



# Edgar Cayce's A.R.E.<sup>®</sup>

## Health Center & Spa

### *Massage, Bodywork, and Energy Work*

Cayce/Reilly <sup>®</sup> Massage, 1 hour	\$110
Cayce/Reilly <sup>®</sup> Massage, 1½ hours	\$135
CranioSacral or Foot Reflexology or Reiki, 1 hour	\$110
CranioSacral, 1½ hour	\$135
Foot Reflexology, 1/2 hours	\$70
Deep Tissue /Sports Massage, 1 hour	\$120
Deep Tissue /Sports Massage, 1½ hours	\$145
Acupressure, 1 hour	\$120
Acupressure, 1½ hours	\$145
Manual Lymph Drainage, 1 hour	\$120
Manual Lymph Drainage, 1½ hours	\$145
Donna Eden Energy Chakra Balancing, 1 hour	\$110
Donna Eden Energy Assessment, 1 ½ hours-Initial	\$130
Classic Facial with Foot Massage, 45 min.	\$105
Classic Back Facial with Foot Massage, 45 min.	\$110
Sound Therapy, 1 hour	\$120
AlphaSphere Deluxe Sensory Space, 30 min.	\$45
AlphaSphere Deluxe Sensory Space, 1 hour	\$70

### *Hydrotherapy Treatment*

Colon Hydrotherapy (Colonic), 1 hour	\$125
Castor Oil Pack, 1 hour	\$75
Cayce Remedy Pack: Potato, Turpentine, or Glyco-Thymoline, ½ hour	\$65
Epsom Salts Bath, 1 hour	\$90
Steam/Fume Bath, ½ hour	\$65
Cayce Salt Scrub, 45 min.	\$105

A.R.E. members receive a discount on select services.

Book your appointment at [AREHealth.org](http://AREHealth.org) or call 757-457-7202



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### *Holistic Clinical Work*

Initial Chiropractic	\$140
Deluxe Chiropractic	\$140
Standard Chiropractic	\$60
Basic Chiropractic	\$45
Counseling—Personal or Spiritual, 1 hour	\$130
Integrative Dreamworks, 80 min.	\$150
Depth Dreamwork and Integration with Holistic Psychologist (Zoom) 80 min.	\$150
Holistic Fertility Treatment, 90 min. initial	\$150
Holistic Fertility Treatment, 90 min. follow-up	\$135
Personal Consultation with Holistic Psychologist (Zoom) 80 min.	\$150
Hypnotherapy, 1½ hours initial	\$160
Hypnotherapy, 1 hour follow-up	\$130
Restorative Breathwork, 1½ hours	\$140
Restorative Breathwork, 1 hour follow-up	\$120
Spiritual Life Counseling by phone, 1 hour	\$125
Personal Counseling by phone, 1 hour (follow-up only)	\$125
Cayce Health Consult, 20 min.	\$90

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### *Packages*

<b>Combo:</b> 1½ hr. Massage/Acupressure, Massage/Facial, Steam/Massage, Steam/Scrub, or Craniosacral/Massage	\$155
<b>Express Spa:</b> 2-hr. Revive and Relax package Castor Oil Pack, ½ hr. Foot Reflexology, and 1 hr. of your choice of Massage, CranioSacral, or Colon Hydrotherapy	\$240
<b>Clinical Package:</b> 2½ hrs. with choice of Breathwork or Hypnotherapy, plus choice of Personal or Spiritual Counseling	\$240
<b>Half-Day Spa Packages,</b> 4 hours each	\$400

All gift cards must be presented at check-in.  
Credit card information is required when booking your  
appointment(s).

A 40% missed appointment fee is charged without 24-hour  
notice of cancellation or change to the appointment.

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