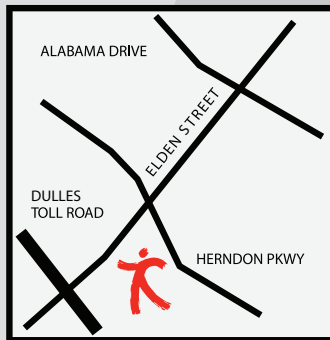


*We pledge to provide the finest personal service and facilities
for our guests who will always enjoy a warm, relaxed,
yet refined ambience.*

*The UNITED WELLNESS experience enlivens the senses
and instills well-being,*



UNITED
Wellness Center



905-B Herndon Parkway
Herndon, Virginia 20170
703.437.8195
Fax 703.437.2404
unitedwellnesscenter.com

*United Wellness Center, where
genuine care and comfort is
our highest mission.*



Official Chiropractic Provider of DC United.

Integrated Healthcare

Chiropractic

We are the official Chiropractic care providers of DC United Soccer and Virginia Board of Medicine Certified Physicians. By utilizing traditional orthopedic and neurologic assessment and hands-on Chiropractic, we address various musculoskeletal conditions such as headaches, whiplash, neck and shoulder tensions, low-back pain and many other muscle and joint ailments. The goal is to alleviate pain and to restore the injured body to a functional state.

Preparticipation Physical Examination PPE

A preparticipatory physical exam is often required to ensure health and safety prior to training and competing in a school sport or other activity. This physical exam, performed by Board Certified Medical Physicians, will evaluate possible medical conditions that may predispose an athlete to injury or illness during competition.

Acupuncture & Chinese Herbal Medicine

Address your overall health and evaluate specific health issues with the ancient Chinese system of pulse, face and tongue diagnosis. Treatments include Acupuncture needling of specific meridian locations as well as customized herbal prescriptions to encourage vitality.

Integrative Holistic Medicine

We combine the best of conventional medicine with alternative medicine for a holistic management, even prevention, of various health conditions. Preferred treatments unite nutrition, supplements, hormone balancing and emotional support. Pharmaceutical medicines are relied on only when necessary.

For insurance information, our fee schedule, or information about all of our Integrative Healthcare Evaluations and Treatments, please contact our office or visit our web page at www.unitedwellnesscenter.com.

Therapeutic Massage

With United Wellness therapeutic massages, you will have the opportunity to enjoy a custom tailored massage experience. Our well-trained and experienced therapists will assist you in selecting the best technique combination to attend to your body's needs. You will experience an assortment of the following techniques.

Swedish Relaxation
Deep Tissue
Sports Massage

Trigger Point Therapy
Myofascial Release
Cupping Massage

Neuromuscular Therapy
Reflexology
Aromatherapy*

**Featuring Tara® Spa Therapy products. By incorporating Tara Spa products for our services, United Wellness can "truly support wellness of body, mind and spirit."*

Each session price is based on duration and not on specific technique.

30 minutes - \$45

90 minutes - \$125

60 minutes - \$85

120 minutes - \$170

Multiple hour packages are also available. Ask for details.

Indulge in our enhanced Massages

Hot Stone Massage

60/90 min \$110/130

Heated Basalt stones are applied on key points of the body, in conjunction with massage, to enhance the release of metabolic toxins from the body.

Prenatal Massage

60/ 90 min \$95/\$135

Pamper the mother-to-be with a well deserved massage treatment to address joint swelling, and muscular aches and pains. It promotes stress reduction for both mother and baby.

Reiki

90 min \$125

Reiki is a unique form of energy work that strengthens the immune system and releases energy blockage patterns so that the body can combat the negative effects of everyday stressors.

Ear Candling & Lymphatic Massage

60 min \$65

Ear Candling combined with Lymphatic Massage is an effective non-medicinal treatment to address ailments such as sinus congestion, chronic sore throat, swimmer's ear, chronic headaches, allergies, vertigo, and other conditions.

Shiatsu Massage

60/90 min \$90/130

Shiatsu is a traditional Japanese hands-on therapy incorporating Pulse and Hara assessments of meridian channels to detect and alleviate muscle tension and joint stiffness.

Wellness Spa Treatments

The Body Polish

60 min \$115

To deeply relax and nourish the body, your skin will be lightly brushed to loosen dry skin and stimulate the nervous system. Your body is then enveloped with warm milk and honey, or a customized mask appropriate for your skin, and swaddled snugly in warm blankets. Our special finishing touch is an application of our TARA balancing aroma body oil to lock in moisture.

United Wellness Signature Getaway

95 min \$155

Totally relax in this one-session linen wrap and facial. Your body will be exfoliated to slough off dead skin, then wrapped in a blend of anti-toxin enzymes and herbs. You will then enjoy a complete refreshing and rejuvenating European Facial while you experience the effects of the treatment.

