

## FOOT BAR

Herbal Foot Soaks choose from:

- ❖ *Detox*
- ❖ *Evergreen Revival*
- ❖ *Tranquility*

**Herbal Foot Soak** **\$35**

*Bask your feet in a bath of organic herbs, enjoy a light massage.*

**Vibrational Foot Soak** **\$45**

*Incorporate tuning forks and a reflexology Massage into your herbal foot soak.*

## IONIC FOOT DETOX

Powerful ionized water is absorbed through the many pores in the feet to circulate throughout the body helping release harmful toxins, relax and revitalize.

**Ionic Detox Foot Soak-** **\$45**  
**Ionic 10 Pack** **\$383**

For the full effect of Ionic Detox a series of ten is Recommended with a two week break in between. Two to three sessions of 10 in most cases can then be maintained with monthly detoxes.

*\*We strongly recommend coupling the Ionic Detox with Microcirculation & or infrared sauna for maximized effect.*

**With Add on Sauna** **\$60**  
**With Add on Microcirculation (15-30min)** **\$85-\$95**

We Encourage Both:

**Sauna Bio-hack Tea-** increases detox, cilantro **\$4-9**

helps to pull toxins including heavy metals, Chlorella helps binds toxins/heavy metals for the body to properly dispose of them.

**Mineral Pack** to add to your water **\$1**

**Trifecta** **\$112**

Ionic Detox or Herbal Soak, Sauna (30 min) & Microcirculation (30 min), Bio-hack tea and mineralized 8.5 alkaline water

## Love Us?

Refer 3 new guests for any of our services and we will gift you a **complimentary add-on sauna** session with your next service!

Give us a shout out on Social Media & Google!

## Hours

*Monday 10-4pm*

*Wednesday 11-6pm*

*Thursday 10-5pm*

*Friday 10-5pm*

*Saturday 10-4pm*

*Mon/Wed evening appointments*

*available by request*

*Healing Teams Tuesday evenings*

*by appointment*



## Menu

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*“Health begins in the inner man  
 With a ripple effect more infectious than  
 disease.”*

*—Richelle*

310 Pine Ave Snohomish, WA 98290  
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[www.joycenters.com](http://www.joycenters.com)

## EMOTIONAL WELL-BEING

### Richelle, Emotional/Spiritual Coach

**Emotional Healing Session** Up to 90 min **\$105**

*Find truth and walk in freedom. Each session is unique.*

*No need to revisit the trauma or rehash the details.*

*We'll help find beliefs, inherited emotions & stuck places that have you trapped in unhealthy patterns.*

**Emotion Code**- 40 min. **\$65**

*A gentle process of releasing trapped emotions contributing to physical, emotional, social, spiritual issues.*

**3 Pack** **\$165**

**INNER VOICE SCAN w/ Emotion Code** **\$110**

**Rapid Eye Therapy RET (Julie)** **\$105**

*RET is a tool used to simulate rapid eye movement and facilitate the clearing and release of stress stored in the mind/body that keeps us blocked from our true essence*

**RET Gateway with Essential Oils/Inner Voice** **\$140**

**Gateway Clearing with Inner Voice Scan** **\$140**

## CHROMO SOUND THERAPY

Immersion in light and sound for specific physical and emotional healing

**Single Session** **\$55**

**With Inner Voice Scan** **\$100**

**ChromoSound with Microcirculation** **\$80**

## BODYWORK

### Julie Haynes, LMP

**Massage, 60 Min.** **\$85**

**Warm Bamboo Massage 90 Min.** **\$140**

**Craniosacral (** **\$85**

**Head 2 Toe Massage** **\$85**

*\*Includes Head, shoulders, knees to toes*

**Lymphatic Facial** **\$55**

*Gentle facial to encourage lymphatic drainage*

**Head 2 Toe with Lymphatic Facial** **\$100**

**Add Microcirculation Oxygen Therapy** **\$40**

## MICROCIRCULATION OXYGEN THERAPY

*FDA approved Pain Relief plus Improve Circulatory Systems, Lymphatic flow, Oxygenation, Nutritional Absorption, Detox...*

