



NEW SERVICES/PRICING

EFFECTIVE 3/1/23

SERVICE OFFERINGS:

MASSAGE: SWEDISH/DEEP TISSUE/MEDICAL: 50 Minutes- \$80, 80 Minutes- \$128, 110 Minutes- \$176
The goal is total rejuvenation and relaxation.

NMT/TRIGGER POINT/NEUROMUSCULAR MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187
"Hurts so good?" Address muscular pain and dysfunction with this medical approach.

CRANIOSACRAL THERAPY (CST): 50 Minutes- \$85, 80 Minutes- \$136
CST is a light touch approach that can release tension deep in the body to relieve pain and dysfunction. By freeing the central nervous system to perform at its best, CST has been shown to naturally reduce stress, promote deep relaxation, strengthen your resistance to disease and improve whole body health and performance. Effective for all ages. **A mask is required for this type of appointment.**

BONE RHYTHM MOMENT THERAPY (BRM): 50 Minutes- \$85, 80 Minutes- \$136
BRM blends Western medicine and an osteopathic understanding of the body with authentic Japanese light touch manual therapy. BRM is suitable for dysfunctions of the musculoskeletal, nervous and visceral systems. BRM is an extremely gentle yet powerful modality since it approaches the root cause of the problem and induces the self-correcting capabilities of the body.

REIKI OR REIKI MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187
Japanese developed approach to energetic medicine, delivered by a practitioner through gentle holding, light touch or distance to help promote health and wellness.

STRETCHING THERAPY WITH MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187
Combine massage with joint movements to foster a full range of motion.

FASCIA RELEASE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187
Fascia surrounds muscles and organs and makes tendons and ligaments. It becomes bound up and tight if not used or when injured, but can be released and restored back to flexibility through fascia release.

ATHLETE MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187
Support your physical goals with massage for improved flexibility, recovery and performance.

We're transforming healthcare.

Address 6685 Doubletree Ave. Columbus, OH 43229
Phone 614.825.6255 | **Fax** 614.825.6257 | **Email** info@aiam.edu
Website aiam.edu



PREGNACY MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

Your growing baby and changing body are supported by body cushions and an approach to yield comfort and relaxation.

FACE, SCALP, HANDS AND FOOT MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

These areas are a map of your body, enhancing wellness and a key to deep relaxation. No oil is used and the client remains fully dressed. May include release of the muscles of the eye and/or jaw.

FOUNTAIN OF YOUTH MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

Counter the effects of aging with massage to address pain and discomfort, flexibility and range of motion.

CUPPING WITH MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

Massage techniques compress while dry cupping draws away to lift tissues and pull deep fluids from muscles and organs. Used to address tight muscles and connective tissue or even lung congestion. This will leave bruises.

SCRAPING/GUA SHA: 50 Minutes- \$85,

Ancient Chinese healing technique that use a massage tool to stimulate stagnant energy and promote muscular healing. This will leave bruises.

HEALTH AND LIFE COACHING: 50 Minutes- \$85, 80 Minutes- \$136- for first appointment

Sometimes talking about things (mind, body and spirit Integration) with an unrelated coach is empowering and enlightening.

AYURVEDIC HEAD/SCALP/FACE MASSAGE: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

Concentrates on the head, neck, shoulders, arms and back with or without traditional East Asian essential oils. This ancient beauty secret is very relaxing, even with invigorating motions on the scalp to stimulate circulation and healthy hair growth. A great headache/migraine buster, and perfect for relaxing tensions from life.

AROMATHERAPY: 50 Minutes- \$85, 80 Minutes- \$136, 110 Minutes- \$187

A nourishing experience as essential oils are applied via a carrier oil to your skin with light massage This is especially good for insomnia, stress relief and headaches.

REFLEXOLOGY: 25 Minutes- \$42.50 50 Minutes- \$85

In reflexology, pressure is applied to specific reflex points on the feet, hands, ears or face. These points correspond to organs and areas of the body. The treatment is said to induce a healing response throughout the body, even alleviating some ailments.

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PROFESSIONAL ACUPUNCTURE: First visit \$95 Return visits \$80

Considered traditional Chinese medicine. It is used to treat a wide variety of ailments and conditions. Its goal is to re-establish balance and restore better levels of health. Acupuncture can help treat such conditions as: anxiety, depression, stress, insomnia, some upper respiratory conditions, lower back pain, arthritis, MS, cataracts, dental pain, neck pain and labor pain- just to name a few.

PROFESSIONAL CUPPING (ACUPUNCTURE): \$60

Fire cupping. The practice of putting special cups on the skin for a few minutes to generate suction. Cupping increases blood flow and the rate of healing to aid in recovery from muscle fatigue, injuries and other conditions. It is often used to treat plantar fasciitis, back, hip and IT band pain, pain in shoulders, upper back and neck, carpal tunnel syndrome and respiratory problems related to the common cold.

CHINESE HERBAL MEDICINE: First visit \$70 Return visit \$50

The AIAM Chinese Herb Clinic dispenses herbs in a concentrated granule form. You mix the herbs in hot water and drink as a tea, usually twice a day. Our herbs have been tested to ensure that they are of the highest quality, pesticide free and species correct products. Herbal therapy is used to treat a diverse range of conditions: insomnia, stress, anxiety, depression, digestive upset, IBS, skin issues, women's health issues, men's health issues, migraines, long COVID symptoms and the common cold, just to name a few.

ACUPUNCTURE INTERN: First visit \$50 Return visits \$45

INSTRUCTOR HERB ADD-ON: \$20

MESSAGE INTERN APPOINTMENT: 50 Minutes \$45

BACK TO BACK MESSAGE INTERN APPOINTMENT: 110 Minutes \$85

PACKAGES:

3 PROFESSIONAL SWEDISH MASSAGE PACKAGE- 3 50 Minute Swedish Massages for \$221.52

6 PROFESSIONAL SWEDISH MASSAGE PACKAGE- 6 50 Minute Swedish Massages for \$443.04

INTERN ACUPUNCTURE PACKAGE- 7 return Acupuncture intern visits for \$269.994421

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