



SPA PACKAGES ELEMENTS

EARTH

Focus on calming the busy mind with feelings of inner peace. This meditative Sage & Cedarwood massage will melt you away. Includes a grounding foot massage.
1 hour long \$120

WATER

Protect your immune system against cold and flu symptoms. This gentle Swedish massage has the healing benefits of Eucalyptus & Tea tree essential oils. Great for tired achy bodies.
1 ½ hour long \$160

FIRE

A warming deep tissue massage with the spicy blend of Cinnamon & Ginger essential oils. Helps to tone and stimulate your body. Increases energy levels. Hand & foot massage included.
2 hour long \$260

SKY

Relax your muscles from a stressful day & achieve a restful sleep with this Lavender & Wild Chamomile massage. This is a pure relaxing blend to soothe away your stress. Includes foot & hand massage. And a delightful facial and scalp massage.
3 hours long \$420

**Gift Certificates Available*

Balance Health Center & Yoga Spa

112 South 20th Street
Philadelphia, PA 19103
215.751.0344
Balancehealthcenter.com



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Balance

Chiropractic Care

Most Medical Insurances for Chiropractic Care are accepted. Cash Packages are also available.

Please Call for Details

Therapeutic Massage

	1/2	1	1 1/2
Swedish	45	80	105
Deep Tissue	50	85	120
Myofascial Release	70	110	165
Shiatsu (Shin Tai)	-	95	145
Neuromuscular	65	110	165
Lymphatic Drainage	-	110	165
Craniosacral Therapy	65	110	165
Acupressure Therapy	65	110	-
Sports Massage	65	110	165
Traditional Thai Bodywork	-	-	130
Chair Massage (20 min. Max)	*20	-	-

Acupuncture

	1/2	1	1 1/2
Initial Consultation & Treatment	-	-	120
Follow-Up Treatment	-	85	-
Auricular Ear Acupuncture	40	-	-
Cupping Treatment	60	-	-
Facial Rejuvenation (nature's facelift)	-	-	150
Ear Candling	40	-	-

Traditional Chinese Medicine

	1/2	1	1 1/2
Initial Consultation	-	120	-
Follow-Up Session	-	85	-

Hypnotherapy

	1/2	1	1 1/2
Initial Consultation	-	225	-
Follow-Up Session	-	200	-

Nutrition & Wellness

	1/2	1	1 1/2
Initial Consultation	-	120	-
Follow-Up Session	85	-	-

Naturopathy

	1/2	1	1 1/2
Initial Consultation (treatment plan & herbal tea)	-	225	-
Follow-Up Session	40	-	-

Ayurveda

	1/2	1	1 1/2
Initial Consultation	-	180	-
Follow-Up Session	80	-	-

Spa Therapies

	1/2	1	1 1/2
Aromatherapy Massage	-	95	150
Balancing Facial Massage	65	-	-
Rosemary Scalp Massage	55	-	-
Lavender Hand Massage	55	-	-
Zen Hot Stone Massage	-	110	-
Foot Reflexology	50	85	-

Ayurveda Spa

	1/2	1	1 1/2
Abyanga	-	120	-
Shirodhara	60	90	-
Svedana	50	-	-
Nasya	-	80	-
Marma Point	-	140	-
Kati Basti (Back Pain)	-	80	-
Netra Basti (Eye Balance)	-	80	-
Vishuddha Basti (Thyroid)	-	80	-
Uro Basti (Heart Strength)	-	80	-

Reiki & Energy Work

	1/2	1	1 1/2
Reiki Consultation	40	-	-
Reiki Treatment	-	85	-
Energy Balancing	-	85	-
Prema Birthing Healing	-	-	120
Rising Star Healing	-	100	-

Doula Prenatal & Baby

	1/2	1	1 1/2
Prenatal Massage	-	90	-
Baby Massage	45	80	-
Doula Initial Consultation (Information & 1hr Prenatal Massage)	-	-	180
Doula Labor Support (p-hr) (Hospital & Birthing Centers)	-	100	-
Doula Follow-Up Session (Postpartum Support)	80	-	-

Yoga & Meditation

Group Classes:

Students w/ School ID	8
1 Class	17
10 Class package	120
Monthly unlimited	99
3 Month unlimited (Exp. 90 days)	249
Yearly unlimited	849

Private Classes:

1 Class	65
3 pack	180
10 pack	599

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