**Single Session, 30 min. sessions** **\$60**

**Add On Session 15 min.** **\$40**

**5 Pack** **\$289**

**10 pack, \*Plus red light or chromo-therapy** **\$565**

*with each session*

**Keep Circulating- Additional 10 Packs** **\$380**

*(After purchase of first 10 Pack, light therapy not included)*

## INFRARED SAUNA

*Benefits of full spectrum infrared sauna includes: detox, reduces Inflammation and pain, relaxation, energy, increased blood flow, improve skin, speed up the metabolism and assist the body's innate ability to heal itself.*

**Regular 30 min Session** **\$25**

**Add-On Session, 20 min. with another service** **\$15**

**5 pack of 30 min. sessions** **\$100**

**10 pack + 2 add on** **\$200**

**10 Pack Add on 20 min. Sessions** **\$120**

## COMPREHENSIVE AO SCAN

*Through the power of physiology & frequency AO gives an extensive inside look at your emotional, physical & vital status. Recommended Quarterly*

**ALL INCLUSIVE SCAN (+2 Chromosound/optimizes)** **\$150**

**INNER VOICE SCAN ONLY** **\$55**

**VITALS & ORGAN COMPREHENSIVE** **\$120**

**Re-Optimize** after the first scan for up to 3 mos. **\$55**

**\*As an add on with another service up to 3 mos.** **\$35**

## NUTRITION

### Ashton Strom, Nutritional Therapy Practitioner

**Complementary Consultation, 20 min.** **Free**

**Root Cause Reset Package, 3 months** **\$1250**

*Includes Initial Consultation, two follow-up sessions, bi-weekly check ins, unlimited email support, 10% off supplements*

**Root Cause Restoration Package, 6 months** **\$2500**

*Includes Initial Consultation, five follow-up sessions, bi-weekly check ins, unlimited email support, kitchen*

**Three Week Balancing with Full AO Scan+ Consult** **\$465**

*3/1 hr. visits, Nutrition & Food/Mood journal analysis & more*

## AMETHYST'S APOTHECARY

**Herbal Consultation** **\$85**

*Includes thorough intake, research, consultation, samples & 10% off product purchase*

**Herbal Consult with Full AO Scan** **\$185**

## FLOWER ESSENCE & AROMATHERAPY

*Essences, like gentle friends come along side as support in times of stress, sadness, transition and/or imbalances*

**Consultation with 1 custom Flower Essence** **\$45**

**Include 2 Custom Blends** **\$55**

**Flower Essence & Aromatherapy Consultation** **\$75**

*Includes custom blend of Bush Flower Essence and Essential Oil Blend or a combination blend*

## TEAM BUNDLES

**Immersion** **\$140**

*Head to Toe, Infrared Sauna session, Emotion Code, Tea*

**Pain Free Bundle** **\$140**

*Tension melting, pain relieving Infrared Sauna Session, FDA approved pain relief of **Microcirculation and Oxygen Therapy Head to Toe**-Deeply relaxing massage focused on the head, neck, shoulders and feet. Served with*

**Pain free Tea & Tincture**

*Plus 10% off tea, Pain Free or PNW Pain Salve*

**Detox Trifecta** **\$112**

**Full Microcirculation, Detox Foot-Soak, Reg. Sauna Session**  
*Bio-hack or Detox Tea with Cilantro Tincture*

**Lymphatic Flow Jumpstart** **\$160**

*Start your service out in an Infrared Sauna Session with **Lymphatic Flow tea & tincture**. After slip into the powerful duo of **Lymphatic Facial + Microcirculation/Oxygen Therapy** Plus: **Lymphatic Support Elixir, Lymphatic Brush & Joy Centers Water Bottle***