

Our body of  
knowledge, your  
body and mind.

THE WELL TREATMENT MENU

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We've searched high and low to handpick the finest wellness practitioners from around the world. Their extensive experience brings unparalleled therapeutic power, care and knowledge to your holistic member experience.

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# INCLUDED IN YOUR MEMBERSHIP

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## MONTHLY HEALTH COACHING CONSULTATION

Your member experience begins with a thoughtful and thorough intake process, guided by your dedicated health coach. Together, you will discuss your health history, set wellness goals and create actionable next steps that will help you navigate the Club and incorporate personalized dietary guidelines and lifestyle practices into your daily routine.

## MOVEMENT AND MOBILITY ASSESSMENT

Using a unique diagnostic tool that assesses your physical range of motion, we will identify areas of your body that need special attention. This 30-minute session will inform how practitioners treat any existing conditions and vulnerabilities, as well as prevent future injuries.

## MINDFUL MOVEMENT CLASSES

These classes include a range of disciplines from yoga to QiGong that prioritize intentional movement, regardless of the pace. It isn't about how fast or slow you go—it's about building functional patterns that improve physical conditioning, strength, mobility and mental focus.

## PRIVATE TRAINING GYM

A fully equipped gym where members can join group classes, work out independently during open hours or book one-on-one personal-training sessions.

## GUIDED MEDITATIONS

For beginners and experienced meditators alike, these sessions are led in our Meditation Dome by a dedicated teacher who will use mindfulness techniques to help students achieve an effortless form of concentration to settle the active mind and turn inward. Meditating can boost brain function, improve sleep and promote a deep sense of calm. When not in use for group sessions, the Meditation Dome can be used independently.

# Health Coaching





# Health Coaching



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*We're the experts, you're the architect*

Your Health Coach is your expert partner and personal support system, available to guide you every step of the way in your wellness journey.

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## MONTHLY HEALTH COACHING CONSULTATION

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## FOLLOW-UP HEALTH COACHING CONSULTATION

A monthly 50-minute consultation with your Health Coach is included in your membership, but you are encouraged to book additional appointments to maximize outcomes. Your coach can provide movement, exercise, nutrition and supplement advice, as well as function as a liaison between you and your team of THE WELL practitioners.

50 min.

| \$150

# Functional Medicine



# Functional Medicine



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*Be treated as a whole person—not a bunch of isolated parts*

Functional medicine takes a holistic approach, factoring in a person's genetic makeup along with their lifestyle habits and environmental influences—all of which converge to impact health and well-being.

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## TWO-PART FUNCTIONAL MEDICINE CONSULTATION

A physician trained in functional medicine will perform an in-depth analysis of your health history, including a review of past lab tests and medical records. Based on this analysis, they will work with you to formulate a wellness road map that identifies—and addresses—the root cause of any current issues while helping you build a system for preventing disease.

Two-part  
consultation

\$1,000

### PART ONE: INITIAL FUNCTIONAL MEDICINE SESSION

This initial session involves an in-depth analysis of your medical, nutrition and lifestyle history, followed by strategic recommendations to address your needs and goals.

60 min.

### PART TWO: FOLLOW-UP FUNCTIONAL MEDICINE SESSION

In the follow-up, you will review any lab tests ordered in your initial session and continue to build tailored strategies to meet your health needs and goals.

30 min.

## FUNCTIONAL MEDICINE SESSION

Book an appointment with your doctor to stay actively involved in your health and continue to evolve your preventative medicine plan.

30 min.

\$400



# Traditional Chinese Medicine



# Traditional Chinese Medicine



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*Harnessing the power of more than 3,000 years of knowledge*

Chinese medicine doctors observe how Qi (pronounced chee)— a person’s vital energy, which moves through specific channels called meridians—is functioning and chart a course for bringing the individual into balance through acupuncture, medicinal herbs and dietary or lifestyle changes.

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## ACUPUNCTURE AND WELLNESS CONSULTATION

120 min.

| \$350

This detailed consultation includes a review of your health history, including a nutritional and supplement evaluation. The intake is followed by a targeted acupuncture session.

*\*An Initial Acupuncture and Wellness Consultation is required in order to book all other TCM treatments, except for the Facial Rejuvenation Massage.*

## ACUPUNCTURE AND WELLNESS SESSION

60 min.

| \$225

Sessions include a brief consultation to catch up on anything new going on with your health or your wellness routine, followed by a targeted acupuncture session.

