transformation happens at the world-renowned Hippocrates Health Institute. For over 60 years, this alternative, holistic teaching institute continues to empower people from all over the world to reconnect to their highest well-being. Tucked among 55 acres of lush, tropical land sits Oasis Therapy Center, the heart of the institute. Unlike any other spa or therapy center, Oasis creates a nurturing space allowing you to embrace a new-found personal awareness and to connect to the world around you.
Oftentimes, your state of mind affects your health and well-being. Unresolved emotional issues and harmful beliefs stored as internal fears in the subconscious mind present roadblocks in your life. Embarking on the path of self-awareness is key to attaining the transformational shifts you seek. The therapies offered at Oasis Spa And Therapy Center can help guide you on your journey.
## GUIDED IMAGERY

Guided Imagery is a mind-body method to reduce negative emotions using mental images and relaxation techniques. It has been proven that your body responds to many images created by your mind, whether they be related to sight, sound, smell, taste or touch. Using these images, you can reduce pain, improve sleep and change addictive behaviors. These sessions are tailored to the client’s specific background and needs. The Psychotherapist records the session for your future use.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## MIND / BODY PSYCHOTHERAPY

This therapy draws on various deep-feeling and body-focusing techniques, such as hypnotherapy, centropic integration, centering and authentic encounter. Unlock and safely release past memories, naturally dismantle negative thinking, and rewire yourself for more joy. Get in touch with unexpressed emotions, empowering yourself with a new life.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 minutes</td>
<td>$90</td>
</tr>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is a form of psychotherapy, which has been found to be highly effective in the treatment of post-traumatic stress. This form of therapy is also very useful in dealing with other issues, such as panic attacks, phobias, anger issues, addictions, anxiety, etc.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## CREATIVE VISUALIZATION

Creative visualization is where you can use your imagination to create what you want in life. You may use all sensations like sight, sound, smell, taste and touch for creative “visualization.” Our therapist will use a Creative Visualization session to help you achieve specific goals. The therapist may gather information about you regarding your strengths, relationships, and specific needs and challenges to create an audio recording which you can continue to use.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## ONE BRAIN™

Unresolved negative emotional stress can create and maintain negative effects in the physical body. The One-Brain process, through biofeedback, accesses this subconscious negative data stored in your cell memory and is quickly able to rebalance the mental / emotional blocks which limit you.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## PSYCHOTHERAPY / WELLNESS COACHING

This therapy integrates the health-enhancing functions of the mind and body by focusing exclusively on your strengths. Using progressive relaxation, guided imagery and creative visualization, the guide coaches you to take control of your wellness from a spiritual perspective. The psychotherapist records the session for your future use.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 minutes</td>
<td>$90</td>
</tr>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## REGRESSION THERAPY

Regression Therapy helps you go back in to your awareness to an earlier time with more clarity and mindfulness than your usual memory (it is your interpretation rather than actual memory that you revisit). It helps release the negative energy from your body/mind storages so that health and healing can be enhanced. Past Life Regression also may help you to release unexplained negative experiences or behaviors depending on your religious or philosophical belief.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>

## STRESS EVALUATION AND STRESS MANAGEMENT

Many studies indicate that up to 85% of healthcare challenges are connected with experiences of distress in life. Your psychotherapists will use many techniques to help you manage stress. These include, Guided Imagery, Creative Visualizations, Hypnosis, Neuro-linguistic Programming (NLP), Cognitive Behavioral Therapy, and more.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 minutes</td>
<td>$90</td>
</tr>
<tr>
<td>50 minutes</td>
<td>$180</td>
</tr>
</tbody>
</table>
The human body is an amazing living organism made up of many interconnected complex systems that all work together synergistically to unite your mind, body and spirit as one. These systems are all vital to your health and wellbeing. If one system becomes out of balance, other systems in your body begin to compensate. Over time, this throws your body out of alignment, oftentimes resulting in a decline in overall health.

The body therapies offered at Oasis Spa And Therapy Center provide ways to nurture your body to connect, correct, self-heal, and move toward and maintain optimal health.
ACUPUNCTURE
Acupuncture is the insertion of sterile, micro-gauge needles into specific points along the surface of your body to achieve a desired result. World and National health authorities have recognized over 100 conditions where acupuncture is clinically effective including all types of pain, digestive and respiratory disorders, stress, anxiety and many more. Along with being considered a primary healthcare treatment, it is generally an overall relaxing and rejuvenating experience.

