

## OUR PHILOSOPHY

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

With a foundation of practices from Traditional Chinese Medicine, we also incorporate a variety of holistic, alternative therapies to help you achieve a well-balanced, healthy lifestyle and find your true center.

### Wellness Your Way

All appointments, classes and workshops may be purchased individually or through our mix-and-match Wellness Your Way credit system. Credits are available to purchase in bulk credit packages or as part of a monthly auto-renew membership to receive the best value for your investment in your personal wellness journey.

#### PRICING LEVELS

\$45 = 1 Credit  
\$85 = 2 Credits  
\$125 = 3 Credits  
\$250 = 6 Credits

#### CREDIT PACKAGES

Purchase multiple appointment credits, in advance, to lower the cost per session. Book your favorite regular appointment or mix and match to try all we have to offer!

10 Credits \$400  
20 Credits \$750

### Private Events

All events include private use of the yoga studio, Himalayan Sea Salt Cave and 800 square foot outdoor deck. All private events may be completely customized for your group or choose from a pre-planned event package.

#### ENERGIZE

Enjoy a group activity: a yoga class, guided meditation, or create your own workshop of your choice. A great choice for larger groups.

#### RELAX

This event focuses on individual mini-treatments. Choose from massage, reflexology, group acupuncture, or other wellness services. Perfect for medium-sized gatherings.

#### REJUVINATE

This boutique private retreat is for those who are looking for the ultimate mind-body-spirit experience. An excellent choice for a smaller group looking for immersive spa-like wellness.

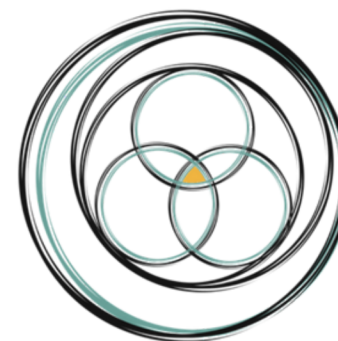
*Great for Bridal Showers, Bachelorette Parties,  
Wedding Weekends, Baby Showers,  
Anniversaries, Birthday Celebrations,  
Corporate Retreats & more!*

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@CenterPointWellness



**CENTERPOINT**  
wellness

*Find Your True Center*

**Experience Wellness Your Way**

## ACUPUNCTURE & CHINESE MEDICINE

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

First Visit 90 minutes | \$125 | 3 credits

Follow-Up 60 minutes | \$85 | 2 credits

**Acupuncture Plus** Treatment with an additional 30 minute choice of: cupping, gua sha, reflexology, massage or aromatherapy.

90 minutes | \$125 | 3 credits

**Electro Acupuncture (E-Stim)** Specialized treatment using a small electrical current to stimulate needles. Excellent for chronic pain management.

Add-On to any acupuncture appointment | \$10

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

30 minutes | \$45 | 1 credit

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

First Visit 60 minutes | \$85 | 2 credits

Follow-Up 30 minutes | \$45 | 1 credit

**Cupping or Gua Sha**

30 minutes | \$45 | 1 credit

## FACIAL TREATMENTS

**Microneedling** The ultimate skin rejuvenation treatment designed to promote collagen production while infusing hyaluronic acid & herbal serums deeper into the epidermis. Includes LED light therapy.

60 minutes | \$250 | 6 credits

**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 | \$125 | 3 credits

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

30 minutes | \$45 | 1 credit

**LED Light Therapy** Infrared light to target specific skin concerns, customized to your needs.

30 minutes | \$45 | 1 credit

Add-On to any acupuncture appointment | \$10

## MONTHLY MEMBERSHIPS

### CHOICE

\$99 per month

CHOICE OF:

Unlimited Classes **OR**

Unlimited Salt Cave Open Sessions **OR**

(3) **Wellness Your Way** Credits (\$125 value)

(1) Treatment Add-On

5% off products & workshops

### DELUXE

\$179 per month

Unlimited Classes **AND**

(3) **Wellness Your Way** Credits (\$125 value)

(2) Treatment Add-Ons

10% off products & workshops

### ULTIMATE

\$299 per month

Unlimited Classes **AND**

(6) **Wellness Your Way** Credits (\$250 value)

(3) Treatment Add-Ons

15% off products & workshops

Add-on Unlimited Salt Cave Open Sessions to any membership for an additional \$20 per month.

Memberships auto-renew monthly.  
Cancel any time. Please see full terms & conditions.

## MASSAGE & HEALING THERAPIES

**Massage** Customized to your therapeutic needs while promoting overall relaxation & well-being.

30 minutes | \$45\* | 1 credit

60 minutes | \$85\* | 2 credits

90 minutes | \$125\* | 3 credits

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

30 minutes | \$45\* | 1 credit

Reflexology Plus 60 minutes | \$85\* | 2 credits

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

30 minutes | \$45\* | 1 credit

Facial Massage Plus 60 minutes | \$85\* | 2 credits

**Lymphatic Drainage** Gentle, soft pressure to encourage the movement of lymph around the body.

Half Body Treatment 60 minutes | \$85\* | 2 credits

Full Body Treatment 90 minutes | \$125\* | 3 credits

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

60 minutes | \$85\* | 2 credits

**Massage Add-Ons** Customize your treatment with a choice of: hot stones, cold stones, Himalayan salt rocks, cupping or aromatherapy.

Any appointment length | \$10 per add-on

**Additional specialties available by practitioner:**  
Prenatal Massage, Oncology/Medical Massage, Myofascial Release, Chakra Balancing & more!

## YOGA, MOVEMENT & MINDFULNESS

**Drop-In Yoga Class or Salt Cave Open Session** \$15  
10 Class and/or Open Session Pass \$125 | 3 credits

**Private Yoga Session** 60 minutes | \$85 | 2 credits

**Private Salt Cave for 1** 50 minutes | \$45\* | 1 credit

**Private Salt Cave for 2** 50 minutes | 75\* | 2 credits

**Private Salt Cave for 3-5** 50 minutes | \$100\* | 2 credits

\* NJ State tax will be applied to these services