

LifeWellness Center Price List (2018)

ITEM	DESCRIPTION	PRICE
Wholistic Wellness Consultation & Quantum Analysis -	Using Tanita Body Composition Analysis and Quantum Bi-Scan helps in identifying body composition as well as dis-ease tendencies and recommend wholistic wellness solution	GH¢250.00
3-Day Foundation Therapy	LifeWellness Foundation Therapy (LFT) is one of our flagship protocol. It effectively detoxifies the Colon, Kidney, Liver & Spleen (CKLS) The process includes a therapeutic massage, an oil pack remedy and colon cleanse and juice therapy. Client's also go through a mental, emotional and energy and wisdom system realignment during the initial 1 hour health assessment	GH¢1,100.00
5 Day CKLS Detoxification	LifeWellness Foundation therapy is our flagship protocol. It effectively detoxifies the Colon, Kidney, Liver & Spleen (CKLS) The process includes a therapeutic massage, an oil pack remedy and colon cleanse and juice therapy. Client's also go through a mental, emotional and energy and wisdom system realignment during the initial 1 hour health assessment	GH¢400.00
21 Days Raw Food Challenge (21D RFC) (Client Provides Own Resources)	LifeWellness Foundation therapy is our flagship protocol. It effectively detoxifies the Colon, Kidney, Liver & Spleen (CKLS) The process includes a therapeutic massage, an oil pack remedy and colon cleanse and juice therapy. Client's also go through a mental, emotional and energy and wisdom system realignment during the initial 1 hour health assessment	GH¢300.00
Aqua Chi Foot Detoxification	The Aqua-Chi Model 5400 Foot Bath combines the life-giving properties of water with a specialized bioelectric charge, which enhances and amplifies the body's ability to heal. Dramatically increase energy levels and help detoxify your body with the Aqua Chi foot bath. The negative ions created during a session are similar to those found in hot springs and other naturally charged water sources known to be beneficial to the body.	Ghs50.00
Nutritional Therapy	Eating according to your body's nutritional needs is vital in maintaining optimal health. Assess your eating lifestyle and structure an eating lifestyle that is suitable to your tastes and healthy for your body.	GH¢100.00
Meditation Therapy	Partaking of a moment in silence to align the mental, physical, emotional and spiritual bodies is the essence of meditation. Learn the techniques to use this method of stress relief and faculty rejuvenation in an instant no matter the circumstances you find yourself in.	GH¢50.00
Chakra Balancing	This energy healing technique aligns the seven major energy openings of the body. Rejuvenate your sexual desire, your sense of security, your ability to love, your spiritual connections, your intuition, and your courage and elevate to your higher self. Sessions are fully clothed.	Ghs100/1hr
Crystal Therapy	This body regeneration technique uses the healing energy properties of crystals and stones to align the energy of the internal organs and the mental faculties to assist the body in cleansing and organ	Ghs100/1hr
Neuro Linguistic Programming (NLP)	Would it help you to understand why your life is the way it is and you're not getting what you want? Gain powerful insights into how your upbringing and experiences have created beliefs and habits which may be preventing you from the life of abundance and joy you desire. Overcome fears, limiting beliefs and patterns through awareness of the root causes of negative emotions such as guilt, shame, sadness and anger.	Ghs200/1hr
Pranic Healing	A full body energetic cleansing that assists the client in releasing stagnation in the energy body, mental faculties and rid the system of emotional debris. Sessions are fully clothed.	Ghs 30(30-45 Mins)
Psychotherapy & EMDR Therapy	Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. EMDR is a one-on-one form of psychotherapy that is designed to reduce trauma-related stress, anxiety, and depression symptoms associated with posttraumatic stress disorder (PTSD) and to improve overall mental health functioning.	Ghs200/1hr

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Aromatherapy	The link between the nasal passage and the body nerve endings of the brain stimulated by the sense of smell has been used for thousands of years in Africa. Experience the healing power of therapeutic sensualism to strengthen the body, relax the mind and learn the power of breath.	120ghc
Reflexology	Hand and foot acupressure that focuses on stimulating the nerve endings of the external organs for a more free flowing function of the specific organ targeted. Reflexology improves organ function and releases toxins in the prospective areas.	Ghs 80/1hr
Range of Motion Assessment	Is used to determine the functional range of motion. ROM engages specific muscle groups and joint structures involved in that motion to determine functionality and includes both passive and active ROM to determine the severity of the trauma.	Ghs 100/1hr
Chair Massage	Is massage where the client is sitting on a massage chair or a chair without arms. Chair massage allows the therapist to work on the client head, neck, back and arms. Chair massage is well suited for confined spaces, events, and corporate offices.	Ghs 50/30 Mins
Infant Massage	Help the baby to relax and sleep, positively affects infant hormones that control stress and reduce crying.	Ghs 80/30 Mins
Lymphatic Drainage Massage	Uses external massage strokes to move fluids out of body tissues and into the lymphatic system. LDM mimics the lymphatic system, employing repetitive strokes at a precise speed, rhythm, and pressure. LDM stimulates the immune system because it helps move stagnant tissue fluid out of the tissues and into lymphatic vessels where it is transported through the lymph nodes and purified by lymphocytes. When performing LDM, the therapist moves the clients skin in different directions: lengthwise, horizontally, and diagonally. These movements, which stretch the microfilaments just below the skin that control the openings to the initial lymphatics, allowing fluid to enter the lymphatic system while stimulating the lymph vessels to contract. Interstitial fluid is the solution that bathes and surround the body's cells. LDM is very relaxing, reduces edema, improves fluid flow, and helps to return the nervous system to a state of homeostasis (balance).	Ghs 220/1hr
Oncology Massage	Oncology massage is the modification of existing massage therapies techniques in order to safely work with complications of cancer and cancer treatment. Anyone who has ever received cancer treatment, from those in active treatment to those in recovery or survivorship, as well as those at the end of life, are best served by a massage therapist who has received training in oncology massage.	Ghs 200/1hr
Prenatal Massage	Can be used during pregnancy, labor and post partum. Massage can be done in a massage chair as the woman gets in her second trimester up to the third. Massage can help with reducing stress, promoting relaxation, supporting flexibility of joints and muscles. It will also help to ease the discomforts of pregnancy as well.	Ghs 150/1hr
Sports Massage	Combination of deep swedish massage and other strokes specific to sports massage such as rhythmic compression, pin-and-stretch, and active release.	Ghs 150/1hr
Hot Stone Massage	is specialty massage where the therapist uses heated stones as an extension of their own hands, or by placing them on the body. The heat can be both relaxing and help warm up tight muscles. Helps stimulate deeper relaxation.	Ghs 150/1hr
Therapeutic Massage	A full body therapeutic touch session designed to relax the muscles, regenerate the nerves, facilitate toxins release and ease mental, physical and emotional stress. Undress to the level of comfort.	Ghs 120/1hr