DEEP TISSUE MASSAGE
A therapeutic and restorative massage, this therapy offers a specific and systematic method of eliminating toxic waste, blockages and tension in fibrous connective tissue throughout the muscular system.

50 minutes .......................................................... $130
80 minutes (full body) ................................. $195

HARABABDOMINAL MASSAGE
This deep abdominal massage works with the five major systems of the body: vascular, lymphatic, nervous, muscular and energetic. These systems are connected to the abdominal center. Blocked energy is cleared, releasing physical, mental and emotional resistance that can cause illness.

50 minutes .......................................................... $165

HIPPOCRATES HARMONIC MASSAGE
Incorporates a customized full body massage with tuning forks that carry vibration and sound. Sound has the power to soothe, invigorate and inspire us and aids in clearing blockages and muscular knots. The “Harmonic Massage for Hippocrates” combines the sound vibrations of OM, used for centuries to bring healing energy and a deeper state of relaxation, with points and meridians from the art of acupuncture. These two powerful modalities form a treatment that is both uniquely relaxing and remarkably effective.

80 minutes .......................................................... $195

MANUAL LYMPH DRAINAGE
Lymphatic drainage is a very specialized massage technique designed to attain and sustain proper functioning of the lymph system. The lymph system forms part of our immune system, helping cope with infection by cleaning/defouling the body’s tissues. Lymphatic massage helps to detoxify the body by increasing the flow of cellular fluids through the lymphatic system, boosting immune response, decreasing pain, and decreasing fibrotic tissue in the breasts. Lymphatic drainage can prove beneficial in the correction of numerous conditions as well as in the maintenance of good health.

50 minutes .......................................................... $140

NEUROMUSCULAR
This massage combines trigger point therapy, myofascial release and muscle energy technique to treat and aid in recovery from acute or chronic pain (patterns). The result is increased muscular and joint flexibility and structural alignment.

50 minutes .......................................................... $140

REFLEXOLOGY
Reflexology is the science based on the principle that the hands and feet mirror or “reflect” all the glands, muscles, organs and systems of the body. Specific pressure techniques are applied to your feet to relieve stress and tension, improve circulation and nerve function, dissipate energy blocks and help bring your body back into balance.

50 minutes .......................................................... $130

THAI YOGA MASSAGE
This therapy utilizes a unique form of acupressure and stretching. Using yoga-like movements and a meditative approach, Thai Yoga stimulates the internal organs, realigns the body structure and increases flexibility, energy flow and immune support. Please wear loose clothing.

80 minutes .......................................................... $190

SOMA
SOMA® is a multi-dimensional technique of bodywork which realigns an individual’s posture. It structurally restores symmetry and balance to the Body-Mind system. You will appreciate the joy of standing more erect and walking taller, while breathing fully and completely. SOMA bodywork creates physical and emotional change by bringing harmony to your body, mind and spirit.

80 minutes .......................................................... $190

SWEDISH MASSAGE
This massage helps relieve everyday tension and stress by promoting the relaxation of tense, tight and often sore muscles. Long, soothing strokes stimulate blood circulation and promote the elimination of waste.

50 minutes .......................................................... $95
80 minutes .......................................................... $140

For more information, pricing, availability and to book your appointment, please call 773.813.7533 or visit www.somamassage.com.

**Please note: Pricing subject to change without notice.**
While not easy to define, Spirit is within all of us. We sense it and intuitively know Spirit as the inner unseen force that guides us. It is Spirit that allows us to connect to our true authentic self, to connect to one another, and to the Universe at large. Oasis Spa And Therapy Center provides therapies to facilitate a better and greater connection to Spirit.
ACUPUNCTURE
Most commonly used to treat pain, Acupuncture is a form of Chinese medicine that consists of stimulating a designated point on the skin by the insertion of needles to move the body’s life force energy or “Chi”. The position of the needles work with the meridian points, or channels of energy, that correspond with the organs of the body. If “Chi” or life force is not moving, the needles help to invigorate the weakened area to bring more energy to a certain area of the body, bringing the body into balance and flow.

50 minutes .................................................................. $140

COLORPUNCTURE
Colorpuncture involves focusing colored light on acupuncture (and other) points on the skin in order to energize powerful healing impulses in your physical and energy body. Colorpuncture achieves this by introducing vibrational information into your body in the form of different colored light frequencies via the meridian system. Colorpuncture is a pain-free, noninvasive therapy with no side-effects.

