

Iridology / Nutritional Counseling

Literally translated, Iridology means the study of the coloration of the eye. Iridology can tell an individual if they have over or under activity in specific areas of the body. The iris reveals changing conditions of every part and organ of the body, with each being represented in the iris in a well-defined area. Within each area, an Iridologist can determine inherited weaknesses and strengths. Once the body has been assessed through Iridology, our certified counselors can then present an individualized nutritional guideline including dietary changes and natural forms of supplementation.

Creative Health has Nutritional Counselors available to assist you on your way to optimal health.

Terry Hall-Hines:

First visit: \$95 Follow-up: \$45
2 people in the same household: \$135

Alison Lively:

First visit: \$95 Follow-up: \$45
2 people in the same household: \$135

Alicia Hall:

First visit: \$95 Follow-up: \$45
2 people in the same household: \$135

Colon Hydrotherapy

Colon Hydrotherapy is a safe, effective, method of removing waste from the large intestine. By introducing filtered and temperature-regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated several times during a session.

Cost: 1- \$80 3- \$215,
6- \$400 10- \$600

**Betsy Exton, MA,
Certified Colon Hydrotherapist**

Massage Therapy

Massage Therapy is a hands-on manipulation of the soft tissue and joints of the body. The soft tissues include muscle, skin, tendons and associated fascia, ligaments and joint capsules. The therapeutic use of massage by a registered massage therapist affects all the systems of the body – in particular, the muscular, circulatory, lymphatic (immune) and nervous systems.

*Swedish/Deep Tissue•Cupping
Massage•Hot Stone Massage
Raindrop Technique•
Parafin Wax Treatments*

**Joni Durham, LMT
(864) 906-1063**

30 minutes- \$50

60 minutes- \$70

75 minutes- \$85

90 minutes- \$100

Hot Stone- 75 minutes (\$95)

90 minutes (\$110)

Acupuncture/Chinese Medicine

Acupuncture has been around for the past 5,000 years. It has helped millions of people move from a place of pain and discomfort to a place of well-being.

**Amber Addison, L.Ac., Dipl. Ac.
(NCCAOM)**

Cupping, gua sha, tui na, Chinese medicinal herbs, and dietary therapy

Initial Visit: \$120.00

Follow-up: \$80.00

Smoking cessation packages available

Creative Health & Herbal Nutrition

14 S. Main Street Greenville, SC 29601 • (864) 233-4811 • www.creativehealthsc.net
email• info@creativehealthsc.net

Ion Foot Bath Detoxification

Ion Foot Bath Detoxification is a revolutionary detoxification process that allows the body to purge toxins and cellular debris and realign the body's natural energy field. The Ion foot bath detoxification accelerates change in the body. Some of the many benefits from foot bath detoxing are: increases your natural energy; relieves pain and tension, including headaches and joint pain; it purifies the blood and lymph nodes; reduces inflammation and unwanted fluid retention; improves skin; slows down aging process and improves flexibility; increases oxygen throughout the body.

30 minute sessions- \$45.00

Multi-Session Packages

-5 for \$215.00 (\$10 savings)

-8 for \$320.00 (\$40 savings)

Creative Health-(864) 233-4811

Kristi Parris-(864) 680-3399

Stress Management / Test Anxiety

Reverse the effects of stress and improve your health, performance and well-being – for the life you want. Specially designed programs for children ages 7 & up are also available. Complete programs start at \$495.

Stress Evaluation– No Charge

Creative Health Bonnie Tollison
864-233-4811 864-901-4433

Food/Shopping Consultant

Learn how to select and/or prepare foods that will lead to a healthier you. Following a Nutritional Consultation, schedule a grocery shopping trip to re-stock your pantry with healthier eating choices. Contact Cheri Carson at Creative Health. Consultation fee: \$20 per hour

Life Coaching

Jane Oliver, a certified Life Coach, Life Purpose Coach, and Career Coach will provide a safe setting for clients offering tools for life balance, improved relationships, better health, goal setting, time management, life fulfillment, life purpose, and personal growth. Life Coaching will teach clients various techniques for removing unhealthy patterns and personal blocks in order to achieve their life goals.

Life Coaching is available at Creative Health on **Saturdays**.

30 minutes- \$40

60 minutes- \$75

90 minutes- \$100

Phone sessions available

Jane Oliver, CC, CNHP (864)-787-2480

Holistic Facials

Ayurvedic Skin Care

Indulge yourself in these 75-minute services, which involve **mind-body-spirit** rejuvenation through Ayurvedic philosophy and teachings.

Services Include (\$75):

Foot Soak, Consultation, Aromatherapy, Skin Analysis, Mask, Steam, Extractions, Foot Massage, Neck and Shoulder Massage, Facial Circulatory Massage/Lymph Drainage Massage, Finishing Products, Skin Care Recommendations.

Detoxification Seaweed Body Wrap Includes (\$75):

Foot Soak, Consultation, Aromatherapy, Full Body Application of Detoxifying Seaweed Body Serum, Eye Treatment with Pressure Point Therapy, Foot/Neck and Shoulder Massage, Energy Balancing Movements, Skin Care Recommendations.

Mickie Grist, Licensed Esthetician

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