



## Holistic Health Appointments

MEMBER APPOINTMENT	BENEFITS:
<ul style="list-style-type: none"> <li>● <b>Monthly fee: \$149/mo for 12 months</b></li> <li>● <b>Each appointment \$49</b> <ul style="list-style-type: none"> <li>- <i>Appts are booked as often as needed</i></li> <li>- <i>All appointments are virtual</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● <b>Each appointment includes:</b> Urine analysis, facial analysis, &amp; virtual nutritional assessment with remote testing</li> <li>● <b>Membership includes:</b> <ul style="list-style-type: none"> <li>- Access to Vanessa during clinic hours &amp; all follow-up questions answered</li> <li>- In-Person Appointments*</li> <li>- Access to Shape Reclaimed program with complimentary initial visit</li> <li>- 50% off Holistic Healing Retreat</li> <li>- <i>The appointment fee of \$49 also applies your immediate family members</i></li> </ul> </li> </ul> <p>*Vanessa will notify all members before traveling to Middleton. You will then have the option to meet in person if desired.</p>

NON-MEMBER APPOINTMENT	BENEFITS:
<ul style="list-style-type: none"> <li>● <b>\$199 per appointment</b> <ul style="list-style-type: none"> <li>- <i>All appointments are virtual</i></li> </ul> </li> </ul>	<p>A scheduled phone consultation to answer any questions, discuss any topic and receive an assessment with remote testing if desired.</p> <ul style="list-style-type: none"> <li>● <b>Each assessment includes:</b> Facial analysis, &amp; virtual nutritional assessment with remote testing. <ul style="list-style-type: none"> <li>- <i>There is no email or phone communication following the appointment. All questions will need to be addressed during your next appointment.</i></li> </ul> </li> </ul>

CONCIERGE WELLNESS CARE	BENEFITS:
<ul style="list-style-type: none"> <li>• <b>\$10,000 per year</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Each appointment includes:</b> Urine analysis, facial analysis, &amp; virtual nutritional assessment with remote testing</li> <li>• <b>Membership includes:</b> <ul style="list-style-type: none"> <li>- Access to Vanessa 24 hours per day, 7 days per week. You will have her personal cell phone</li> <li>- Unlimited appointments</li> <li>- 1 Complimentary Holistic Healing Retreat</li> <li>- 1 In-Person appointment per month in Rhinelander, if desired</li> <li>- In-Person appointments in Middleton when Vanessa is in town</li> </ul> </li> </ul>

SHAPE RECLAIMED	BENEFITS:
<ul style="list-style-type: none"> <li>• <b>Initial Appointment: \$199</b></li> <li>• <b>Follow-up Appointment: \$49</b></li> </ul>	<p>Shape Reclaimed is a six-week personalized program that helps shed unwanted weight &amp; inflammation. The uniqueness is twofold: The accompanying homeopathic allows the body to flush, faster than one can achieve with diet alone, and the program will help to restabilize your set point as to help not gain anything back long-term.</p> <ul style="list-style-type: none"> <li>• <b>Each appointment includes:</b> Urine analysis, weight, diet/lifestyle recommendations</li> </ul>

# RETREATS

## HOLISTIC HEALING

**\$1,000/person**

***Come get pampered. Leave feeling renewed.***

*A personalized holistic healing retreat*

*A 3-day, 3-night all-inclusive healing retreat. Mornings start with a gratitude practice, meditation, and gentle yoga. Each day for one hour you'll be connected to PEMF frequencies that will tonify all organs and meridians in the body. At the same time you'll be listening to binaural beats that will help change subconscious programming of negative thoughts.*

*Outside of the personalized sessions, you can relax by the water, walk in nature or explore the lake via boat. Expect to experience more joy, enhanced relaxation and feel thoroughly grounded by the time you leave.*

*Three meals per day are provided. These are all organic and anti-inflammatory meals encompassing protein, veggies & fruit.*

***Whether you want to jumpstart your healing or rapidly accelerate your progress, this is the place!***

## YOGA

**\$400/person**

***Get grounded. Feel grateful.***

*A small group yoga & meditation retreat*

*A 2-day, 2-night all-inclusive yoga retreat. Start your day connecting with your breath! You'll have 4, semi-private, 90-min yoga & meditation classes. All classes are outside, surrounded by 7.5 acres of untouched forest. Vanessa teaches a vinyasa-style class fit for all levels. Mats, blocks, bolsters & blankets are provided. Come as you are.*

*Outside of yoga, you can relax by the water, walk in nature or explore the lake via boat.*

*Two meals per day are provided. These are all organic and anti-inflammatory meals encompassing protein, veggies & fruit.*



## **What's Included in Your Appointment**

### **Urine Analysis:**

Urine can tell us a lot – pH, cellular hydration, congestion within the liver or kidneys, blood sugar imbalances, immune challenges or digestive distress. By analyzing urine, we can determine if one of these imbalances is contributing to your dis-ease.

### **Facial Analysis:**

The face tells a story of past and current. By analyzing the face, we can link it directly with the findings from the muscle testing. It also allows us to determine if what you're experiencing is something new or a symptom of past patterning.

### **Remote Muscle Testing:**

#### ***Physical Stressors:***

Many external factors can have a direct impact on our health. We aim to rule out or confirm their stress on your body. Such physical & tangible stressors are: Food sensitivities, Pathogen overload including things like parasites, yeast & mold, Environmental Allergens, Heavy Metal Toxicity, Scars, Electromagnetic frequencies including 5g, Shedding from immune burdens or recent shots, gut-brain axis disconnect, neuroinflammation, such as a concussions, and injury recall or stored trauma.

#### ***Spiritual, Energetic & Emotional Stressors:***

Of course there are intangible external factors that could be affecting our healing. Such things in the spiritual realm include detrimental spirits or entities. There are energetic imbalances, such as the inability to ground, or detrimental cording to others. There's also the largest intangible thing called stress that creates internal imbalances in a variety of ways.

*All of these stressors are assessed at each visit. We cannot begin to support internal healing until we first handle the main stressor. Then, and only then, can the body truly repair itself.*

### **Welcome to OV**

***Health is not found in a pill, surgery or fancy diet.***

***It's the result of obtaining balance within. A harmonization of spirit, mind & body.***