

The Center for Integrative Health and Healing

MENU OF SERVICES

Integrative Medicine - brings together medical doctors practicing contemporary medicine with licensed professionals who provide complementary therapies like acupuncture, naturopathy, therapeutic massage, herbal therapy, nutrition and energy healing. Customized treatment plans are developed which take into account the benefits of the best combination of therapies available.

Fees vary according to client's needs.

Naturopathic Medicine – looks to stimulate and support our body's natural ability to heal by utilizing nutrition, herbs, homeopathy, hydrotherapy and mind-body medicine.

Fees vary according to client's needs.

Herbal Medicine – dating back to ancient times, the use of herbal medicines have assisted people in treating a variety of illnesses. Our licensed practitioners are trained in the safe use of herbs to support your body's ability to maintain or regain health.

Chinese Herbal Consultation: 1st session: 1 hour- \$60/subsequent sessions: ½ hour - \$35

Other Herbal Therapies available; fees vary according to client's needs.

Acupuncture – involves the use of fine, sterile, disposable needles inserted along the meridians of the body. Uniquely soothing and invigorating, acupuncture combines ancient wisdom with modern innovation to promote the body's natural capacity for healing, and to release patterns of pain and dysfunction. Sometimes combined with Tui Na (Chinese acupressure massage)

1st session: 1½ hours - \$90 /subsequent sessions: 1 hour - \$70

Facial Rejuvenation Acupuncture – trained and certified in facial rejuvenation, our acupuncturists are pleased to offer this service which focuses on revitalizing the face with added benefits of improved muscle tone, reduction of bags under the eyes, elimination of fine lines on the face, emergence of one's innate beauty and radiance. 6-10 treatments recommended.

1st session: 1 ½ hours: \$125/ subsequent sessions: 1 hour - \$100.

Tui Na (Chinese Acupressure Massage) – combines smooth pressure and movement to the acupuncture points and meridians of the body to promote healthy circulation, relieve tension, and harmonize the body's energetic systems. Combined with acupuncture.

1 hour session - \$70.

Positional Release Therapy – after an evaluation, you are gently guided into a pain free position with optimal comfort. While maintaining this position, the affected muscle is massaged for a minimum of 90 seconds using the strain/counter strain technique. Used to treat many different muscle ailments including neck and back pain as well as gastrointestinal disorders. Sometimes combined with hydrotherapy. Sessions last approximately 1 hour.

1 session - \$150

Guided Imagery – a very useful tool for exploring the mind/body influence on health and well-being. Crossing the bridge between subconscious and conscious thoughts, you will discover your own safe,

inner sanctuary and the self's power to enhance the capacity for a healthier, more enjoyable life. Each session lasts approximately one hour.

1 session - \$150/ 2 sessions - \$250

Energy Healing/ Reiki – this gentle treatment involves light touch therapy to help release blocked energy and facilitate its flow to areas of stress or injury allowing the body to heal itself both physically and emotionally. This enhances healing, health, and happiness and helps you to shift into a state of deep relaxation, self-awareness and peace. Each session lasts approximately one hour.

1 session- \$125.00

Cleansing/Detoxification Programs – combining an anti-inflammatory diet with herbal and nutritional supplements to support the body's ability to rid it self of accumulated toxins. The Center combines this approach with hydrotherapy and/or infrared sauna treatments.

Fees vary according to client's needs.

Infrared Sauna – low temperature infrared saunas help to mobilize and eliminate toxins from your body in a thorough yet gentle way. High temperature saunas, such as those found in health clubs, often stress the body and limit the detoxification process. An in-room shower is available after your session.

Single session - \$15/ Package of 10 - \$135.00/ Package of 20 - \$250.00

Infrared sauna treatments may be added to any manual therapy for an additional \$15 fee.

Therapeutic Massage – both relaxing and energizing, therapeutic massage incorporates long flowing strokes as well as more focused pressure in areas of tightness to improve circulation, release tension from the body and decrease pain and stiffness.

30 minute- \$50 /1 hour - \$75 / 90 minute - \$115. Hot Stone: 1 hour - \$100

Pregnancy massage: 1 hour - \$80

Craniosacral Therapy – profoundly relaxing and very gentle, craniosacral therapy uses light touch at specific points along the neck and back to locate and release flow restrictions within the craniosacral system. This therapy works with the body's own healing abilities seeking balance within this bodily system. Craniosacral therapy is especially effective for anxiety and chronic pain from injury or trauma as well as TMJ and migraine headaches.

1st session - \$90.00 subsequent sessions- \$70.00

Nutrition – a key component of the integrative model of health and well-being, nutritional consultations are offered at The Center to help those seeking guidance with weight loss or gain problems, diabetes, cardiovascular health, autoimmune disorders, gastrointestinal problems as well as adolescent eating disorders, and special dietary support for the cancer patient.

Fees vary according to client's needs.

Life Renewal Program - The Center's most successful combination therapies designed to address depression and anxiety; chronic pain; stress and unhappiness; weight management to name a few, are offered in our Life Renewal Programs at a 20% savings off regular treatment fees. These integrative therapies can help prevent and treat acute and chronic conditions with the full complement of integrative medicine.

Life Renewal Deluxe Program: \$1200:

- 3 massage treatments*
- 3 craniosacral therapy treatments*
- 1 guided imagery session*
- 3 Traditional Chinese Medicine treatments including acupuncture and Chinese Herbs*
- 1 personal Yoga instruction*
- 3 Reiki treatments*
- 1 naturopathic consultation plus follow up appointment*

Energy Attunement Program: \$780

- 3 Traditional Chinese Medicine treatments including acupuncture and Chinese Herbs*
- 3 craniosacral therapy treatments*
- 3 Reiki treatments*
- 1 nutritional consultation*

Pain Management Program with 3 Free Therapeutic Sauna Treatments : \$840

- 4 Traditional Chinese Medicine treatments including acupuncture and Chinese Herbs*
- 4 craniosacral therapy treatments*
- 3 massage treatments*
- 1 Positional Release Therapy session*

Weight Management Program: \$420

- 1 nutritional consultation plus 2 follow-up appointments*
- 1 guided imagery session or 1 Reiki session*
- 1 personal Yoga instruction*

Stress Relieve Program/Hands on Treatment with 3 Free Therapeutic Sauna Treatments: \$650

- 1 Positional Release Therapy session*
- 2 Hot Stone Massage*
- 3 Shiatsu massage*
- 2 Reiki treatments*

Fees subject to change without notice.

Thank you for your generosity, but gratuities are not accepted.

GIFT CERTIFICATES AVAILABLE FOR ALL OCCASIONS.

The Center for Integrative Health and Healing 388 Kenwood Avenue Delmar, NY 12054

Call to schedule your appointment: (518) 689-2244