



Holy Cross Health

MENU OF SERVICES

ACUPUNCTURE - Offered at Health Plex

Initial Evaluation and Treatment	\$155
Acupuncture Treatment (60 min.)	\$95
Acupuncture Treatment (30 min.)	\$65
Facial Acupuncture-Individual	\$150
Series of 10 Treatments.....	\$1,350
Smoking Cessation Program- Acupuncture/5 sessions.....	\$440

HYPNOSIS - Offered at Zachariah Family Wellness

Hypnosis Session (60 min.)	\$183
Hypnosis (3-60 min. Sessions)	\$366

PERSONAL TRAINING

MEMBER | GUEST

60 min. Packages

1 Session	\$62	\$73
6 Pack.....	\$340	\$402
12 Pack.....	\$618	\$742

45 min. Packages (Members Only)

6 Pack.....	\$278
12 Pack.....	\$510

30 min. Packages

1 Session	\$42	\$52
6 Pack.....	\$217	\$279
12 Pack	\$371	\$495

TRAINERS

Nelly Drevet	954-655-0317
Dr. Perez	954-829-4985

***HOURS OF OPERATION**

Monday-Thursday: 5:30am to 7:30pm

Friday: 5:30am to 6:30pm

Saturday & Sunday: 7:00am to 3:00pm

**Hours are Subject to Change*

ZACHARIAH FAMILY WELLNESS PAVILION

4725 N. Federal Highway
Fort Lauderdale, FL 33308

HEALTH PLEX MEDICAL SPA

1000 NE 56th Street
Fort Lauderdale, FL 33334

www.wellness.holy-cross.com

954-229-7950

(Pricing effective 1.1.2022)



MASSAGE SERVICES

THERAPEUTIC MASSAGE

Incorporates both Swedish and deep tissue techniques. The therapist will customize each massage to your specific needs to relieve pain, reduce stress and work on specific problems and needs.

(30, 60 & 90 min. sessions)..... \$55, \$88 & \$130

MANUAL LYMPHATIC DRAINAGE

A slow, rhythmic, calming & relaxing technique designed to boost the immune system, relieve pain & increase the body's ability to remove excess fluids.

Initial Evaluation and Treatment (90 min.)..... \$127
(1st time clients)

(60 min.)..... \$105

(90 min.)..... \$127

PREGNANCY

Offered after the 1st trimester. Prenatal massage can improve relaxation, mobility and overall well-being during pregnancy.

(60 min.)..... \$95

REFLEXOLOGY

By applying pressure to various points on the foot it will relieve tension throughout the body, reduce pain and relieve stress.

(30 min.)..... \$55

CRANIAL SACRAL

A light touch approach that releases tensions deep in the body to relieve pain & dysfunction to improve whole-body health & performance.

(60 min.)..... \$113

MEDICAL MASSAGE

For individuals who are affected by pain, illness or injury. The therapist uses specific massage techniques to manipulate muscles to treat chronic pain & injuries. Can help with many different conditions including migraines, sciatica, fibromyalgia, neck & back pain, strained muscles and more.

(60min.)..... \$95

MASSAGE STRETCH COMBO

When combined with massage, assisted stretching helps alleviate strain on the joints, enhances flexibility and improved posture.

(60min.)..... \$88

In-Patient

(15 min. increments at \$30)

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