

**Free
Services!**

Free Sessions

Free New Client Consult

Free 20 minute client consultation allows you to meet a clinical therapist here and become familiar with our office. Questions can be addressed about how to treat a specific condition.

Free Posture Analysis

This free 15-minute postural analysis will provide a basis for evaluating whether your posture needs correcting. This session will document shoulder, hips, head, and arms to help you see what areas need postural attention. Recommendations for our posture-related services are provided, and may include any of our clinical integrative therapies, arch support, Pilates, or custom stretching programs.



Free Pilates Reformer Session

Not sure if Pilates is for you, or how this modern equipment works? Take advantage of a free 40-minute Pilates reformer session to try out the equipment and see how it feels. This is a free-first-time session for anyone new to the Pilates Reformer. You will work one-on-one with your Pilates instructor, and go through some simple exercises to see how it feels. Perfect for anyone interested in postural balance and core strength, improved flexibility, and better muscle tone. We are careful to work at your ability level and make your experience educational and fun!

Free Digital Foot Scan

(Weight Bearing Analysis)
20 min.

Get a free digital scan of your feet and see how you compare to a normal weight-bearing foot. A custom report about your scan and what it means is provided. This assessment helps us determine how you stand and what muscles are stressed or under-used. This info helps to guide a clinical therapy or Pilates session. We can also help you obtain custom inserts for footwear. This helps to improve posture & reduce muscle & fascial strain.



Nutritional Services

12 Week Master-Your-Diet Package

\$398.98

Following our 10-point Dietary Assessment, enjoy 12 weeks of personalized coaching and customized PhD-prepared meal plans designed to meet your goals of eating healthier, losing weight, following a balanced diet, or meeting your workout demands. This program includes Food Exchange Guide, Reference Manual & Recipe Book. It includes a vitamin and mineral analysis, and includes metabolism type, exercise routine, grocery lists, custom 5-meal-per-day eating plan in your calorie range, and a coach to help you make good decisions! Choose from 32 Meal Plan Types ranging from Vegan to Road Warrior, or from stroke or cancer recovery to teen scene. Ask for a list of meal plans to meet your goals! Diet Master home use software also available that integrates with professional software. Reports for your doctor, trainer or other health professional are also available.



8 Week Master-Your-Diet Package **\$299.**

8-week Assessment & Meal Planning and Program with Materials (4 follow up sessions)

Dietary Analysis + Meal Plan and Shopping List **\$99**

Single visit setup is designed to analyze your current eating style and obtain a 2-week meal plan and grocery lists to meet your dietary goals!

Dietary Follow-Up Session **\$55 (45 min.)**

This session is a follow-up & planning session with a custom meal template and grocery lists. It is designed for an occasional follow-up to a meal plan.

Dietary Analysis Only **\$50 (45 min.)**

A meal assessment with no meal template

Meal Plan Only **\$48 (30 minutes)**

For a meal plan to follow with no assessment or follow up sessions. (Guidelines for eating)

DietMaster Software v. 7.0.6 **\$27**



List of Services



630-355-5125

ibodycare.com

608 S. Washington St. #311

Naperville, IL 60540

Clinical & Massage Therapies



Clinical Integrative Therapies \$86*

- **Deep Tissue Massage**
- **Fascial Link Therapy**
- **Neuromuscular Therapy**
- **Trigger Point Therapy**
- **Hydrotherapy (Hot/Cold Therapy)**
- **Infrared Light Therapy**

Our clinical integrative therapies listed above are used to treat pain and tension. Your therapist will evaluate your posture, range of motion, and use other assessments as needed. These sessions are appropriate for someone needing specific or overall pain relief, improved posture & circulation, and to help establish healthy, pain free function.

Sports Massage & Stretch \$86*

Sports massage to increase an athlete's rate of recovery and improve performance and mental focus up to 30%. Sports therapy sessions usually includes some stretching. Sessions are modified to accommodate appropriate care around competitive events as needed.

