

Health Haven

Price List

CHIROPRACTIC

INITIAL CHIRO VISIT 45MIN-1HR

\$150

CHIRO TREATMENT 15 MIN

\$65

CHIRO TREATMENT 20 MIN

\$80

CHIRO TREATMENT 30 MIN

\$100

CUSTOM MADE ORTHOTICS

\$500

ACUPUNCTURE

INITIAL ACU ASSESSMENT 90 MIN

\$135

FOLLOW-UP ACU VISIT 60 MIN

\$110

REGISTERED MASSAGE THERAPY

MASSAGE THERAPY 45 MIN

\$105+HST

MASSAGE THERAPY 60 MIN

\$120+HST

MASSAGE THERAPY 75 MIN

\$140+HST

MASSAGE THERAPY 90 MIN

\$160+HST

THAI MASSAGE THERAPY

THAI MASSAGE 60 MIN

\$130+HST

THAI MASSAGE 90 MIN

\$170+HST



647-249-7450

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continued

NATUROPATHY

*THESE PRICES ARE THE SAME FOR IN-
PERSON AND VIRTUAL

INITIAL VISIT – 75MIN

SECOND VISIT – 45MIN

FOLLOW-UP VISIT – 30MIN

FOLLOW-UP VISIT – 15MIN

*NOTE: DISCOUNT OFFERS FOR CHILDREN,
STUDENTS AND SENIORS

\$260

\$160

\$100

\$60

PRIVATE YOGA / YOGA THERAPY

INITIAL YOGA ASSESSMENT 75 MIN

FOLLOW-UP YOGA SESSION 60 MIN

PACKAGES ARE AVAILABLE ONLINE

\$140+HST

\$120+HST

VARIABLE

HYPNOTHERAPY

INITIAL APPOINTMENT 90 MIN

FOLLOW-UP HYNOTHERAPY 60 MIN

\$163+HST

\$133+HST



Health Haven Price List continued

REIKI AND EFT

REIKI SESSION - 60 MIN

\$135+HST

REIKI MINI - 20 MIN

\$50+HST

EFT SESSION - 60 MIN

\$135+HST

EFT MINI - 20 MIN

\$50+HST

SPINAL FLOW TECHNIQUE

SPINAL FLOW INITIAL - 60 MIN

\$150+HST

SPINAL FLOW SESSION - 30 MIN

\$85+HST

SPINAL FLOW MINI - 20 MIN

\$55+HST

SEE THE NEXT PAGE TO DISCOVER
OUR SIGNATURE SLEEP SERVICES
— A UNIQUELY HEALTH HAVEN
APPROACH TO BETTER SLEEP



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SLEEP STYLIST

THIS CONCIERGE PACKAGE INCLUDES:

- 15-MINUTE PHONE CONSULTATION TO LEARN ABOUT YOUR SLEEP HABITS & CONCERNS
- HOME VISIT ASSESSMENT OF YOUR BED AND SLEEP POSITIONING
- CUSTOM PILLOW(S) (VALUED UP TO \$200, TAX INCLUDED) SELECTED SPECIFICALLY FOR YOUR NEEDS
- FOLLOW-UP SUPPORT — ONE CHECK-IN AFTER 1 WEEK AND ANOTHER AFTER 4-6 WEEKS TO FINE-TUNE YOUR SLEEP SETUP

\$595 - INCL
PILLOW(S) UP
TO \$200 (INCL
HST)
EACH
ADDITIONAL
PERSON
\$250 (PLUS
COST OF
PILLOW(S))

PEDIATRIC SLEEP SUPPORT

SLEEP SUPPORT INCLUDES:

- 15 MIN PHONE CONSULTATION
- INTAKE FORM & ASSESSMENT
- TIPS AND STRATEGIES

NEWBORN - 4/5 MONTHS

4/5 MONTHS - 3 YEARS

1 WEEK SLEEP SUPPORT

2 WEEK SLEEP SUPPORT

ADDED BONUSES FOR 1 & 2 WEEK PLANS:

- FORMAL SLEEP PLAN
- DAILY SUPPORT CALLS

\$175+HST

\$175+HST

\$350+HST

\$600+HST



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