



Presence of WELLNESS
*List of Integrative & Complementary
Services & Pricing*

Holistic Health Consultation - An initial consultation is recommended to assess your health, to address health maintenance issues, to find a sensible means to improve your health and to help to alleviate long term health issues.

First Visit includes: One 1.5 hour initial consultation and two 45 minute follow-up sessions. \$250

Follow-up Visits \$75 per hour
\$40 per ½ hour

What to Expect

Your first intake includes a review of forms and questionnaire, discussion of your personal goals or health issues that you particularly wish to address. Initial recommendations may or may not be given at this point.

A personalized Holistic program will be prepared and discussed in depth. This lifestyle plan will be specific to your body type and personal goals. Appropriate Holistic lifestyle guidance, including nutritional guidance, yoga, pranayama (breath work) and meditation practices designed to begin to restore balance to the body and mind.

Note: Fee does not include the cost of herbs or other therapies.

All intake forms must be completed and returned prior to your consultation.

Foot Massage (Reflexology) Essential Oils and Aromatherapy Blends are used on different Pressure Points of the feet, ankles and legs to release blocked energy and pain. Reflexology is very beneficial for emotional and physical trauma, and relaxing sore muscles, it aids the movement of CHI or Prana in the body. As well, Reflexology is a rejuvenating experience that aids the circulation of blood and lymph in the 'nadis' of the body. The natural therapy is great for those recovering from neuropathy, lymph issues and post-op surgery. **\$70**

Foot Reflexology combined with hot paraffin hand treatment. **\$80**

Foot Reflexology with 30 minute Shirodhara treatment. **\$100** (1-1/2 hr)

Full Body Abhyanga Treatment Full Head and Full Body Detox ~ relax and rejuvenate your immune system and balance your body and mind with a rhythmic full-body application of warm herbalized oils blended for your body type. This treatment balances the chi energy or Prana in the body beneficial for those suffering from constipation, muscular and joint stiffness, and sore muscles. Leads to better circulation, benefits those with skin disorders, anti-aging, and rejuvenating for those recovering from illnesses. **\$90**



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Ear Candling: Is Natural and Non-invasive which is based on an ancient technique that dates back as far as Biblical times, when hollow reeds from swamp areas were utilized as candles. Now, hollow candles are used and the burning candle acts like a chimney and draws from the ear. The drawing effect plus the warmth of the candle starts the wax moving again and circulation returns to the head area. When excess ear wax builds up, energy becomes blocked in the head and one may develop stuffed sinuses, sinusitis, headaches, earaches, dizziness, some hearing loss, sore throats, allergies or upper respiratory infections. The buildup can cause the energy flow to diminish and pain or discomfort ensues. This natural and non-invasive process takes about 20 minutes and will leave you relaxed and relieved. \$50 45 minutes session.

Bio Mat Amethyst Therapy: Lie on the full-length Bio Mat Professional and you will instantly feel the warmth of the infrared rays deeply penetrating your body as the negative ions deliver healing signals to every cell in your body. Because the Bio Mats unique technology penetrates at the cellular level, it is capable of addressing a wide range of health issues.

As well as providing relief from muscle and joint pain, the Bio Mat can also speed the repair and regeneration of these areas in the body. The Bio Mat also regulates the body's immune, endocrine, lymphatic and nervous systems, delivering a wealth of **health benefits**, including: improved cardiovascular strength; resilience to disease; deeper, more refreshing sleep; cellular detoxification; increased energy and focus; and more. \$50 per 45 minute session.

Shirodhara: In Ayurvedic medicine, Shirodhara is designed to relax the body and open the third eye. It is used to treat a range of skin conditions, along with eye problems, stress, insomnia, memory loss, and graying hair. A wide range of liquids can be used, depending on the body type of the patient; oils are common, but milk, buttermilk, and water can be used as well. Frequently, the liquid will be infused with herbs which are tailored to the client. Benefits of Shirodhara:

- Ultimate mental and emotional relaxation therapy
- Beneficial for many diseases connected with the head, neck, eyes, ears, nose and throat
- Beneficial for many diseases of the nervous system like nerve disorders, facial palsy, paralysis and ptosis (drooping) of the eyelids.
- Beneficial for curing long standing insomnia and schizophrenia
- Beneficial for fits in epilepsy when used in conjunction with other medicines
- Prevents hair lose, premature graying and cracking of hair
- Relieves headache and burning sensation of the head
- Nourishes and rejuvenates the body
- Stimulates the nervous system giving sturdiness to the body

Shirodhara One hour treatment: \$80

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Stress Management Consultation Natural medicine understood stress to be the cause of all disease some 5000 years ago while it has been only recently that this concept has attained Western medical acceptance. Natural doctors also knew that this stress, be it mental, physical or emotional, would lodge toxins deeply into the tissues. Most diseases are prefaced with a list of common stressors that would likely cause a specific disease. In this case, the words anxiety, terror and fear come close to describing the stressful state many of us currently experience.

