Refresh & Health

WELLNESS • RECOVERY • REJUVENATION

PRICE MENU



QUANTUM BIO BODY SCAN

Comprehensive Wellness Assessment

Advanced non-invasive technology that analyzes over 120 health reports to help you identify imbalances and optimize your wellness naturally.

$160



RED LIGHT THERAPY (INFRARED LIGHT)

Promotes cellular wellness, supports circulation, encourages healthy skin, reduces inflammation and aids muscle recovery.

Full Body Session (20 or 30 Minutes)	$40
Face & Neck Add-On	$10
ADD ON: SOUND THERAPY (20 Minutes)	$15

Session Length: 20 or 30 Minutes



PEMF THERAPY

Supports the body's natural healing process and overall wellness. Helps reduce pain, improve sleep, boost circulation and enhance cellular function.

Single Session (12 Minutes)	$35
5-Session Package	$125
10-Session Package	$200

Session Length: 12 Minutes



IONIC FOOT BATH

Detoxify, relax and recharge from the ground up.

Single Session (30 Minutes)	$40

Session Length: 30 Minutes



VIBRATIONAL PLATFORM

Enhances circulation, supports muscle tone, balance, lymphatic drainage and overall wellness.

Single Session (10 Minutes)	$20

Session Length: 10 Minutes



LOCALIZED CRYOTHERAPY

Helps reduce inflammation, relieve discomfort and support recovery.

Single Session (Up to 9 Minutes)	$15
3 Sessions (Up to 9 Minutes Each)	$20

Session Length: Up to 9 Minutes

BEST VALUE!

REFRESH & HEALTH SIGNATURE WELLNESS MEMBERSHIP

$300 PER MONTH



YOUR CHOICE OF:

Full Body Red Light Therapy

OR

PEMF Therapy

Your monthly membership includes:



One Localized Cryotherapy Session



One Vibrational Platform Session

MEMBER BENEFITS:

- One affordable monthly investment
- Flexible choice between Red Light Therapy or PEMF
- Comprehensive wellness support
- Priority scheduling
- Significant savings compared with purchasing services individually

HOURS OF OPERATION

Monday – Friday

By Appointment Only

Please call to schedule your appointment!

(530) 945-2108

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WE PROUDLY ACCEPT

- Cash
- Venmo
- Cash App
- Zelle
- Debit or Credit Card

Invest in You. Live Better. Feel Amazing.

PRICES SUBJECT TO CHANGE WITHOUT NOTICE.