



KAREBOOST HEALTH

THE KB WAY PRICES & PACKAGES

COACHING PACKAGES:

- All Packages include **FREE Initial Evaluation with Dr. Karen**
- **Health, Medical, Nutrition & Stress Reduction Coaching** are available for **all ages**
- Visits at the Center or Phone/Skype Coaching

Individual Coaching Session (CS)	\$60/session
Boost Health Package (FREE + 5 CS)	\$275 or \$46/CS (SAVE \$85)
Super Boost Health Package (FREE +10 CS)	\$440 or \$40/CS (SAVE \$220)
Optimal Health Package (FREE + 10 CS + 10 Yoga Classes + 3 Fitness CS)	\$600 or \$38/CS (SAVE \$310)

FITNESS COACHING:

Physical fitness is a key component of health and wellness. KareBoost Personal Training builds a habit of fitness that fits easily into your lifestyle! It can be fun for **all ages**.

First Personal Training Evaluation Session	FREE
One on One Personal Training	\$40/session
Personal Training Package (3 Sessions)	\$100 (SAVE \$20)
Whole Family Personal Training	\$100/session

MASSAGE THERAPY & REIKI:

Reduce stress and alleviate muscle discomfort that can come with an active lifestyle. Take advantage of our massage therapy services to reduce stress and make active living all that much easier and enjoyable!

Reiki Session (45min)	\$40
	50 MIN 80 MIN
Swedish	\$60 \$90
Deep Tissue	\$60 \$90
Reflexology	\$60 \$90
Sports Massage	\$60 \$90
Hot Stone Massage	\$70 \$110
Massage Package (3 Hrs)	\$150 (SAVE \$30)

YOGA & MEDITATION:

Yoga & Meditation bring balance to mind and body. Build flexibility and strength by participating in one of our yoga classes!

Kids Yoga	\$10
Drop in (1 class)	\$20 (\$15 w/Student ID/ Sr)
Packages x5	\$75 (SAVE \$25)
x10	\$150 (SAVE \$50)
10 Pack Renewal 10% DISCOUNT	x10 \$135 (SAVE \$65)
Unlimited Monthly Pass	\$160/mo.
Private Lesson Adult	\$60
Packages x5	\$250 (SAVE \$50)
x10	\$500 (SAVE \$100)
Private Lesson Kids	\$40
In Home Lessons	\$100
Friend's Referral	\$10 for Single Class

*ONLY ONE DISCOUNT ALLOWED PER PURCHASE

107 CEDAR GROVE LANE, SUITE 100
SOMERSET, NJ 08873

WW.KAREBOOST.COM
732-860-KARE