## EXPRESS ACUPUNCTURE SESSION

40 min.

| \$180

This is a targeted session to focus on specific needs, intended for members who are coming in regularly for acupuncture.

# Traditional Chinese Medicine



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## ACUPUNCTURE AND WELLNESS SESSION + FACIAL REJUVENATION MASSAGE

90 min.

| \$350

This expansive, rejuvenating treatment begins with a brief follow-up consultation and targeted acupuncture session, including facial acupuncture. It is followed by a hot herbal compress, facial cupping and gua sha, ending with a facial massage and antioxidant mask.

## FACIAL REJUVENATION MASSAGE

45 min.

| \$200

This intensely rejuvenating facial treatment uses a hot herbal compress, facial cupping and gua sha, ending with a facial massage and antioxidant mask. No needles are involved.







# Ayurveda





# Ayurveda



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*Tap into one of the world's oldest holistic healing systems*

Ayurveda was developed more than 5,000 years ago in India and is based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit. Translated, Ayurveda means “the knowledge or study of life.”

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## TWO-PART AYURVEDIC CONSULTATION

This detailed consultation includes a conversation to determine your Ayurvedic body type and unique characteristics. From there, pulse, tongue and skin analyses are used to further understand the root cause of any imbalances and to create customized short- and long-term wellness plans that may include a seasonal diet chart, recommended sleep practices, yoga asanas, breathing exercises, sexual health guidance, skin-care advice, herbal remedies and spiritual practices.

Two-part  
consultation

\$350

### PART ONE: INITIAL AYURVEDIC SESSION

Your initial session includes a detailed consultation and an analysis of pulse, tongue and skin to further understand the root cause of any imbalances.

60 min.

### PART TWO: FOLLOW-UP AYURVEDIC SESSION

Building upon what is learned in your initial session, you will work with your practitioner to create a customized long-term wellness plan.

60 min.

## AYURVEDIC SESSION

Learn Ayurveda's seasonal rhythms, diet and lifestyle practices—all customized to your individual needs.

60 min.

\$225

# Sports Therapy



# Sports Therapy



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*Designed for pro athletes and weekend warriors*

Utilizing breakthrough technology designed by our Head of Sports Medicine to analyze body movements and test for imbalances, athletes of all levels are now able to identify their potential for injury and work with practitioners to develop a plan to train preventatively.

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## MOVEMENT AND MOBILITY ASSESSMENT

Using a unique diagnostic tool that assesses your physical range of motion, we will identify areas of your body that need special attention. This 30-minute session will inform how practitioners treat any existing conditions and vulnerabilities, as well as prevent future injuries.

## PROTOCOL STRETCHING AND STRENGTH TRAINING

30 min.

| \$100

Once you've completed the Movement and Mobility Assessment included in your membership, one of our sports therapists will create a customized exercise and stretching plan to relieve chronic pain and prevent injury.

## SPORTS THERAPY SESSION

30 min.

| \$225

Using hands-on techniques, our physical therapists help correct abnormal movement patterns in the musculoskeletal system, resulting in an improvement in health and performance.



# Vibrational Energy Healing





# Vibrational Energy Healing



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*You don't have to see it to feel it*

Vibrational energy healing is a balancing modality dating back to ancient civilizations that is thought to be a conduit to healing through the adjustment of energy frequencies in the physical body.

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## INTEGRATIVE ENERGY WORK

A customized experience to explore and release deep-seated patterns of thought and behavior by harnessing various modalities such as Reiki, craniosacral therapy, polarity energy balancing, EFT (Emotional Freedom Technique, otherwise known as tapping), guided visualization and sound therapy.

60 min.

\$195

90 min.

\$225

# Bodywork



# Bodywork



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## *Therapeutic techniques that promote harmony in the body and mind*

Our therapists draw on a full spectrum of practices including breathwork, gliding, friction, kneading, manipulating, stretching and more to relieve tension, correct postural abnormalities and quiet busy minds. Each bodywork treatment is tailored to the individual's needs and preferences.