The Seasonal Restorative Scrub

60/90 min \$105/130

A delightful body treatment designed to help the body prepare for the four seasonal changes using specific oils and herbal salts to exfoliate and hydrate the skin. Read more about treatments for each season at www.unitedwellnesscenter.com

The Ultimate Herbal Body Treatment

90 min \$145

This is a universal treatment suitable for everyone. An authentic, ancient herbal body mask is applied that contains high-potency Ayurvedic herbs to exfoliate, gently detoxify, nourish the skin, and balance energy. After a relaxing shower you will receive a moisturizing massage to help hydrate and protect the skin. Pearl water is used to help soothe skin sensitivities and calm your emotions.

Wellness Facials and Skin Treatments

Based on a personal skin analysis, our estheticians will help you determine which facial is best for your needs. All facials include cleansing, toning, exfoliation, extraction if needed, a customized mask for your skin, proper moisturizing, and application of sun block solutions.

Acupuncture Facial Rejuvenation

A holistic alternative approach to plastic surgery, botox injections, or laser therapy, this Anti-Aging Acupuncture procedure promotes circulation and enhances collagen and elastin production to reduce wrinkles, sagginess and droopy eyelids.

Instant Radiance Mini Facial

40 min \$50

If you are pressed for time, come receive a soothing quick mini facial that gives your deserving skin an instant glow.

The Quintessential Facial

75 min \$90

This rejuvenating facial customized for your skin type, includes deep cleansing, a glycolic or AHA Peel, and extraction when needed. It is followed by a European Facial and a gentle massage of the décolletage, arms, and hands.

3-Dimensional Anti-Wrinkle

90 min \$110

Based on the latest scientific knowledge on hydration, this deeply relaxing six-phase facial works at every level of the skin. This firming treatment helps minimize visible wrinkles and smoothes the appearance of expression lines.

Rosacea Facial

60 min \$75

This facial uses the best products with the most active ingredients to ease redness associated with rosacea, which is common in premenopausal skin conditions.

Teen Facial

55 min \$65

Designed to educate the younger generation and concentrate on normalizing young, imbalanced skin, this facial aids in clearing the skin of breakouts and helps teenagers learn a proper day-to-day skin care regimen.

Skin Treatments For Your Back*

60 min \$65

Revive the most neglected part of the body through a cleansing, deep exfoliation, extraction, mask, hot towel, and moisturizing that replenishes the skin on your back.

WAXING*

Eyebrow	\$15	Upper legs	\$50
Face	\$30	Lower legs	\$45
Chin	\$15	Complete legs	\$85
Forearms	\$30	Bikini	\$35
Under Arms	\$25		
Men's back	\$65 and up		

*Prices may increase due to length of treatment.

For more information please visit www.unitedwellnesscenter.com.

Wellness Pilates & Yoga

Build the essential fitness components, core strength and flexibility, with your Pilates and Yoga program. A variety of classes are offered at United Wellness Center.

Exercise in a group, as you receive personalized attention from our top-notch instructors in our intimate setting. Our instructors come from a wide variety of backgrounds; they all have years of experience, numerous certifications, and bring a wealth of knowledge to every class.

Pilates Mat Group Classes*

Whether it is a morning group class to wake up the body, an afternoon session to boost your energy, or an evening class to release stress, Pilates exercises are designed to help you feel strong and stable. Over time, it creates a strong foundation from which you can achieve new heights of physical fitness and control.

Yoga Group Classes*

United Wellness offers Vinyasa and Hatha styles of yoga, which incorporate a sequence of poses designed to tone, strengthen, and align the body. Combined with proper breathing techniques, yoga allows the body to achieve a higher state of relaxation.

Private, Duet & Semi-Private Pilates Sessions are available for those wanting to focus on specific aspects of their workouts using the Reformers and the Trap Table. During these sessions, you will work privately with a knowledgeable instructor to develop a workout tailored to your body and fitness goals.

*Participants need not worry about mats, towels, or any equipment, as they are provided for you.

Fee Schedule	With 10 PK	Single
Group Class	\$15 each	\$20
Private Session	\$70 each	\$85
Duet Sessions	\$45 each	\$50
Semi-Private (3-4 people)	\$35 each	\$40

THE UNITED WELLNESS CORPORATE GIFT CARD PROGRAM

United Wellness gift cards make great gifts for employees, clients, and vendors. They are also excellent incentives for employee appreciation programs throughout the year. Gift cards can be redeemed for massages, spa treatments, Pilates Sessions, Yoga classes, or Tara® Spa Therapy merchandise.



Before your visit

Remember to make treatment reservations in advance, as spaces fill quickly. If you need to cancel, please do so within 24 hours to avoid paying full treatment price. Please arrive 15 minutes prior to your treatment to begin the relaxation process.

After your visit

Our team of experts can design an easy-to-follow wellness plan to help you continue the healing process, and schedule follow-up treatments to keep you on track. You can also find the products used in your treatment at the front desk. Ask your therapist for specific product recommendations.