



ANY SELECTION OF FOUNDATIONAL THERAPIES EACH MONTH

## EXPLORE

4 Foundational Therapies  
 + 10% off all Single Therapies  
 + 20% off all Packages

**\$109** a month

## ENHANCE

10 Foundational Therapies  
 + 10% off all Single Therapies  
 + 20% off all Packages

**\$219** a month

## EVOLVE

Unlimited Foundational Therapies  
 + 10% off all Single Therapies  
 + 20% off all Packages

x3 a day max **\$399** a month


## FOUNDATIONAL THERAPIES


LIVE GLOW PERFORM

 **CRYOTHERAPY**  
 This 3 minute therapy has numerous benefits including reduced inflammation, increased energy, enhanced immune function, & improved skin health.

 **INFRARED SALT SAUNA**  
 This 45 minute therapy can improve respiratory health, improve immunity, promote detoxification, relieve muscle tension, & speed up recovery.

 **RED LIGHT THERAPY**  
 This 8-20 minute therapy promotes healing in the skin and muscle tissue, making it ideal for injuries, chronic pain, wrinkles, skin elasticity and scarring.

 **THERABODY COMPRESSION**  
 Reduce soreness & fatigue by flushing out metabolic waste & increase proper circulation with Therabody's pneumatic compression therapy system.

 **BRAINTAP**  
 This 15-20 minute therapy delivers gentle pulses of light, synced with binaural beats & isochronic tones to produce deep & profound sleep & relaxation.

 **POWER PLATE**  
 Experience the Power Plate's PrecisionWave™ Technology to send micro vibrations through your body to improve circulation, relax tight & stiff muscles, tighten skin, & more.

## UNLIMITED CRYOTHERAPY x2 a day max

+ 10% off all Single Therapies  
 + 20% off all Packages

**\$169** a month

## DAY PASS

+ 4 Foundational Therapies  
 + 1 V4 IV

**\$229**

## UNLIMITED RED LIGHT THERAPY x2 a day max

+ 10% off all Single Therapies  
 + 20% off all Packages

**\$169** a month

SELF CARE: EVOLVED



## FOUNDATIONAL

<b>CRYOTHERAPY</b>	<b>\$49</b>
<b>RED LIGHT THERAPY</b>	<b>\$49</b>
<b>INFRARED SALT SAUNA</b>	<b>\$49</b>
<b>THERABODY COMPRESSION</b>	<b>\$39</b>
<b>BRAINTAP</b>	<b>\$29</b>
<b>POWER PLATE</b>	<b>COMPLIMENTARY</b>

## PREMIUM

<b>HYPERBARIC OXYGEN CHAMBER</b> This 60-minute therapy increases blood circulation & oxygenation, reduces inflammation, increases skin collagen, assists in healing of injuries, & increases mental clarity.	<b>\$129</b>
<b>PEMF PAIN MANAGEMENT</b> This 30-minute therapy stimulates the autonomic nervous system, clears brain fog, improves mood, improves circulation, improves pelvic blood flow, & enhances recovery & repair.	<b>\$99</b>
<b>BALLANCER® PRO</b> This 30-minute therapy gently massages the lymphatic system, drains out metabolic waste & toxins from your body, eliminates stress, & reduces cortisol levels.	<b>\$79</b>
<b>LOCAL CRYOTHERAPY</b> This 10-15 minute service uses hot and/or cold therapy to a specific area of the body to help decrease inflammation and muscle soreness.	<b>\$49</b>

## GLOW THERAPIES

### *BODY SCULPTING*

<b>CRYO-FACIAL</b> Stimulates the production of collagen, reduces fine lines & pores, decreases redness & inflammation, & boost circulation.	<b>\$249</b>
<b>CRYO-SLIMMING</b> Eliminates fat cells in the treated area & increases skin elasticity to provide a slimmer shape & "glowing" tone.	<b>\$500</b>
<b>EMSHAPE</b> Utilizes electromagnetic waves to activate targeted muscle groups to build muscle mass reduce body fat, & improve muscle tone.	<b>\$400</b>

## NAD+ THERAPY

### *INTRAVENOUS (IV)*

<b>250mg</b>	<b>\$315</b>
<b>500mg</b>	<b>\$625</b>
<b>750mg</b>	<b>\$940</b>

### *INTRAMUSCULAR (IM)*

<b>50mg</b>	<b>\$65</b>
<b>100mg</b>	<b>\$125</b>

### *SUBCUTANEOUS (SC)*

<b>25mg</b>	<b>\$35</b>
<b>50mg</b>	<b>\$65</b>

## THE COVERY BY THE HOUSTONIAN CLUB

Monday, Wednesday & Thursday, 9 a.m. to 6 p.m. - Tuesday, 7 a.m. to 6 p.m.

Friday, 7 a.m. to 4 p.m. - Saturday & Sunday, 9 a.m. to 2 p.m.

CALL: 713.685.6780 - EMAIL: COVERY@HOUSTONIAN.COM