

NEW at The Wellness Spa



Restorative Therapy



Ease stress, restore balance, create new neuropathways, unwind old physical patterns, and experience a healthier awareness of life and yourself with The Wellness Spa's New Restorative Therapies. These new therapies are the essence of 'body-mind-spirit'. Using a variety of techniques, unique equipment, and effective physical and energy release work, our Restorative Therapy can help you move through blocked or disconnected mental and physical barriers to free you from pain, anxiety, trauma, or life changes and challenges.

- Enhance Mental Clarity
- Increase Your Energy
- Improve Range of Motion
- Decrease Depression
- Lessen Anxiety
- Improve Peak Performance
- Reduce Chronic or Recurring Pain
- Reconnect Mind-Body
- Stabilize Your Mood
- Improve Restorative Sleep
- Increase Feelings of Peace & Contentment
- Feel Better Overall

New Restorative Therapy is only available at The Wellness Spa, call now 715-341-3333

The Wellness Spa, Inc. 3916 Water Street, Stevens Point, WI 54481

Descriptions & Price Menu on back of page

Restorative Therapy

Restorative Therapy Session	90 minutes	\$130
Dynamic Body Balancing	60/90 minutes	\$80/120
Dynamic Body Balancing/Salt Package	105/135 min	\$120/160
NeuroTherapy	30 minutes	\$60
NeuroMotion	30 minutes	\$50
NeuroIntegration Therapy	60 minutes	\$90
Chi Machine Session	Add-On only	\$20

Restorative Therapy Session

The Wellness Spa's signature Restorative Therapy Session uses a combination of treatment options (descriptions listed below) for a session that is designed specifically for your needs, whether for physical restoration, pain relief, improved range of motion, mental clarity, mood stabilizing, better sleep, or feeling better overall. No two treatments will be the same as each individual is ever-changing and evolving with different goals and processes to evolve into. Our Restorative Therapist will create and customize a combination of treatment options to address your specific needs, each and every session, offering you personalized therapy for your desired outcome or focus, and build on that with consecutive sessions. Using NeuroTherapy, NeuroMotion, Chi Machine, Dynamic Body Balancing (which includes Myofascial unwinding, Craniosacral and Biofield Therapy), this new treatment option is unique to The Wellness Spa and will offer you the relief you've been searching for. 90 minutes ~ \$130

Dynamic Body Balancing

Dynamic Body Balancing (DBB) is a hands-on therapy technique that restores balance to the mind, body and spirit. Combining techniques in Craniosacral Therapy, Myofascial Unwinding, and Biofield Therapies, DBB helps support the body in achieving a state of homeostasis and optimal function. DBB techniques are performed fully clothed while you are seated, standing or lying down. While in these positions, your body can quickly and actively begin to move and stretch as your tissues restore balance within the body. Emotions that are stored within the cells are allowed to release and you will be encouraged to breathe them out and move forward peacefully. Releasing emotional and physical energy patterns through use of these techniques is self-directed and spontaneous and may lead to a longer-lasting resolution of pain and dysfunction. DBB may be beneficial for everyone, including pregnant women (DBB techniques are taught and trained specifically with pregnant women and babies in mind). These techniques may be especially helpful for those experiencing chronic or recurring pain, tension, or stiffness. 60/90 minutes ~ \$80/120

Dynamic Body Balancing/Salt Package

When our bodies go through change by breaking old patterns while trying to create new ones, salt can have a therapeutic healing effect, better than most other options. Simple and easy but profoundly effective, combining a Qi Garden Salt Spa session with a Dynamic Body Balancing session will promote comfort throughout the body and assist in a quicker healing process for the body and the brain. 105/135 minutes ~ \$120/160

NeuroTherapy

The brain is a complex organ, constantly changing, learning, and creating new neural pathways to keep our bodies and minds functioning at optimal performance. Sometimes environmental or internal variables alter the functioning of our brain, and it gets stuck in undesirable brain wave patterns that affect us physically, mentally, and emotionally. Less than optimal brain wave patterns may result in heightened levels of stress, depression, anxiety, addiction, compulsivity, or brain fog. Thankfully, our brains are capable of learning and changing these wave patterns and getting back on track for optimal and desirable functioning. We do this at The Wellness Spa through use of the Clear Mind system, which utilizes neuroplasticity to create new neural pathways, bringing relief to typical stress patterns. Using programmed photic stimulation and binaural beats (light and sound transmitted through special glasses and headphones), your brain is activated in ways specific to you and the relief or focus you'd like to experience. Your therapist will help determine the program best fit for you. This system encourages optimal brain activity that allows feelings of peace, calm, focus, and contentment. **This therapy is not permitted for people with epilepsy or those affected by flashing lights.** 30 minutes ~ \$60

