



INTOUCH

Services



ACUPUNCTURE ~ CHINESE HERBS ~ BODYWORK ~ PILATES ~ YOGA ~ BARRE

Acupuncture Treatment Packages



Initial visit	\$150
Follow-up visit	\$100
House or hotel call	\$300

SEASONAL TUNE-UP

Feel your best at the start of each new season. This full body acupuncture treatment series will strengthen your immune system to help prevent common cold, flu, allergies, and boost energy.

4-pack: \$400

PMS MOOD LIFTER

Relieve those nagging cramps, mood swings, and more with two full-body acupuncture sessions before your time of the month. Chinese medicinals optional.

2-pack: \$150

SMOKING CESSATION

Let InTouch SF quell your addiction! A painless auricular (ear) treatment followed by a consultation of craving cessation techniques will ease the detoxification process and calm your spirit.

5-pack: \$250 / 10-pack: \$500

Spa + Acupuncture Fusion Packages



MICRO-CURRENT FACIAL REJUVENATION

Reduce the appearance of fine lines and wrinkles, brighten tired eyes, and stimulate collagen production for firmer, glistening skin. This state-of-the-art, non-invasive procedure yields effective results similar to Botox! Mini-shiatsu scalp, neck and facial massage included.

Single Session: \$250 / 10-Pack: \$2,000

ACUPUNCTURE EARTH HEALING RITUAL

Begin with an Asian volcanic clay body mask to soothe and detoxify the body. Shower off with cleansing essential oil infusions, then harmonize your energetic meridians with an acupuncture treatment individually designed to enhance your well-being.

1.5 hours, \$200

YIN + YANG BLISS

Synergize your mind, body and spirit with the Acupuncture Earth Healing Ritual followed by a head-to-toe meridian massage with exotic fruit oils. Enter a state of deep relaxation while healing hands rejuvenate the qi of your channels... a positively blissful experience!

2 hours, \$250

ZEN EUPHORIA

Dive into a customized acupuncture treatment designed to invigorate your qi. Follow with a healing meridian massage that will leave your body completely revitalized.

1.5 hours, \$200

RAINDROP ESSENTIAL OIL THERAPY

Alleviate pain, boost immunity, and stimulate your senses as 9 pure essential oils are delicately massaged along the back. Drift away... awaken entranced.

1 hour, \$125

Corporate Packages



WE TREAT

- ~ Stress
- ~ Fatigue
- ~ Headache
- ~ Common cold
- ~ Arthritis + tendonitis
- ~ Neck + shoulder tension
- ~ Carpal tunnel syndrome
- ~ Smoking addiction

WE TEACH

- ~ Pilates
- ~ Yoga
- ~ Barre
- ~ Fusion

WE PROVIDE

- ~ Delivery of ergonomically sound, zero-gravity chaise lounges for ultimate relaxation
- ~ All acupuncture supplies including bio-safe containers for sterilized, disposable needles
- ~ Mini jambox for your listening pleasure

YOU PROVIDE

Yoga mats, props, the conference room, common area, large private office, or on-site massage room(s)

SESSION TIMES

Acupuncture: 1/2 hour per person (maximum of three people per hour)

Fitness: 45 - 60 minutes per class (class size varies according to space availability)

For pricing and packaging inquiries, please contact j@intouchsf.com.

Fitness Packages



PILATES + YOGA + BARRE

Tone, shape and lengthen your muscles with a revitalizing Authentic Pilates, yoga or barre workout. Select from one-on-one training utilizing custom designed Gratz equipment, floor work or mat-based duets with your favorite partner-in-crime.

Individual session	\$150
5-pack	\$500
10-pack	\$950
20-pack	\$1,800
30-pack	\$2,550
Semi-private	\$75
House or hotel call	\$160