care Microcurrent Glove Set	\$80
Premium Microcurrent Face Sheet Mask	\$80
Premium Microcurrent Neck Sheet Mask	\$80
Premium Neck Lifting Microcurrent Mask	\$65
Results Boosting Package	\$150
RF and Microcurrent Face Slimming Treatment	\$40
Soothing Hyaluronic Mask + Cooling Globes	\$35
Stemcell Treatment	\$50
Time Freeze Cryofacial	\$25



Prices are subject to change please visit our website for the most updated pricing.

# ₽ ROOFTOP @Pod@Spa

# **YOGA, MEDITATION & FITNESS**

#### Yoga, Meditation and Fitness Classes

10 Class Pack- 30 min 1 Sauna Room & 30-minute 1	\$195
Salt Room Session	
20 Class Pack- 30 min 2 Sauna Room & 30-minute 2	\$360
Salt Room Session	
Single Yoga/Fitness/ Meditation	\$22
Single Zoom Class	\$11
Workshop: Chakra Dance	\$30
Workshop: New Moon Women's Circle	\$40

#### Monthly Specials & Memberships

Unlimited Class Pack

**New Clients ONLY: New Student Special Unlimited One Month \$40** (One time only use)

#### \$175

Renews Automatically: 3 Month Commitment Required
-Unlimited Fitness & Yoga classes (workshops are Not included)
-1 30 Minute Salt Cave Session
-1 30 Minute Infrared Sauna Session
-1 Cryotank session
Access to 15% off all purchases (receive special code upon purchase)
(This does not include private training sessions.)

#### One on One Private Sessions

30 Minute Meditation with Stacey	\$75
1 Hour Yoga with Stacey( Vinyasa or Kundalini)	\$125
Private Meditation 1 Hour	\$125



Prices are subject to change please visit our website for the most updated pricing.