Wellness Your Way

OUR WELLNESS PHILOSOPHY

At Center Point Wellness,
we believe true wellness is a balance of
a healthy mind, body and spirit.

Led by Dr. Terri Rintz, Center Point
Wellness brings together experienced
holistic practitioners to help you feel
balanced, energized, and your best.

We believe wellness is not just about
feeling better today, but creating the
foundation to feel your best every day.

Our philosophy combines practioner
expertise, personalized attention,
and a variety of holistic approaches
to support your individual needs
and goals.

Whether you're seeking focused care,
relaxation, renewed energy, or simply
more time for yourself,
we're here to support your personal
journey to well-being.



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CENTERPOINT
wellness

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ACUPUNCTURE & CHINESE MEDICINE

Acupuncture First Visit An evaluation of your health history & current concerns followed by a customized treatment. *90 minutes*

Acupuncture Follow Up An evaluation of your health history & current concerns followed by a customized treatment. *60 minutes*

Acupuncture Plus Treatment with an additional choice of: cupping, gua sha, reflexology, massage, aromatherapy or LED Light Therapy. *90 minutes*

Auricular Acupuncture A treatment of the ear, followed by placement of ear seeds. Choice of focus: stress relief, anxiety, insomnia, migraines, pain management or craving control. *30 minutes*

AromaPoint Therapy A relaxing combination of aromatherapy & acupressure without needles. *30 minutes*

AromaPoint Therapy Plus Recommended for a first visit or more comprehensive treatment *60 minutes*

Cupping *30 minutes*

Gua Sha *30 minutes*

YOGA, MOVEMENT & MINDFULNESS

We offer a variety of class and group setting wellness options including:

- Yoga
- Functional Fitness
- Group Acupuncture
- Salt Cave Sessions

FACIAL TREATMENTS

Microneedling The ultimate skin rejuvenation treatment designed to promote collagen production while infusing hyaluronic acid & herbal serums deeper into the epidermis. Excellent, all-natural alternative to injectables. Includes LED light therapy. *60 minutes*

Nanoneedling Encourages cellular turnover & collagen production. Includes LED light therapy. Safe to use in between microneedling sessions. *45 minutes*

AcuGlow Facial Rooted in Traditional Chinese Medicine techniques of gua sha & cupping, this protocol promotes cellular regeneration & oxygenates the skin. Includes LED light therapy. *60 minutes*

The Essential Facial A classic cleansing facial, using organic TOMA products, customized to your skincare needs. Great for all skin types. *60 minutes*

LED Light Therapy Specific wavelengths of light selected by your practitioner to target specific skin concerns, customized to your needs. *30 minutes*

MASSAGE & HEALING THERAPIES

Massage Customized to your therapeutic needs while promoting overall relaxation & well-being. *30* | *60* | *90 minutes*

Reflexology Focused on the zones of your feet, corresponding with body systems & organs. *30 minutes*

Reflexology Plus Reflexology with an add-on massage focus area (most commonly neck & shoulders). *60 minutes*

Facial Massage Focused on the head, scalp, face, neck and shoulders. Great for allergies, congestion & TMJ. *30 minutes*

Facial Massage Plus Facial Massage with an additional massage focus area (most commonly neck & shoulders). *60 minutes*

Lymphatic Drainage Gentle, soft pressure to encourage movement of lymph around the body. Helps to accelerate the natural toxin removal process and reduce fluid retention. **Half Body** *60 minutes* | **Full Body** *90 minutes*

Reiki Energy Healing A meditative technique to move energy, activate physical healing & restore emotional well-being. *60-90 minutes*

Massage Add-Ons Available: *hot stones, cold stones, cupping or aromatherapy.*

All appointment times are approximate and include the necessary time for consultation and dressing.