



Ami Edge, BS, INHC, RYT 200
WELLNESS SERVICES

Integrative Nutrition • Psychotherapeutic Yoga • Reiki • Mindfulness/Meditation

Integrative Nutrition Health Coaching session 50 min \$120 (4 session package \$400 pre-paid)

Reiki Therapy session 45-60 min \$100

Targeted Wellness Protocols using Certified Pure Therapeutic Grade Essential Oils 30-40 min
(applied to back & feet) \$60

Reiki & Wellness Protocol combo 60 min \$130

Private psychotherapeutic yoga & mindfulness session with essential oils 50-60 min \$130

Gift a friend! Private Yoga or Reiki Therapy Wellness package (\$130 pre-paid):

- Includes (optional) use of certified pure therapeutic grade essential oils (supporting immunity)
- horoscope or soul blend roller bottle of dōTERRA Balance Blend essential oil & healing crystal
\$150 value

*Temperature taken at arrival, and mask required for both people per CDC recommendation.