

Our therapies and services may help the body to promote a range of benefits.

Core Services



Cryotherapy

- Relieve pain, swelling and stress
- Promote healing and athletic recovery
- Boost mood, energy and sleep



Infrared Sauna

- Promote energy and healing
- Improve circulation and heart health
- Detoxify heavy metals, relieve inflammation



Red Light Therapy

- Improve mood and energy
- Relieve pain and inflammation
- Optimize sleep



Compression

- Improve lymphatic function and circulation
- Reduce muscle aches and pain
- Improve flexibility and mobility

Specialty Services



Mild Hyperbaric Oxygen Therapy

- Boost energy and healing
- Regain your cognitive edge
- Optimize sleep



Cryoskin® CryoSlimming & Toning

- Reduce the appearance of wrinkles and pores
- Firm and tighten skin
- Reduce the appearance of cellulite



IV Drip Therapy

- Hydrate and cleanse
- Replenish vital nutrients
- Maximize performance and focus



Cryoskin® Facial

- Reduce the appearance of wrinkles and pores
- Firm and tighten skin
- Reduce the appearance of cellulite



NAD+ IV Drip & IM Shot Therapy

- Boost focus, energy and cellular health
- Improve heart health, strength & endurance
- Accelerate the healing of muscles and tissues



Hydrafacial™

- Upgrade skin's firmness and youthful glow
- Reduce the appearance of discoloration and wrinkles
- Say goodbye to clogged pores and blemishes



Intramuscular (IM) Shots

- Replenish vital nutrients
- Energize and revitalize
- Boost focus and athletic performance



Circadia® Oxygen Facial

- Eliminate acne-causing bacteria
- Reverse the signs of aging
- Reduce signs of rosacea and telangiectasia



Biomarker Assessments

- Micronutrients
- Methyl Detox

Not all services available at all locations. Medical services are provided by an independently-owned physician practice. Some services may require medical clearance and a prescription. We reserve the right to refuse service to anyone. Services and prices may vary per location.