

ENERGY THERAPIES

Energy therapies are holistic healing practices that focus on manipulating the body's energy fields to promote physical, emotional, and spiritual well-being. Practitioners use various techniques to restore balance, enhance vitality, and support the body's natural healing processes.

Reiki is an ancient healing technique done by a practitioner artfully laying hands on or above the seven major energy vortexes of the body.

30-min/\$65, 60-min/\$110

Quantum Alignment Technique (QAT) is a method of restoring the normal function of joints, muscles, ligaments, and other tissues of the body via infused technology devices used to remove the charges of trauma and connect the tissues with the sensory-motor cortex of the brain.

30-min/\$40, 60-min/\$125, 90-min/\$200, 120-min/\$275

Tuning Forks Sound Healing is a therapeutic technique that uses vibrational sound produced by tuning forks to restore balance and promote healing in the body by releasing blockages, reducing stress, and harmonizing the body energy field, supporting physical, emotional, and spiritual well-being.

\$15 *can be added-on to any massage therapy service*

MIND-BODY WELLNESS THERAPIES

Mind-body therapies are healing practices that recognize the deep connection between mental, emotional, and physical health. These therapies aim to enhance well-being by using the power of thoughts, emotions, and behaviors to influence bodily functions.

- Mindfulness
- Meditation
- HeartMath
- Relaxation Techniques
- Yoga



EXPLORE ALL OF OUR SERVICES AT STATERA

Family Practice
Integrative Medicine
Chiropractic
Acupuncture, Reflexology
Massage, Reiki, CranioSacral
Esthetics
Physical Therapy
Dry Needling
Mental Health Counseling
Fitness, Pilates, Yoga, AntiGravity, Oov
Meditation, HeartMath
Personal Training, Health Coaching
Birth Planning
Lactation Consultations



Not sure where to start?
Schedule a free 20-minute consultation.

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www.stateraintegrated.com



STATERA

Integrated Health & Wellness Solutions



AT STATERA...

We bring together traditional medicine, holistic healing, fitness, and nutrition to support your health and wellness mind, body and spirit. Our multidisciplinary team of professionals work together to provide individualized care for your unique needs and goals.

Holistic Therapies at Statera:

- Mind-Body Wellness Therapies
- Body Therapies
- Energy Therapies

breathe... inhale hope. exhale healing.

BODY THERAPIES

Body therapies are therapeutic practices that focus on the physical body to promote healing, relaxation, and overall well-being. These therapies use hands-on techniques, movement, or physical manipulation to relieve tension, improve circulation, and support the body's natural healing processes.

Acupuncture is a traditional Chinese medicine practice that stimulates points on the body to promote balance, improve energy flow, and support the body's natural healing process.

Adult Initial & Follow-up: \$150/\$85

Pediatric Initial & Follow-up: \$80/\$50

Fire Cupping: \$50

Guasha: \$20

Essential Oil Add-on: \$8

Reflexology is a therapeutic practice that involves applying pressure to specific areas of the feet, hands, or ears, known as reflex points, which correspond to different organs and systems in the body to promote relaxation, improve circulation, and enhance the body's natural healing processes.

Adult: 30-min/\$40, 60-min/\$80

Child (0-12 years): \$40

Ear Seeds: \$10

Ear Reflexology with Ear Seeds: 30-min/\$45

Chiropractic services focus on diagnosing and treating musculoskeletal disorders, primarily related to the spine, by using manual manipulation to improve alignment, relieve pain, enhance mobility, and support the body's ability to heal naturally.

- Manual Adjustments
- Cold Laser
- Electrical Stimulation
- Biomat
- Nutrition Consultations
- Graston
- Acupuncture
- Kinesio Tape

Please verify if your insurance is accepted or inquire about cash pricing for Chiropractic services.



Massage

Therapeutic Custom - Partial or Full Body massage can aid in injury recovery and chronic pain conditions that required specialized care by your skilled massage therapist who can assess and treat using various massage modalities, including silicone cupping.

30 min	*45 min	*60 min	*75 min	*90 min
\$48	\$73	\$104	\$120	\$142

Traditional Swedish/Prenatal Massage use calm, fluid strokes release muscle tension and soothes pain.

30 min	*45 min	*60 min	*75 min	*90 min
\$43	\$65	\$86	\$108	\$129

Warming Himalayan Mineral Salt Stone is a combination of Swedish massage, thermal therapy, and salt therapy and may aid in reducing insomnia, blood pressure, and stress.

30 min	60 min	75 min	90 min
\$50	\$87	\$106	\$131

CranioSacral is a gentle touch therapy that frees muscular and energetic blocks that restrict cerebral spinal fluid flow. Ideal for headaches, migraine tension, depression, anxiety and balancing the central nervous system.

30 min	60 min
\$65	\$110

Lymphatic Drainage is used for pre- and post-operative conditions as well as general health benefits.

Contraindications: *Kidney/Liver issues, DVT, bleeding disorders, acute infections, CHF, edema caused by specific health conditions or following a surgery for metastatic or systemic conditions.*

30 min	60 min
\$65	\$110

Essential Oils are typically used in aromatherapy, massage, or topical applications to promote relaxation, alleviate stress, improve mood, and support overall well-being. Each essential oil has unique benefits, with some offering antimicrobial, anti-inflammatory, or calming effects.

Aroma Body Technique: \$70

***Cellulite Treatment:** \$70

Express Massage (Head, Neck, Hands & Feet): \$25

Red Light - Half Body Panel: \$45 initial, \$35 follow-up

** package pricing available*

Esthetics

Organic Facial & Back Treatment are rejuvenating skincare treatments that use natural ingredients to nourish, cleanse, and revitalize the skin to help restore balance, improve texture, and support the skin's natural healing process for a glowing, refreshed look.

30 min	60 min	75 min
\$55, \$65	\$95, \$100	\$115

Complement your facial with the addition of these service options:

Dermaplane removes fine hair as well as surface debris to create smooth, radiant skin.

Add-on to facial: \$30 **Standalone:** 30-min/\$50

Microcurrent treatment firms, contours, and lifts while hydrating skin using non-invasive FDA-registered technology.

Add-on to facial: 30-min-\$35 **Standalone:** 60-min/\$65

(For optimal results, microcurrent should be done in a series of three sessions for \$175)

LED Light Therapy uses light to create a boost in cellular energy to improve facial tone and reduce hyperpigmentation and wrinkles, as well as promote wound healing and pain reduction.

Add-on to facial: \$25 **Standalone:** 45-min/\$55

High Frequency oxygenates the surface of the skin, stimulates circulation, and aids in detoxification which helps reduce the appearance of fine lines and helps heal acne-prone skin.

Add-on to Facial: \$10 **Standalone:** 15-min/\$25

Extractions | \$15 (Add-on treatment only)

bt-titan® MN Microchanneling is a microexfoliation procedure using nano silicone-tip cartridges to stimulate your body's natural ability to build collagen and elastin for healthier skin.

Face: 45-min treatment | \$100

Face & Neck: 60-min treatment | \$120

Face: Four 45-min treatments | \$360

Face & Neck: Four 60-min treatments | \$432

Chemical Peels remove dead skin cells and stimulate new cell growth and collagen production resulting in a firmer texture and even complexion.

Prices from \$50-\$65

Single Facial Wax: \$15

Full Facial Wax (Brow, Lip & Chin): \$40

Paraffin Hand/Feet Dip: \$20

Lash & Brow Tint: \$45

Lash Tint: \$30

Brow Tint: \$30

Lash Lift & Tint: \$85

15-minute FREE Esthetician consultations available