Manual Lymphatic Drainage \$86*

This is a gentle and relaxing drainage technique used to reduce swelling, improve detoxification, increase relaxation, provide sinus relief, reduce menstrual pain, boost recovery following surgery or injury, speed healing, reduce insomnia and boost immunity. Ask about even more benefits!

Cranial Decompression

\$86 Session One-60 minutes, \$129 Session Two-90 minutes

Advanced balancing of posture (session 1) and the cranial bones of the head (session 2). Useful for relieving vertigo, mood swings, migraines, depression, neck pain, visual disorders, headaches and other conditions. Please ask for details about this neuromuscular therapy method.

*Posture-balancing, pain relieving,
performance-improving, energy
balancing therapies found here!*

Pregnancy Massage \$86*

Coping with stress and fatigue, easing aches and pains, and learning self-care techniques is healthy and enjoyable during a normal pregnancy. Massage therapy for the childbearing year is a wonderful way to relax, increase energy, and relieve discomfort. We pay special attention to positioning and follow both eastern and western principles for massage care. Special pregnancy cushions are provided, so mothers can lie on their bellies if they like. Additional materials available for home use.

Energy Therapy \$86*

Relieves stress and pain through use of energy medicine techniques including meridian therapy, chakra balancing, radiant circuits, celtic weave, and radiant circuits. Using energy testing/kinesiology, we work with your biofield to help balance patterns that create physical and emotional stress. Self care suggestions are usually also included in these sessions.

Flower Essence Stress Reduction \$95*

The sprays used in this relaxing massage session resonate with the energy field (also known as the biofield) and the physical body to release subtle patterns that restrict our joy. This mind-body-spirit treatment uses the healing power of flower essences to release emotional blockages. It also uses essential oils to relax the physical body. Flower Essence Energy sprays work on the physical, mental and emotional well being, bringing us into touch with our inner guidance and intuition for restored harmony and balance. This session is for stress-relief and may be modified to your own preferences and tastes.

Energy Balancing Aromatherapy \$10

Aromatherapy selected specifically for you is an available add-on to any session. Useful for sinus relief, stress reduction, digestion, and more.

**Prices shown are for 60 minute sessions, Packages, longer & shorter session times are also available.*

Fitness Services



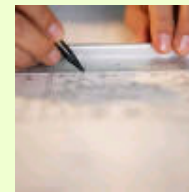
Pilates Reformer Session \$55

Posture and fitness session using a Pilates reformer to balance and strengthen the body. This type of exercise strengthens and improves flexibility, and uses the core, central muscles throughout the entire session. We are dealer for home reformers, and can also help you select one to purchase and use at home between your Pilates Reformer sessions!



Postural Analysis and Custom Stretching Session \$86

Beginning with an analysis of your current posture, we'll look at your skeletal structure front to back and side to side, as well as analyzing any torsion or subtle imbalances in the head/cranium. Based on the results, we'll provide exercises to help balance your posture and even muscle tone throughout the body. Exercises are selected based on your flexibility and comfort, and can be advanced or modified later as your posture improves. Suggested re-check is 2-4 weeks after your first session.



Fitness Program Analysis & Plan \$75

Get an analysis of your current workout program if you have one, or work with our fitness experts to create and new get-fit plan! We can help you set up a program that balances your muscle tone and strength, improves performance in daily life or in a sport, and reduce down-time or recovery from workouts. Programs are designed to use on your own or in subsequent training sessions. Our programs are customized to your needs, and may incorporate rubber exercise bands or balls, free weight or circuit strength training equipment, Pilates mat or Reformer exercises, body bars, sport-specific methods, or no-equipment exercises! We'll look at your goals, body type, preferred activities, lifestyle, posture, body fat, and flexibility as needed. Bring your workout charts or thoughts with you for a rejuvenating workout program that keeps you on track to meet your goals!