

# Bamboo Mind & Body Spa Service List

## Bodywork

- **Massage Therapy**

~ Each therapeutic massage is uniquely client-focused. Our therapists will integrate tools and modalities they have learned throughout their practice that may benefit or enhance the effects of massage for your unique self and possible ailments. We call these sessions “All-Inclusive” meaning we do not charge extra fees for the added tools/modailites. This can include, but is not limited to, cupping, hot stone, cold stone, contrast therapy, use of therapeutic products, and more.

- **30-minute All-Inclusive Massage: \$75**
- **60-minute All-Inclusive Massage: \$100**
- **90-minute All-Inclusive Massage: \$120**

\*\*Ask about Intern Massage Therapy at a discounted price!

- **Ashiatsu Massage Therapy**

~ Ashiatsu is a massage technique that involves the application of the practitioner’s feet, rather than the hands or arms, to a patient’s body. In Japanese, *ashi* means foot, and *atsu* means pressure; so it literally translates to foot pressure. During an Ashiatsu massage, therapists use their bare feet to deliver deep compression, long gliding strokes, and/or assisted stretching. Reading that, you might feel apprehensive about receiving an Ashiatsu treatment. You may wonder if having your back walked on will be intense, painful, or even scary. Don’t worry, though! Ashiatsu therapists have full control over how your body is treated, and the massage is tailored to your needs just as a deep tissue or Swedish massage would be.

- **30-minute Ashiatsu Massage: \$75**
- **60-minute Ashiatsu Massage: \$100**
- **90-minute Ashiatsu Massage: \$120**

- **Structural Integration Therapy**

~ Structural Integration Bodywork is a holistic therapy focused on aligning and optimizing the body’s structure for improved function and overall well-being. This approach is based on the understanding that our physical structure is closely linked to our emotional and mental states. By addressing misalignments and tension within the body’s fascia—the connective tissue that surrounds muscles, organs, and bones—Structural Integration aims to **release restrictions, enhance mobility & the body-brain connection, and promote better posture.**

During a typical session, our practitioner uses a combination of hands-on techniques, movement education, and guided awareness to work through layers of fascia. The process often involves a series of sessions, each building on the

last, to create lasting change in the **body's alignment and balance**. Clients may experience **increased flexibility, reduced pain, and greater ease of movement**. In addition to physical benefits, Structural Integration encourages a **deeper connection to one's body**, fostering awareness of habitual patterns and promoting emotional release. Ideal for anyone from athletes to those experiencing chronic discomfort, this bodywork modality not only enhances physical performance but also supports holistic health and personal growth.

- **CONSULTATION: FREE**
- **60-minute Structural Integration Session: \$105**
- **90-minute Structural Integration Session Massage: \$120**

- **Microcurrent Point Stimulation (MPS)**

~ MPS is a hybrid modality that applies concentrated, low frequency, DC microcurrent stimulation to special combinations of key acupuncture and trigger points. This therapy is similar to Electro-Acupuncture, however, the difference is in the amount of stimulation to the acupoints. MPS uses a low-hertz technology that is reported to resonate with the nervous system and influence dramatic cellular changes in organs, tissues and fascia. The specific technology we use has been called "microcurrent biostimulation" because of its reported benefits on cellular physiology and growth. At Bamboo Spa, we include a 30-minute Massage Therapy session with any MPS treatment as this is proven to enhance the benefits of MPS. The massage is primarily focused on the problem area(s) - whether mental, physical, or even emotional. Session times can vary from person to person and are completely tailored to the client's needs which may include other tools/modalities like Scar Release Therapy, Vagal Nerve Stimulation, and more. You can expect a session to take anywhere from 45 - 75 minutes.

- **45+ minute All-Inclusive MPS Session: \$85**

- **Auricular MPS**

~ Auriculotherapy (also auricular therapy, ear acupuncture, and auriculoacupuncture) is a form of alternative medicine based on the idea that the ear is a microsystem which reflects the entire body, represented on the auricle, the outer portion of the ear. Conditions affecting the physical, mental or emotional health of the client are assumed to be treatable by stimulation of the surface of the ear exclusively. Certain ailments, anatomy types, or other factors may respond better to Auricular MPS rather than traditional MPS (involving the acupoints all throughout the body). These sessions are typically shorter in time than traditional MPS as well.

