

INFRARED SAUNA

Our private sauna uses infrared light that penetrates deep into the body, warming muscles and joints from within. Unlike traditional saunas, the dry heat offers an internal detoxifying effect while promoting healing and relaxation.

- Improve circulation
- Reduce inflammation
- Eliminate toxins
- Improve skin conditions like eczema and psoriasis
- Reduce stress and ease tension
- Increase metabolism
- Aid in weight loss

FUNCTIONAL DIAGNOSTIC NUTRITION

Functional Diagnostic Nutrition is a holistic approach that uses lab testing and personalized protocols to help restore balance and promote healing.

Call Brandi Holliday for a consult:
618-980-0436.

FLOAT THERAPY



Unwind like never before! The effortless experience of float therapy helps restore the body in numerous ways:

- **reduces inflammation**
- **increases dopamine and endorphin levels**
- **lowers cortisol**
- **promotes faster injury recovery**
- **reduces pain**
- **detoxes the body**
- **clears up skin irritations**
- **improves skin health**

HYDROTHERAPY BED

Slip off your shoes and sink into our Hydro Lounger, where you're in complete control. Our hydrotherapy bed mimics the soothing touch of a massage therapist's hands for a truly personalized experience.

- Improve pain
- Reduce stress & fatigue
- Relieve stiffness
- Enhance circulation
- Boost endorphins

IONIC FOOT DETOX

Submerge your feet in our soothing foot bath and let the ionizer harmonize with your body's natural frequencies. During this 30-minute treatment, it draws out toxins from your lymphatic system, liver, kidneys, bladder, fat, and other organs. Helping your body detoxify, renew, and refocus.

GRAZEFUL GATHERINGS CATERING

Candi Graves: 618-407-8503

COUNSELING

Private Pay or Insurance

Cognitive Behavioral Therapy, EMDR,
Acceptance and Commitment Therapy,
Marriage and Family, Solutions Focused,
Trauma Focused, Play Therapy
Techniques, Mindfulness, PTSD,
ADHD/Autism/Developmental
Disabilities.

MASSAGE THERAPY

Swedish, Ashiatsu Barefoot Massage,
Prenatal, Deep Tissue, Sports, Infant,
Trigger Point, Myofascial Release,
Diploma Osteopathic Manual Practice.

COACHING THE BODY SESSIONS

Combines mat-based bodywork, trigger
point therapy and neuroscience insights
to eliminate pain.

ESTHETICS WITH ERIN

Customized facials, Microderm, peels,
Micro needling, Waxing, Brow & Lash
services and more.

RENT OUR SPACE

Our beautifully designed
multipurpose room is available
for rent by the hour or day.
Perfect for wellness practitioners,
small group gatherings,
workshops, classes, wedding and
baby showers or fitness classes.

**Our mission is to educate and
empower individuals to become
the best version of themselves. We
proudly serve clients of all ages--
from children to seniors.**



www.renewmindbodywellness.com
to get more information or book services



Columbia, IL

216 W. Sandbank Rd, Suite 14
618-281-2307

www.renewmindbodywellness.com

renew mind and body wellness **services menu**

FLOATS

- 30-min float \$50
- 60-min float \$75
- 90-min float \$95
- First time float \$55
- Couples 30-min \$65
- Couples 60-min \$95

HYDROLOUNGER

- 30-min Hydrolounger \$40
- 15-min Hydrolounger \$25

SAUNA & FOOT DETOX

- 30-min Infrared Sauna \$40
- 30-min Foot Detox \$40

PACKAGES

- 3 Infrared Sauna/Foot Detox
\$105
- 6 Infrared Sauna/Foot Detox
\$195

MASSAGE SERVICES

- 30-min massage \$50
- 45-min massage \$75
- 60-min massage \$100
- 90 min-massage or bodywork
\$145

PHYSICAL THERAPY

DRY NEEDLING

- 60-min session \$75

NUMEROUS ESTHETICIAN SERVICES

PRACTITIONERS

Heidi Donald owner, LCSW

Brandi Holliday owner, LMT, FDN-P

Kristen Bruton, LMT

Kelsey Duernberger, LMT

Erin Ferguson, Licensed Esthetician

Dennis Frank, LMT

Jamie Mathews, LMT

Amber Redd, LMT

Michaela Tierce, LMT

Annette Woldanski, Body Work

Luke Buesch, PT

Candi Graves, Grazeul Gatherings

MEMBERSHIPS

- 30-Minute Renewal – \$35/mo
 - **One** 30-min *Renew Service** per **month**.
- 30-Minute Deluxe Renewal – \$180/mo
 - **Four** 30-min *Renew Services** per **month**.
- 60-Minute Float Refresh – \$60/mo
 - **One** 60-min float + **one** 30-min sauna or hydrolounge session per **month**
- 60-Minute Float Refresh Unlimited – \$280/mo
 - **Unlimited** 60-min floats + **one** 30-min sauna or hydrolounge session per **month**.

***INCLUDES FLOAT, HYDROBED,
FOOT DETOX AND SAUNA**