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<b>SWEDISH MASSAGE</b>	60 min.	\$180
A traditional full-body massage using light-to-medium pressure to promote relaxation and ease muscle tension.	90 min.	\$270
	120 min.	\$360
<b>CRANIOSACRAL THERAPY</b>	60 min.	\$195
A gentle yet profound treatment used to relieve pain and emotional stress from the body by affecting the pressure and circulation of cerebrospinal fluid through a light touch.	90 min.	\$295
	120 min.	\$390
<b>DEEP-TISSUE MASSAGE</b>	60 min.	\$195
An ideal massage for those who prefer firmer pressure and require focus on particular areas of the body to release tight muscles and improve flexibility.	90 min.	\$295
	120 min.	\$390
<b>NEUROMUSCULAR AND TRIGGER THERAPY</b>	60 min.	\$195
A highly specialized therapy used to address chronic and acute pain by treating trigger points—areas of the body that have limited blood flow or postural dysfunction.	90 min.	\$295
	120 min.	\$390

# Bodywork



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## MYOFASCIAL RELEASE

The manipulation of fascia (connective tissue beneath the skin that wraps around muscles and organs) through stretching, hands-on work and body-rolling techniques in order to promote mobility, hydration and health in all of the body's systems.

60 min.	\$195
90 min.	\$295
120 min.	\$390

## PRENATAL/POSTNATAL MASSAGE

A nurturing treatment designed for mothers-to-be who are entering their second trimester or for new moms.

60 min.	\$195
90 min.	\$295
120 min.	\$390

## LYMPH DRAINAGE MASSAGE AND DRY BRUSHING

An effective combination of dry brushing and lymph drainage massage to stimulate the body's circulatory and elimination systems.

60 min.	\$195
90 min.	\$295
120 min.	\$390

## REFLEXOLOGY

A therapeutic foot treatment that uses finger walking, pressure-point massage and essential oils to re-energize the body and promote self-healing.

30 min.	\$60
60 min.	\$120

## REIKI

A Japanese energy-balancing technique that utilizes a light touch to promote deep healing.

60 min.	\$180
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## YAMUNA TABLE TREATMENT

The YAMUNA® Table Treatment involves very little direct pressure with fingers or hands. It uses the generalized body weight of the therapist to apply pressure on the client's body. YAMUNA® balls are used in the treatment, acting as a fulcrum to allow deeper work into joints.

90 min.	\$295
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# THE INTEGRATION —————

The most powerful and flexible way to maximize your membership experience, this best-in-class offering is customized, efficient and most importantly, integrated.

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90 minutes with one therapist	\$270	120 minutes with one therapist	\$360
90 minutes with two therapists	\$540	120 minutes with two therapists	\$720
90 minutes with three therapists	\$810	120 minutes with three therapists	\$1,080

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## 1

### Clear Some Space

Choose your time:  
90 minutes / 120 minutes

## 2

### Call in Your Team

Choose: 1 Therapist /  
2 Therapists / 3 Therapists

## 3

### Design Your Experience

Choose one, two, or three  
combined treatments below

#### ENERGY HEALING

Vibrational modalities converge to balance your energetic body

#### SWEDISH MASSAGE

Rhythmic hands-on work to promote relaxation

#### DEEP-TISSUE MASSAGE

Firm pressure to tame tense muscles and increase mobility

#### REFLEXOLOGY

Stimulation of specific pressure points in the body to promote self-healing

#### HOT STONE MASSAGE

Comforting warm stones to soften tissue and soothe the spirit

#### RADIO FREQUENCY

Low-current therapy to target pain at its source

#### INDIGO POULTICE

A healing treatment using a warm herbal compress dipped in oil to reduce tension

#### COCONUT POULTICE

A nourishing treatment using a warm coconut compress to rehydrate skin

#### STRETCHING

Practitioner-assisted moves to increase range of motion, functionality and flexibility



# Fitness & Mindful Movement





# Fitness & Mindful Movement



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## *Evolving your exercise routine for optimal results*

In addition to group classes, get personalized support by working one-on-one with a personal trainer or yoga teacher.

*\*Completing the Movement and Mobility Assessment that is included in your membership will help trainers and teachers develop a customized plan for you.*

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### PERSONAL TRAINING

60 min.

| \$250

A one-on-one session with a highly skilled personal trainer to increase strength, stamina and energy.

### PRIVATE YOGA LESSON

60 min.

| \$250

A one-on-one session with a certified yoga teacher to work through specific needs or injuries, develop a pre- or postnatal routine or simply take your current practice to the next level.

### OWN YOUR YOGA PRACTICE INTENSIVE

*\*Inquire within for details*

This 12-week course allows you to work one-on-one with a certified yoga teacher to learn the fundamentals of yoga and develop your personal practice. Whether you are a seasoned yogi looking for support and insight into your practice or have just completed your Movement and Mobility Assessment and are seeking a customized plan for addressing those results, this deep dive is designed for you.