Our body of knowledge, your body and mind.

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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

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.

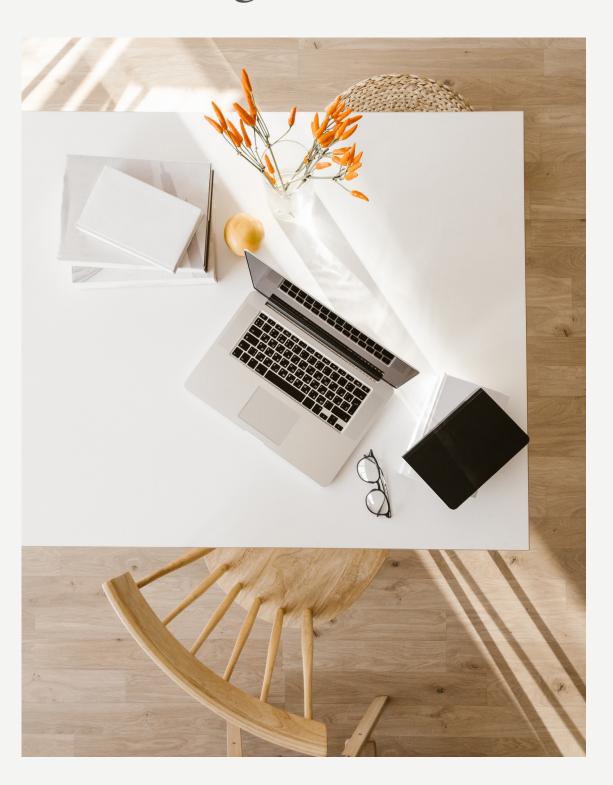
PRIVATE TRAINING GYM

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



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.

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.

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



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.

TWO-PART FUNCTIONAL MEDICINE CONSULTATION

Two-part consultation

\$1,000

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.

PART ONE: INITIAL FUNCTIONAL MEDICINE SESSION

60 min.

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.

PART TWO: FOLLOW-UP FUNCTIONAL MEDICINE SESSION

30 min.

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.

FUNCTIONAL MEDICINE SESSION

30 min.

\$400

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

Traditional Chinese Medicine



Traditional Chinese Medicine



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

members who are coming in regularly for acupuncture.

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.				
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EXPRESS ACUPUNCTURE SESSION	40 min.		\$180	

Traditional Chinese Medicine



ACUPUNCTURE AND WELLNESS SESSION + FACIAL REJUVENATION MASSAGE

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

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.

90 min. \$350

45 min. \$200





Ayurveda



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."

TWO-PART AYURVEDIC CONSULTATION

Two-part consultation

\$350

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.

PART ONE: INITIAL AYURVEDIC SESSION

60 min.

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

PART TWO: FOLLOW-UP AYURVEDIC SESSION

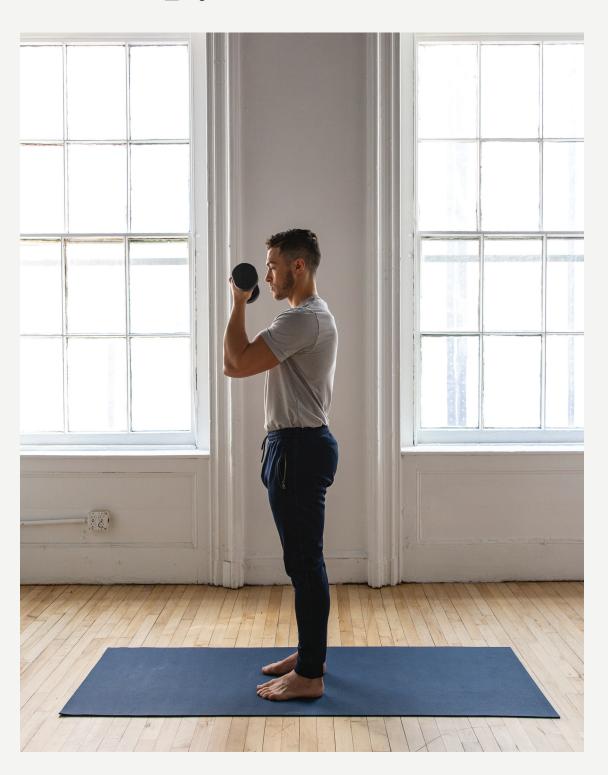
60 min.

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

AYURVEDIC SESSION 60 min. \$225

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

Sports Therapy



Sports Therapy



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.

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



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.

INTEGRATIVE ENERGY WORK

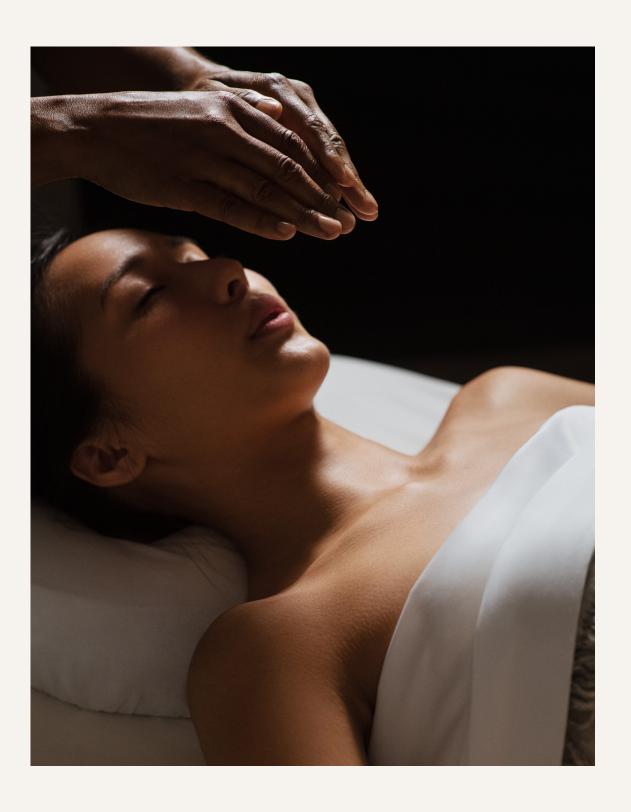
A customized experience to explore and release deep-seated patterns of thought and behavior by harnessing various modalities such as Reiki, craniosacral therapy, polarity energy balancing, EFT (Emotional Freedom Technique, otherwise known as tapping), guided visualization and sound therapy.

60 min.

90 min. \$225

\$195

Bodywork



Bodywork



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.

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

Bodywork



MYOFASCIAL RELEASE	60 min.	\$195
The manipulation of fascia (connective tissue beneath the skin that	90 min.	\$295
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.	120 min.	\$390
PRENATAL/POSTNATAL MASSAGE	60 min.	\$195
A nurturing treatment designed for mothers-to-be who are entering	90 min.	\$295
their second trimester or for new moms.	120 min.	\$390
LYMPH DRAINAGE MASSAGE AND DRY BRUSHING	60 min.	\$195
An effective combination of dry brushing and lymph drainage massage to	90 min.	\$295
stimulate the body's circulatory and elimination systems.	120 min.	\$390
REFLEXOLOGY	30 min.	\$60
A therapeutic foot treatment that uses finger walking, pressure-	60 min.	\$120
point massage and essential oils to re-energize the body and promote self-healing.		
REIKI	60 min.	\$180
A Japanese energy-balancing technique that utilizes a light touch to promote deep healing.		
YAMUNA TABLE TREATMENT	90 min.	\$295
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.		

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.

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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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



Evolving your exercise routine for optimal results

In addition to group classes, get personalized support by working one-onone 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.

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.