



8975 Guilford Road, Suite 170  
Columbia, MD 21046  
www.nourishing-journey.com  
info@nourishing-journey.com  
Ph: 410-992-3001

## Buy 6 Get 1 Free - Core Wellness Membership Terms

In a time when our health depends on commitment and education, it's great to know that there is a wellness and detox center that can help you achieve your goals. The wellness membership was developed as a reward for your dedication to your health and as a thank you for choosing us as you travel down this path.

- ❖ Members are automatically given one credit monthly and can choose one of the following services:
  - 60 Min Swedish or light touch massage, Shiatsu (on the table), Reflexology, Acupressure, PEMF, Reiki, Herbal Medicine or Holistic Nutrition follow-ups with Nicki Mensah
  - 45 Min Energy Healing, intuitive coaching, or wellness coaching session with Jennifer Palmer (60 min sessions with Jennifer Palmer has a \$40 upgrade charge per session)
  - 45 Min Colon Hydrotherapy
- ❖ Massage, Shiatsu, Reflexology, Acupressure and Reiki appointments may be upgraded to longer sessions. Upgrade to a 90-minute session for an additional \$29 or a 120 minute session for an additional \$83.
- ❖ Prenatal, Hot Stone, Deep Tissue, Craniosacral, Zero Balancing, Lymphatic massage are an additional \$10.
- ❖ Choose a 60 min Customized Facial for an additional \$20 OR a 60 min Vitamin C Facial for an additional \$30.
- ❖ Upgrade to a 60 minute Colon Hydrotherapy session for an additional \$20.
- ❖ 90 Min Initial Herbal Medicine or Holistic Nutrition Consult with Nicki Mensah is an additional \$30.
- ❖ Members receive 15% off select individual services provided by Nourishing Journey. These services include individually priced sessions of: 30 minute Infrared Sauna or 30 minute Ionic Foot Bath
- ❖ Services are dependent on availability and appointments must be scheduled in advance.
- ❖ Members may visit more than once per month. The first membership eligible appointment of the month will use the credit issued on the first of that month. Any following appointments for the same month may use any remaining credits on the member's account or pay the standard \$97 (plus upgrade or add on fees if applicable) at the time of the session.
- ❖ A new credit becomes available each month.
- ❖ The free credit can be used at any time.
- ❖ Minimum 6-month membership. This membership does not automatically renew. Any unused member credits must be used within 12 months of when the credit is applied to your account. Nourishing Journey will not provide refunds for past monthly membership charges. If member cancels before 6

months are complete, we will go back to previous appointments to collect full price.

- ❖ Membership appointments for the Core Membership can be shared with immediate family in the same household address. Membership benefits are not transferrable to friends or family not in same household.
- ❖ These prices cannot be combined with other coupons or discounts. Membership Terms may be updated periodically with electronic notice provided to members at least 45 days before changes take effect.
- ❖ You cannot pay for a membership with spafinder gift cards

