

MIND MATRIX ESSENTIALS PACKAGE \$3,800

MIND Essentials Full Package Service Overview:

1. Heart Rate Variability Assessment: 1
2. Contact Regulation Thermography Scan: 1
3. 60 Minute Level 1 FLOWE Bodywork Session: 2
4. 60 Minute Level 2 FLOWE Bodywork Session: 1
5. 60 Minute Level 3 FLOWE Bodywork Session: 3
6. 60 Minute Level 4 FLOWE Bodywork Session: 1
7. Naso Hydrotherapy: 3
8. 40-Minute Emotional Regulation Therapy with Ian: 1
9. 40-Minute Immune Modulation Allergy Elimination Technology (IMAET) with Ian: 2
10. 30-Minute Review/Support Session with Genevieve: 1
11. NES Health Bioenergetic Scan-Only: 1
12. 30-Minute Breathwork/Support Session with Sarah: 1
13. 30-Minute Regroup with Kelly: 1
14. FlowPresso Sessions: 6
15. IonCleanse Footbaths: 6
16. Nebulizer Kits: 3
17. 30-Minute Vibe Bed with NeuroVizr Sessions: 2
18. 1 Hour Access to True Advantage Membership Area (TAMA) Therapies & Technologies (vibration plate, massage chair, infrared sauna, PEMF Mat, Light Therapy Devices: 6

MIND Essentials Session Overview:

1. **Session 1**
 - a. Heart Rate Variability (HRV)
 - b. IMAET (Immune Modulation & Allergy Elimination Technology) Session
 - c. Level 1 FLOWE: Manual Lymph Therapy
 - d. 60-Minute FlowPresso
 - e. IonCleanse Footbath
 - f. 1 Nebulizer Kit
 - g. Weber Watch Light Therapy
 - h. PEMF Mat with NeuroVizr
 - i. Sauna
 - j. Massage Chair
 - k. Vibration Plate
2. **Session 2**
 - a. Level 1: Manual Lymph Therapy
 - b. 60-Minute FlowPresso
 - c. IonCleanse Footbath

- d. Weber Watch Light Therapy
- e. PEMF Mat with NeuroVizr
- f. Vibe Bed Experience with NeuroVizr
- g. Sauna
- h. Massage Chair
- i. Vibration Plate

3. Session 3

- a. Emotional Release Therapy (ERT)
- b. 30-Minute Session with Kelly
- c. Check-in with Coordinator
- d. Level 2: Lymphatic Enhancement Therapy
- e. Level 3: Rapid Release Therapy Level 1: Manual Lymph Therapy
- f. 30-Minute Review/Support Session with Genevieve: 1
- g. 60-Minute FlowPresso
- h. IonCleanse Footbath
- i. 1 Nebulizer Kit
- j. PEMF Mat with NeuroVizr
- k. Weber Watch Light Therapy
- l. Sauna
- m. Massage Chair
- n. Vibration Plate

4. Session 4

- a. NES Health Scan + review of results
- b. LEVEL 3 FLOWE: Bodywork
- c. 1 Naso Hydrotherapy
- d. 60-Minute FlowPresso
- e. NES Health Bioenergetic Scan-Only: 1
- f. IonCleanse Footbath
- g. Weber Watch Light Therapy
- h. Vibe Bed Experience with NeuroVizr
- i. PEMF Mat with NeuroVizr
- j. Sauna
- k. Massage Chair
- l. Vibration Plate

5. Session 5

- a. IMAET (Immune Modulation & Allergy Elimination Technology) Session
- b. LEVEL 3 FLOWE: Bodywork
- c. 1 Naso Hydrotherapy
- d. 60-Minute FlowPresso
- e. IonCleanse Footbath
- f. Weber Watch Light Therapy
- g. PEMF Mat with NeuroVizr
- h. Nebulizer Kit
- i. Sauna Massage Chair

j. Vibration Plate

6. Session 6

a. Heart Rate Variability (HRV) & Contact Regulation Thermography (CRT)

i. Clients are allotted one pre-recorded 5 minute question session to be sent to Kelly if any questions arise or concerns arise. Recording response will be sent back

b. 30-minute pre-recorded review of CRT & HRV by Kelly

c. LEVEL 4 Quantum FLOWE: Sound of Soul, Bodywork

d. 1 Naso Hydrotherapy

e. 60-Minute FlowPresso

f. IonCleanse Footbath

g. Weber Watch Light Therapy

h. PEMF Mat with NeuroVizr

i. Sauna

j. Massage Chair

k. Vibration Plate