NeuroMotion

The Wellness Spa's NeuroMotion Therapy is a supra-sensorial experience, which extends and elevates perception far beyond our normal capacity. Our NeuroMotion lounge combines multi-sensory effects of synchronized light, sound, vibration, and motion to create a pattern of interruption which pulls us out of our non-productive, habitual looping process. By calming the brain and nervous system into a state of homeostasis, the NeuroMotion system breaks through the brain's old filters, allowing new thought patterns to form. NeuroMotion "relaxes and releases" the brain into more healthy and adaptive patterns, improves brain-body balance, coordination, and mood, leaving you feeling grounded and balanced. NeuroMotion can put you into a state of deep relaxation, can help decrease anxiety, and improve restorative sleep so cellular healing can take place. Because motion helps remove the biochemistry of stress, it holds the potential for helping us discover new strategies for achieving personal excellence, thereby optimizing performance and learning. Like meditation, motion allows the body time to remove excess steroids such as cortisol and adrenaline, both of which are recognized to have long-term detrimental effects. Besides all the 'Scientific reasons', it simply feels good! Beautifully peaceful experience that allows a sense of overall happiness. 30 minutes ~ \$50

NeuroIntegration Therapy

Combining NeuroTherapy and NeuroMotion will give you the best therapeutic outcome for overall health and wellness. Our Restorative Therapist will customize the program that best suits your specific needs and goals to create a relaxing but effective NeuroIntegrated Therapy treatment just for you. 60 minutes ~ \$90

Chi Machine Session

The Chi Machine Therapeutic Massager helps relax muscles with little or no conscious effort. You will simply lie on a comfortable mat while the Chi Machine cradles your feet and moves them from side to side in a gentle undulating motion, in essence, moving your entire body with it in a 'figure eight' motion. This creates a balanced, rhythmical, relaxing, wave-like motion throughout your entire body, thereby oxygenating every cell and tissue via blood circulation. This increase in oxygen and movement enhances metabolism, aids the lymphatic system to detoxify the body, aligns the spine, activates the autonomic nervous system associated with internal organs and their functions, and tones and strengthens your body inside and out. Add-On only ~ \$20

For more information on techniques used in Restorative Therapy Sessions & Dynamic Body Balancing, Visit www.WellnessSpaResort.com - Restorative Therapy



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MYOFASCIAL UNWINDING is a hands-on technique that encourages the body to release fascial restriction and move into a state of ease. Fascia is the gel-like connective tissue found just under the skin and covers every muscle, bone, and organ in the body. Over time, the body adapts to constraints and habitual patterns of daily life and movement; restrictions in those patterns may become fixed, causing the fascia to thicken and become less fluid. This results in tension, pain, or chronic stiffness. Through gentle touch and stretching, the parasympathetic nervous system is activated, encouraging the fascia to unwind and the muscles to find an easier, more relaxed position. Your body will respond by spontaneous and involuntary bending, rotating, and twisting in a rhythmic or chaotic pattern. This unwinding is not painful or uncomfortable and is not forced by the therapist. The body's movements are all self-directed and the therapist simply guides and facilitates. Myofascial unwinding restores desirable movement while reducing pain and limitations to your range of motion.

CRANIOSACRAL THERAPY (CST) is a gentle hands-on treatment that works with the membranes and movement of fluid in and around the central nervous system. It relieves compression in the bones of the head, sacrum, and spine. The therapist uses gentle hand placements to assist the release of fascia, the gel-like connective tissue that covers the bones, muscles, and organs in the body. Release of fascial restrictions allows greater range of motion, relief of discomfort, and feelings of relaxation. This release may improve function of the central nervous system as well as other systems of the body (digestive, musculoskeletal, respiration, circulatory, lymphatic). CST may also help facilitate wellness in mental health conditions and emotional symptoms. CST is for everyone, however, if you are experiencing the following symptoms, consult your physician before booking a session: recent concussion, cerebral swelling, structural defects in the cerebellum, brain aneurysm, traumatic brain injury, blood clots, or any disorder that causes instability of cerebral fluid pressure, flow, or build up.

BIOFIELD THERAPY may assist you in becoming energetically balanced physically, mentally, emotionally, and spiritually. Biofield therapy at The Wellness Spa includes techniques from Reiki, Qigong, Craniosacral Therapy, Dynamic Body Balancing. These techniques involve working with your energy field (Qi, chakras, meridians, or aura) to bring about healing. This energy field, or "biofield," flows freely through the body and governs various physical, mental, and emotional aspects of your being. If that energy flow becomes blocked or unbalanced, you may experience illness or other health conditions. Biofield therapy helps unblock energy fields and restores a healthy flow. The body is innately capable of healing itself, however, with the assistance of these therapies, your natural healing system is enhanced, and relief may come more quickly. During a biofield therapy session, you'll remain fully clothed and the therapist will use gentle touch or may guide your energy without direct touch, working slightly above the body. The therapist facilitates the rebalancing of energy flow patterns and removes 'blocks' to the energy flow. Balancing these systems allows every organ and system in the body to receive the energy needed to function at optimal potential. You may experience sensations of hot/cold, tingling or buzzing, feelings of weightlessness or heaviness, or you may not experience a sensation at all. Biofield therapy may be helpful in fostering healing after an injury, relieving physical pain or tension, releasing emotional blockages, stress relief, and encouraging a sense of balance, connection, and groundedness.