50 minutes .................................................................. $130

CRANIOSACRAL
This gentle, noninvasive alignment of the body improves brain and spinal cord function. Adjustment is accomplished by activating your natural healing abilities and dissipated the negative effects of all forms of stress. In craniosacral sessions you are fully dressed and will experience a very light touch. This modality is helpful with tension and helps facilitate the release of emotional or physical traumas.

50 minutes .................................................................. $130

DIDGERIDOO VIBRATIONAL SOUND THERAPY
The didgeridoo, an ancient Aboriginal instrument, offers a broad range of harmonics that can help lift an individual’s vibration back into alignment and balance. The sound of the didgeridoo harmonizes one’s body through prime resonance, helping to dissipate tensions, stress and dense energies stuck in the body. By bathing your body in a cleansing universal tone you can realign, re-boot and re-balance your energetic bodies, opening you up to a greater potential for health and personal growth.

45 minutes .................................................................. $140

JIN SHIN JYUTSU®
Jin Shin Jyutsu is the art of releasing tensions which are the causes of various symptoms in the body. Our bodies contain several energy pathways that feed life into all of our cells. When one or more of these paths become blocked, this damming effect may lead to discomfort or even pain. This acu-touch therapy opens the energy blocks in the body and balances the flow of energy in the meridians and organs.

50 minutes .................................................................. $130

PRIVATE MEDITATION
Learn how to maintain balance in the face of chaos and the stresses of everyday life. This one-on-one meditation session teaches you the ability to gain mastery over stress using techniques to relax, center focus and connect with your “inner being.”

50 minutes .................................................................. $100

REIKI
Reiki is a Japanese technique for stress reduction and relaxation that also promotes self healing. It is administered by “laying of hands” and is based on the idea that an unseen: “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki can have a positive affect on all forms of illness and negative conditions.

50 minutes .................................................................. $130

TRANSFORMATIONAL BREATH™
This integrative breathing practice combines full connected breathing with sound, hands-on work, invocations, and movement to integrate and transform at the deepest levels of your being. You will experience more energy and peace, clarity and calmness of mind, emotional integration and connection to Spirit. Please wear comfortable clothes.

80 minutes .................................................................. $195
The importance of cleansing your body of toxic debris cannot be overstated. Toxins are produced during normal metabolism and cell function, as well as absorbed from pollutants in our air, water, and food. Toxins can be implicated in everything from premature aging and wrinkling of the skin to DNA damage, diabetes, cancer, heart disease and more. Detox and anti-aging therapies provided at the Oasis Spa And Therapy Center can be effective for anyone concerned about their health or just looking and feeling younger.
**COLON HYDROTHERAPY**

Colon hydrotherapy is a method of removing waste from the large intestine, without the use of drugs. By introducing filtered water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. An unhealthy colon can be a source of ill health in the whole body. A series of colonics can relieve or eliminate constipation, gas and bloating, brain fog, poor digestion, depression or skin conditions.

- **Colon hydrotherapy**
  - Series of 5 .......................................................... $95
  - Series of 6 .......................................................... $105

**CELLULITE REDUCTION TREATMENT**

This treatment diminishes the appearance of cellulite by lymphatic stimulation and massage techniques. Detoxifying essential oils complete this therapy. Five treatments recommended for ultimate results.

- **Cellulite with wrap, 80 minutes** ................................ $195
- **Series of 5** .......................................................... $600

**HIMALAYAN SALT GLOW**

Full-body exfoliation detoxifies, stimulates and invigorates your skin. This unique system of skin renewal uses Pink Himalayan salts and hydrating essential oils in an individually customized combination for maximum healing and healthy skin.

- **Himalayan salt glow** ........................................... $125
  - 50 minutes .......................................................... $95
  - Series of 3 .......................................................... $270
  - Series of 6 .......................................................... $510

**SEAWEED AND CLAY BODY WRAP**

This invigorating process of healing and detoxification starts with dry brushing then an application of a warm seaweed and clay mask (Thalasso Therapy). Comforting enzymes eliminate toxins from your body and rehydrate your skin. This treatment also includes a soothing scalp massage brush.

- **80 minutes** ...................................................... $125
- **80 minutes** ...................................................... $195

**HIPPOCRATES SIGNATURE FACIAL: BECOME™ Living & Breathing**

Bring the Hippocrates philosophy directly to your pores with living phytonutrient enzymes. Our signature treatment combines the power of pure liquid oxygen with living oceanic algae to support skin cell renewal and strengthen the elasticity of your skin. This anti-oxidant rich treatment will neutralize toxins and free radicals, create collagen, reduce inflammation, and assist with the reduction of fine lines and wrinkles. This treatment is suitable for all skin types.

