

## Personal Independent Therapies

*Helpful staff members will assist you with:*

### Body Vibe Machine

Increase circulation, detoxification, weight loss, build muscle tone and bone density

20 Minutes \$3

### Detoxing Foot Soak

Pull heavy metals and other toxins out of the body with a nice relaxing foot soak!

30 Minutes \$30

### Automatic Massage Bed

Incorporates acupressure, infrared heat and healing powers of jade and massage

30 Minutes \$8 / 60 Minutes \$15

### Magnetic Bio-Photon Bed

Magnetic therapy restores the body, reduces pain associated with arthritis, sore muscles and imbalances caused by our intense world of technology.

30 Minutes \$8 / 60 Minutes \$15

### Infrared Sauna

Creates a passive cardiovascular workout by increasing metabolism in the body

30 Minutes \$15 / 60 Minutes \$20

### Color /Sound Therapy

This therapy is used to reenergize and bring balance to the body and restore health

30 Minutes \$8 / 60 Minutes \$15

### Wellness Wednesdays

Treat yourself on Wellness Wednesday where all therapies listed on this page are half-off. Make sure to call ahead and reserve your spot for one or more of the services and therapies offered in our Wellness Center Therapy Room.



There's a reason Herbs Etc is known as  
The Foremost Authority on Natural Health!

Herbs Etc is a retail store providing natural health products and services that will empower you to take charge of your own health and wellbeing. Products include herbs, vitamins, minerals, healthy snacks, herbal teas, books, essential oils, ear candles, products for specific blood types, natural personal care items, a large selection of homeopathic remedies, and so much more!

Therapies / Services include several types of therapeutic massage, health consultations, iridology, colon hydrotherapy, live blood cell analysis, reflexology, polarity therapy, holistic counseling and other great services to help you on your path to good health.

25 Years Servicing Michigan and  
the Surrounding States

**Join the Herbs Etc Adventure!**

Herbs Etc

503 East Broadway Street

Mount Pleasant, MI 48858

Phone: (989) 773-3636

contact@herbsetc.org / www.herbsetc.org

Facebook: herbsetcmichigan



Services  
Therapies  
Products

# Services Available

## Full Health Evaluation

Includes assessments, nutrition, herb and naturopathic suggestions  
30 Minutes \$45 / 60 Minutes \$90 / 90 Minutes \$135

## Urgent Care / Ask the Naturopath

Quick, specific help  
15 Minutes \$25 / 30 Minutes \$45

## Iridology / Sclerology

Includes iris pictures and eye analysis  
30 Minutes \$45 / 60 Minutes \$90



## Homeopathy

Extensive interview to determine which homeopathic remedies are best for you  
30 Minutes \$45 / 60 Minutes \$90 / 90 Minutes \$135

## Live Blood Cell Analysis

An in-depth analysis of live blood cells  
30 Minutes \$45 / 60 Minutes \$90

## Biological Age Assessment

An in-depth analysis of pH and chemistry of the body  
30 Minutes \$45

## Voice Analysis

Discover what your voice has to say about your health  
30 Minutes \$45 / 60 Minutes \$90

## Colon Hydrotherapy

Cleansing of the lower intestinal tract.  
First appointment: 90 Minutes \$79 with consultation  
Following Appointments \$59 or six for \$300

## Emotional Release

Using essential oils for emotional healing  
30 Minutes \$45 / 60 Minutes \$90 / 90 Minutes \$135

## Whole Body Tuning with Sound and Color

In-depth therapy using color, sound and essential oils specific to each individual session  
60 Minutes \$90 / 120 Minutes \$159

## Polarity Therapy

A therapy that promotes the body to heal by prompting the flow of life force energy, clearing congestion and creating balance in the physical, emotional and mental bodies. This therapy works with the finer energies of each of the five elements which pertain to the physical, mental and emotional body.  
30 Minutes \$45 / 60 Minutes \$90 / 90 Minutes \$135

## N.O.T. (Neurological Organizational Technique)

Reestablishes communication of the nervous system with all other systems in the body, using light pressure points  
30 Minutes \$45 / 60 Minutes \$90

## Brain and Body Integration (PSYCH-K)

PSYCH-K® is based on whole-brain integration processes derived from split-brain research that safely and effectively facilitates communication between the conscious and subconscious mind, updating subconscious perceptions and beliefs that may be limiting you and your achievements. You can literally create a new reality by being the best possible version of yourself.  
30 Minutes \$45 / 60 Minutes \$90 / 90 Minutes \$135

## Narrative Medicine

When we don't know or tell our authentic story we feel lonely and out of touch with our life's purpose. We may even feel worthless, unloved, or sick. These sessions are a way to stimulate optimism and hope in your life by using the healing power of telling your story.  
90 Minutes \$99 / 60 Minutes \$69



## Massage Therapy

Therapeutic, Relaxation  
Deep Tissue  
Sinus Pressure Relief  
Lymphatic Drain  
CranioSacral Therapy  
Myofascial Release  
Pregnancy  
30 Minutes \$39 / 60 Minutes \$59 / 90 Minutes \$89 / 120 Minutes \$109  
Chair Massages: \$12  
Massage Packages: Prepay for a series of massage services:  
Six 90 Minute Massages \$450 / Six 60 minute massages \$300  
Six 30 minute massages \$200  
Infant or Adolescent Massage: 20 Minutes \$20  
Hot Rock Therapy: 90 Minutes \$99 / 60 Minute \$69  
Raindrop Therapy: 60 Minutes \$79

## Reflexology

This therapy works with the pressure points on the feet to invigorate the major organs in your body. Through the stimulation of nerve pathways, every system in the body is addressed, helping restore harmony, prevent imbalances, and provide relief from stress and tension.  
30 Minutes \$39 / 60 Minutes \$59