We live in an unprecedented time of excess. Our nervous systems are incessantly pushed to and beyond our limits. In nature, life is peaceful and calm. In our cities life is anything but. The stress we put on ourselves has stripped the peace and calm out of our cells and left them in a constant state of emergency (sympathetic dominance). The autonomic nervous system which includes the sympathetic and parasympathetic nervous systems are directly responsible for the regulation of the heartbeat. 1.5 hr initial consult with additional ½ hr follow-up **\$175**

Yoga and Breath work. Yoga and Ayurveda are complementary sciences and systems, stemming from the same philosophical and historic teachings. Ayurvedic Yoga is personalized for your body type and current body balance and imbalances, addressing imbalances of body, mind and spirit. The practice will include healing pranayama (breath work) and appropriate meditation and focus techniques to calm and steady your nervous system. Excellent for addressing stress related health issues. 1-1/4 hr session **\$80.**

Short Home Cleanse One of the best cleanses that can be done any time of year is this 4 day Short Home Cleanse. Detoxification is a natural and essential process that we go through every day, every month and every year. In nature there is an opportunity for detox with every season and even during each day. So don't miss an opportunity to detox.

Now, more than ever, we must take advantage and maximize the body's detoxification pathways because of the toxic world we live in. In nature we plainly see daily and seasonal cycles that support the survival of plants and animals. For example, birds fly south, whales migrate, and leaves turn red and fall off the trees in the fall. While all this is happening, we only put on or take off a sweater. Our survival, just like the birds, depends on being connected to these natural cycles through eating seasonally, cleansing regularly and living in harmony with nature. **\$150**

Daily Routine (Dinacharya) Ayurveda recommends the below daily routine to maintain a youthful body and a clear mind. Even if you are not able to maintain this routine every day, you can do the activities that bring you the most benefit, or focus on the full routine on the weekends, during times of stress or sickness, or during seasonal cleanse 1.5 hr **\$150** (*Includes the following tools to take home: Tongue cleaner, neti pot, and oil.*)



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Eating Ayurveda - Ayurveda can provide great insight about which foods will suit and balance you according to your constitution, dosha (functional body type) imbalance, and season. Ayurvedic cuisine is unique for its emphasis on making sure each dish is cooked and spiced so as to achieve maximum digestibility to avoid the formation of toxins (which is a result of improperly digested food). Learn the principles of Ayurveda as they apply to your diet and learn simple foods that are healthful for your unique body type. **\$150**

Seasonal Monofast detox. Call for details.

Nutritional Guidance and Cooking Classes

Have you ever wondered what a vegetarian eats? Does your family refuse to eat vegetables because they don't like the taste? Does your body feel congested, sluggish, or inflamed? Are you just flat out confused about all the dietary information in magazines, books and the guidelines provided by the government? Let us help. Learn what real food is and learn how to prepare it simply and deliciously. Learn how to balance your body energetically and physically using the principals of Ayurveda in your cooking and establish healthy eating patterns that you can maintain for life.

Pantry Clean-up See what is really in your kitchen! We will go through your pantry and refrigerator and evaluate what you are eating and cooking. Do you read food labels? Ever wonder what to look for on those labels? Do you wonder what real food is?

Grocery Guidance Let's take a trip to your favorite grocery store together. Do you wonder what to buy and why? What exactly do the words healthy, natural and organic mean? What should you always buy organically? Let me show you how to separate the good from the bad and how to evaluate and avoid the perceived high cost of eating healthy.

Cooking Classes - Private cooking lessons in your home or with a group of your best and most curious friends. Offerings include:

- **Seasonal Soups** Love the smell of a pot of soup simmering on the stove? Do you have no idea where to begin? Learn to make the healthful soups to nourish and soothe your body and soul.
- **Sides and Salads** Do you want to learn to make salads and vegetable side dishes that your family will actually eat and enjoy? Learn to "amp" up the taste of vegetables and make interesting and delicious salads and vegetable side dishes.
- **Vegetarian Gourmet** Want to wow your friends and family with a full-flavored, gourmet vegetarian feast? Learn to prepare a full gourmet vegetarian meal, including salad, appetizer and main dish. (Extended session).



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- **Exploring Grains and Dried Beans** Grains and beans should be at the foundation of every healthy diet. Full of protein and fiber, low in fat and low in cost, these foods can be the part of many healthy menus. Learn the basics of preparing whole grains, rice's and legumes that will nourish your family and make them forget about meat.
- **Eating for the Season** Want to feel warm in the winter? Need to learn how to cool down in the summertime? Does your body or mind feel inflamed? Do you feel ungrounded? Learn to use food as a tool to address the changes the seasons can cause in your physical, emotional and mental state of being. Classes will address the current season and the Ayurvedic principles governing the season and the foods most appropriate for that time of year.
- **Eating Ayurveda** - Ayurveda can provide great insight about which foods will suit and balance you according to your constitution, doshas (functional body type) imbalance, and season. Ayurvedic cuisine is unique for its emphasis on making sure each dish is cooked and spiced so as to achieve maximum digestibility to avoid the formation of toxins (which is a result of improperly digested food). Learn the principles of Ayurveda as they apply to your diet and learn simple foods that are healthful for your unique body type. (This service combines well with a full Ayurvedic intake).

Pricing for Cooking and Nutrition Classes:

1 or 2 students: \$300

3 students: \$350

4 students \$400

GROCERIES: Students will be sent a detailed shopping list prior to class so they will have the necessary groceries on hand. If you would prefer the groceries to be delivered, an additional \$100 plus the cost of groceries will be incurred.