- **80 minutes** ...................................................... $195

**LUMINOUS FACIAL: BECOME™ A Beacon of Light**

Invite the power and radiance of the sun straight into your skin. We all need the sun to bring us precious Vitamin D, but over time, sun exposure and environmental toxins can create uneven tones, discoloration, and dullness on the skin’s surface. This rejuvenating treatment will help restore your natural glow. With our corrective pigmentation booster and Vitamin C formula, this facial will brighten your skin. Additionally, our blend of seaweeds will assist with firming, toning and lifting to reestablish a youthful brilliance. This treatment is especially suitable for aging or sun-damaged skin.

- **50 minutes** ...................................................... $125
- **80 minutes** ...................................................... $195

**ACNE FACIAL: BECOME™ A Miracle Worker**

Give your skin a deep sigh of relief. If you struggle with rosacea, dermatitis, psoriasis, if you have recently undergone aggressive medical treatment, or if even if you know your skin simply needs a little tenderness, this facial calms inflammation, stimulates circulation, and feeds the skin with vital nutrients and minerals through marine peptides. A blend of essential fatty acids provide protection while micro-algae enzymes repair the integrity of your skin’s DNA. This treatment is suitable for blemished or acneic skin.

- **50 minutes** ...................................................... $125
- **80 minutes** ...................................................... $195

**CALMING RESTORATIVE FACIAL: BECOME™ A Peace Offering**

This treatment is suitable for all skin types.

- **50 minutes** ...................................................... $125
- **80 minutes** ...................................................... $195

**ADVANCED SKIN REJUVENATION**

Hippocrates uses cutting edge techniques and procedures to offer a full skin rejuvenation program. Schedule a complimentary consultation for pricing and details.
YOUR PERSONAL JOURNEY
Let the Oasis Spa And Therapy Center team guide you on your personal journey by suggesting services that work well together, that address specific needs, or simply open new horizons.

OASIS THERAPY ALL DAY PACKAGE
Want to spend a day at Hippocrates Health Institute? Our Oasis Spa And Therapy Day Spa package allows you to enjoy two 50 minute services of your choice (excluding psychotherapy services) and experience our beautiful campus and its amenities all day! Includes sumptuous raw vegan lunch or dinner buffet served from 12:30 - 2pm and the use of the following:

- Ozonated pools
- Fitness Center
- Mineral pool
- Outdoor Saunas
- Steam
- Infrared Saunas
- Outdoor Labyrinth
- Fitness Center
- 50 acres of lush tropical walking paths
- Reflexology Stream

All Day Package .................................................................................................................... $300

ULTIMATE REJUVENATION PACKAGE
• Seaweed and Clay Body Wrap
• Aromatherapy Salt Glow

Ultimate Rejuvenation Package
160 minutes ........................................................................................................................... $300

SIDE-BY-SIDE MASSAGES
Escape with someone special in your life and experience side-by-side massages of your choice in your own private Balinesian inspired sanctuary.
RESERVATIONS
To schedule an appointment, or for more information, please call (561) 471-5867. Payment is requested at the time of reservation.

CANCELLATION POLICY
Oasis treatments are reserved especially for you. Please give us a 24 hour notice to change or cancel any appointment(s) to avoid a 70% charge.

GIFT CARDS
Share Hippocrates Health Institute with those you love. Gift cards are available upon request.

GRATUITIES
In appreciation of excellent service, gratuities are welcome and may be given at your discretion.

HOURS OF OPERATION
Monday - Friday ......................... 8am - 8pm
Saturday .................................... 8am - 4pm
Sunday ....................................... 9am - 2pm

Prices and hours of operation are subject to change.

HIPPOCRATES HEALTH INSTITUTE OILS
Essential oils, natural living substances derived from plants, are potent powerhouses packed with up to 3000 different natural chemical constituents, all working synergistically together to provide countless benefits to you on a physical, mental, emotional and spiritual level. Our therapeutic essential oils can uplift your emotions, stimulate mental focus, encourage relaxation, relieve pain, improve blood circulation, cleanse your body of toxins, clear your respiratory system, move energy and much, much more.

We’ve searched the world to find you the purest and most beneficial organic and ethically wild-harvested essential oils that will delight your senses and improve the quality of your life.

To learn more about how Hippocrates Health Institute’s pure therapeutic grade essential oils can help you, please speak to one of our knowledgeable team members. (561)-471-5867

Hippocrates Health Institute is a perfume free, smoke free and cell phone free campus. No outside food is permitted on campus. Please leave your jewelry or valuables at home.