Acupuncture Treatments

An ancient medical practice suited for today’s world to reduce acute and chronic pain while improving function. Treatments include acupuncture, cupping, acupressure massage, gua sha, moxibustion, electro-stimulation, nutritional counseling and herbal medicine.

60 Minute $85 • 90 Minute Initial Consultation $125

Acupuncture for Pain Relief
Reduce pain and increase function by pinpointing blocked energies in sore and injured soft tissue. Improvements in blood circulation treat injuries, tight joints, sciatica, headaches/migraines, TMJ and neuropathies.

Acupuncture for Chronic Conditions
In addition to relieving – or eliminating – pain, the energy moving qualities of Acupuncture allow it to treat a wide variety of other conditions, including poor digestion, headache, insomnia, low energy, lack of concentration, depression, chronic inflammation and cancer/stroke recovery.

Acupuncture for Stress & Anxiety Reduction  45 Minute $55
By stimulating the release of natural opioids, acupuncture calms the feelings of stress that put us in the uncomfortable fight or flight mode. This treatment relaxes and releases pent up energies accumulated by negative emotions.

Facial Rejuvenation Acupuncture  10-90 Min Sessions $135 each
A gentle, natural approach to younger-looking skin, cosmetic acupuncture enlivens the face much like it improves the rest of the body. Mei Zen – “beautiful look” – applies extra-fine needles to stimulate blood flow around the eyes, nose, ears, mouth and cheekbones, reducing muscle tension and strengthening the underlying tissue. Over the 10 treatments, you’ll notice softer lines, increased luster and an overall skin tightening.

Dynamic Cupping Release  30 Min $55 • 60 Min $85
Because of its widespread use by Olympic swimmers, cupping is more popular than ever. This suction technique releases muscle tension and joint pain by breaking up soft-tissue adhesions and attracting blood flow. Cupping is useful for reducing fevers and lung congestion in cases of cold, asthma, flu and bronchitis.

B-12 & Homeopathic Injections $25 & $35/shot
B-12 is a highly absorbable form of this important B-vitamin most often used to promote energy and healthy nerve cells. Helpful for fatigue, neuropathies and mental focus. Homeopathic injectables are natural and come in many forms to treat joint and muscle pain, weight loss, edema, allergies, immune deficiency and shingles.

Four Pillars Self-Care Commitment Club
Choose any of our four different combination packages, auto-pay as many services as you like per month, and enjoy a 20% discount on our regular pricing. The payments will post on the 1st of each month so that the account balance will be available for your service any day of the month.

They do not expire and can be carried forward.

We offer many natural wellness choices: massage, facials, acupuncture, reiki, reflexology, life and nutrition coaching. This is a great way to take care of yourself on a consistent basis and achieve the full benefits of regular appointments.

Participation is a 6 month minimum. Purchase 12 months and receive your 13th month free! Additional services may also be purchased at a 20% discount for club members.

Appointments recommended please arrive 10 minutes prior to your treatment. Walk-ins welcome based on availability.

In addition to Wellness Spa Services, we offer:
• Yoga Studio  • Hypnosis, EFT, & NLP  • Life Coaching
• Nutrition & Wellness Coaching  • Inspirational Bookstore
• Workshops & Custom Group Events  • Wedding Wellness Services

Bring balance to your Four Pillars -

Website: www.fourpillarsflorida.com

San Marco Plaza - 8209 Natures Way
Suite 221 Wellness Spa - Suite 203 Yoga Studio
Lakewood Ranch, FL 34202
941.373.3955

Four Pillars Mind, Body, Spirit and Social Connection
Learn
Relax
Energize
Reinvent

Veterans and first responders receive a 20% discount every day

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**Massage Therapy**

- **Hawaiian Lomi** 60 Minute $100 • 90 Minute $140
  Lomi is a traditional Hawaiian massage using a combination of massage techniques, coconut oil, hot stones and elements of prayer and breathing to restore energy and soothe the body, mind and spirit. Also known as the ‘loving hands’ massage it can feel like gentle waves flowing over your body promoting circulation and relaxation.

- **Sacred Flow** 120 Minute $165
  A unique, nurturing two-hour experience personalized for each client. Enjoy a full body massage with a harmonious, flowing technique that connects the mind, body and spirit. Deep relaxation and pampering await you in Kate’s Sacred Flow massage.

- **Thai** 60 Minute $100 • 90 Minute $140
  Thai massage is an ancient art of whole body rejuvenation based on Buddhist principles of mindfulness and “loving kindness”. It combines broad and targeted acupressure, stimulation and manipulation of energy lines called sen, and assisted yoga postures. It stretches and loosens tightened muscles, releases tension and relieves joints.

