

Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

Physician Services

Physician Evaluation & Treatment
Osteopathic Manipulation • Pain Blocks • Injections
Electrodiagnostic Testing (EMG)
Physical & Manual Therapy • Advanced Aqua Healing
Pain Management & Recovery



Specialty Treatments

- Structural & Functional Screen** \$15
(Includes free mini treatment)
A way to discover key physical or functional barriers to wellness with a free mini treatment to overcome those barriers.
- Manual Medicine Treatment** \$55
Evaluation and treatment with pressure point release applied to ease pain and disability. 30 minutes.
- Physical Therapy Treatment** \$55
Evaluation and treatment with pressure point release applied to ease pain and disability. 30 minutes.
- Percussion Treatment** \$20
This quick, but effective, treatment uses a percussion instrument to release the adrenal glands to reduce tension and renew your energy! -- Naturally, with drug-free results!
About 10 Minutes.
- Thoracic Pump Treatment** \$6
Stimulates the immune system to help shorten or even prevent infection.
3 treatments \$15
Unlimited -- 1 calendar month \$45
- Watsu Water Therapy** \$120
Powerful warm water relaxation therapy. Feel brand new after one session. Decrease pain & anxiety. 60 Minutes.
- Advanced Aqua Healing** \$196
(with physician and therapist)
Treatment in the water with a physician and a manual therapist to find the position of ease where stress and tension can "blow off."
20 minutes.
- Aqua Healing** \$90
(with therapist)
Treatment in the water with a manual therapist.
30 minutes.
- Healing Circle** \$49
(adults & children 12 and over)
Quick hands-on treatment with the doctor and a therapist.
- Children's Clinic**
Quick hands-on treatment with the doctor and a therapist to release key areas of tension causing pain. First Monday of each month.
6-11 years old \$25
0-5 years old Free

Massage

Not just a regular massage . . .
Each of our massage therapists has 6-20 years of experience and specialized training by Dr Keith Barbour which allows them to locate the root of a problem and work it out from there.

Therapeutic Massage

Increases circulation, strengthens the immune system, relieves muscle tension and stiffness, and reduces stress.

90 Minutes	\$90
60 Minutes	\$70
30 Minutes	\$45

Renewal & Lymphatic Massage

Stimulates the immune system and relieves stress from the body. 60 minutes.

Sports Massage

Enhances sports performance and recuperation. Fosters faster healing of strained muscles. 60 Minutes.



Aquatic Center

- Infinite Pool** \$7
The Infinite Pool is adjustable to any skill level - from beginner swimmers to world-class athletes. Or improve tone, strength, and flexibility with water exercises. 20 minutes.
- Sauna** \$8
Our infrared sauna is a key component to detoxifying your system. 30 minutes.
- Whirlpool** \$3
Enjoy the swirling water and therapeutic jets in our Hot Tub. 10 minutes.
- Aqua Pass** \$15
A one-hour package for a combined spa experience. Includes a total of one hour use of pool, hot tub, and sauna.
- Bring a Friend** \$10
An additional Aqua Pass for a friend to join you. Maximum 4 friends. One hour. Price is for each person.



Build Your Own Package!

Buy any 5 services and receive 10% off
Buy any 10 services and receive 20% off

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