- **Hot Stone** 60 Minute $100 • 90 Minute $140
  Heated smooth stones are placed over key points of the body and then used to warm and relax the muscles. Hot stones help to promote relaxation, improve circulation, calm the nervous system, and help to re-balance and ground the body and mind.

- **Himalayan Salt Hot Stone** 60 Minute $100 • 90 Minute $140
  Specially shaped Himalayan salt “stones” are heated to provide a unique therapeutic massage that offers salt’s healing benefits during a massage. Salt exfoliates, reduces inflammation, and replenishes trace minerals in the body.

- **Medical Massage** 60 Minute $100 • 90 Minute $140
  Medical Massage is designed to treat acute or chronic pain conditions in the body. An experienced massage therapist will use a combination of massage techniques to treat conditions such as frozen shoulder, sciatic nerve pain, sports injuries, TMJ syndrome, headaches, or piriformis muscle syndrome.

- **Signature Therapeutic**
  60 Minute $85 • 90 Minute $125 • 120 Minute $165
  A massage customized to suit your needs whether it be stress relief, pain relief or simply relaxation. Our therapists use techniques ranging from Swedish to deep tissue and stretching to relieve tension in the muscle and connective tissue.

- **Reflexology** 30 Minute $55 • 60 Minute $85
  Reflexology is a technique of appropriate pressure to specific reflex points on the hands and feet that correspond with different organs in the body. This treatment can be incorporated into any other massage and is an excellent method to promote overall good health.

  *Add cupping to a massage session* $15.
  *Couples Massage and Pregnancy Massage are also available.*

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**Energy Treatments**

- **Mind/Body Balancing with Dell**
  90 Minute $150 • 3 Sessions $135 each
  This Session, led by a practitioner with over 30 years of experience, will begin with a personal consultation to determine how to best address your needs. Dell has an integrative approach to the body. The session includes a selection of Trigger, Zero Balancing, Craniosacral Therapy, Karuna Reiki and Thai Massage. Rebalancing the mind and body’s innate wisdom to heal itself is the intention and focus for each session. You will leave feeling balanced and relieved of physical and emotional tension.

- **Reiki** 60 Minute $85 • 90 Minute $125
  Reiki healing allows the flow of pure, gentle, life force energy to the recipient through the attuned Reiki practitioner. It allows deep relaxation, accelerates natural healing, decreases blood pressure, aids in better sleep, relieves pain, removes energy blockages, clears emotions, and increases our natural vitality.

- **Chakra Balancing** 60 Minute $85 • 90 Minute $125
  Life force energy flows through the top of the head nurturing us with 7 distinct kinds of energy that contribute to physical, mental and emotional strength. Persistent life difficulties and patterns become anchored in the body and block the natural flow of energy. Blockages are cleared utilizing reiki, stones, aromatherapy, guided visualization, and pendulum testing leaving your mind, body, and spirit open and well-connected.

- **SPHE-RE** 60 Minute $85 • 90 Minute $125
  SPHE-RE for Sacred Peace Healing Energy is a new healing modality developed by Western reiki practitioners which will help you to release any physical, emotional, mental or spiritual blockages by channeling a high positive & peaceful vibration. This energy will go where it is needed for your own personal well-being and growth, allowing you to RE connect with your truth and RE store your balance. Increase your vibration with SPHE-RE for more Love, Peace and Joy in your life.

- **AromaTouch** 45 Minute $55
  DoTerra AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help stimulate and balance sympathetic and para-sympathetic nervous systems of the body.

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**Facials and Skin Care**

Four Pillars offers luxury facials and extensive skin care treatment options including:

- **Four Pillars Signature Anti-Aging HydraFacial Microdermabrasion Facial**
- **Dermaplaning European Galvanic Facial with Stem Cells**
- **Acne Clarity Treatment**
- **PCA Chemical Peels**
- **Light Micro-needling Full Face**
- **Dermaplaning**
- **European Galvanic Facial**
- **Men’s Executive Facial**
- **Teen facial**

Please see a complete list of services, descriptions and pricing in our Facials brochure.

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**Gift cards** are available for purchase in our store and on our website.

*DoTerra essential oils integrated in most services for aromatherapy, health, and wellness benefits.*

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**Packages**

- **Select any 3 $85 services from any category**
  $216 ($72 each) $68 (FPSCC)

- **Select any 3 $100 specialty services**
  $255 ($85 each) $80 (FPSCC)

- **Select any 3 $125 services**
  $315 ($105 each) $100 (FPSCC)

- **Select any 3 $140 specialty services**
  $360 ($120 each) $112 (FPSCC)

- **Select any 3 $165 specialty services**
  $420 ($140 each) $132 (FPSCC)

Account credits or add ons available for selections in other packages.