- **15+ minute Auricular MPS Session: \$25**

- **Scar Release Therapy**

~ Unfortunately, scars have an ugly hidden truth - no matter the size, location, or amount of time the scar has been with you. This includes emotional scars as well which can be presented on the body as we call "birthmarks" even from a very young age. SRT involved a simultaneous application at two points around the

scar/affected area. This therapy effectively addresses various scar types, including C-section, tummy tuck scars, breast scar, appendectomy, gallbladder scar, cosmetic scars, hernia scar, mastectomy scars, and more. Scars may be the root cause of your chronic pain, tension, poor circulation, emotional stress and more. The amount of sessions needed to effectively address scars is determined by the depth and healing capacity of the scar. Each scar is unique, however, it is fair to say that more than 3 sessions will need to be done.

- **Single SRT Session: \$20+ (20+ minutes)**
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## Esthetics

- **Glo2Facials**

~ A breakthrough, 3-step treatment that unlocks the body's natural superpowers: Oxfoliation™ with O2 bubbles, amplify with LUX via our lite ultrasound experience, and detox with a lymphatic massage. Glo2Facial does the work, but your body unlocks the results. At Bamboo Spa, we offer 8 customizations to your Glo2Facial! Customizations:

- + **Hydrate** - Best for dry, dull skin, Hydrate enhances moisture retention and strengthens the skin barrier.
- + **Detox** - Best for irritated skin and skin regularly exposed to environmental factors, Detox treats and protects the skin to shield from environmental factors, irritants and allergens. \*Boosts cellular renewal
- + **Firm** - Best for preventing and reducing early signs of aging, Firm boosts and enhances the skin barrier to prevent loss of collagen and moisture, revealing a more supple texture.
- + **Refine** - Best for mature skin, Refine reduces fine lines, improves texture, and smooths overall skin appearance.
- + **Smooth** - Best for skin with fine lines, blemishes and uneven texture, Smooth reveals a smoother and more radiant complexion for photo-ready skin.
- + **Brighten** - Best for pigmented skin, Brighten unifies skin tone, improves pigmentation and rejuvenates the skin for a smoother complexion.
- + **Balance** - Best for oily, acne prone skin, Balance uses antibacterial ingredients to remove impurities, fight acne and minimize oil production.
- + **Protect** - Best for dry, dull, and damaged skin. Protect rebuilds the skin barrier after harsh environmental stressors and rebuilds damage with anti-inflammatory properties.
  - **Single Session: \$169**
  - **Package of 3 Sessions: \$499**
  - **Package of 6 Sessions: \$980**

\*\*Choose your customization type for each session!

- Japanese Head Spa/Scalp Treatments

~ Our Japanese head spa is a specialized treatment that focuses on the scalp and hair health, blending relaxation with therapeutic techniques. It involves a combination of gentle massages, deep cleansing, and nourishing hair and scalp treatments using natural oils and herbal products. In some sessions, our Licensed Cosmetologist uses a high quality camera to determine the health of the hair/scalp and/or uses a high frequency rake as a gentle therapeutic approach to strengthen both hair and scalp health. The experience not only aims to improve circulation and relieve tension but also promotes overall wellness and rejuvenation. Custom sessions can be made as well.

- 'Tween' Hydration Wash (30 min): \$75
- Hydration Wash + Mask (45 min): \$95
- Complete Scalp Treatment (60 min): \$125
- Hair Loss Treatment (90 min): \$155

- Skin Treatments

- Microdermabrasion: \$85
- Microdermabrasion + Facial: \$130
- Dermaplane: \$85
- Dermaplane + Facial: \$125
- Back Treatment: \$85
- Lactic Peel: \$65
- Beta Peel: \$65
- Alpha Peel 20 & 30: \$65
- Jessner Peel: \$65
- TCA Peel: \$65

- Waxing

- Eyebrows: \$20
- Upper Lip + Chin: \$25
- Nose: \$15
- Full Face: \$65
- Face - Cheek: \$25
- Underarms: \$32
- Arms (half): \$40
- Arms (FULL): \$55
- Legs (half): \$45
- Legs (FULL): \$60
- Stomach: \$25

- Bikini: \$45
- Brazilian: \$105

- Beauty Enhancements
    - Brow Sculpting: \$10
    - Brow Tint: \$12
    - Brow Lamination: \$55
    - Brow Babe Combo (lamination, wax, tint, and sculpt): \$85
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## Detoxification

- Ozone (O<sub>3</sub>) Therapy
 

~ Ozone is O<sub>3</sub> or Oxygen (O<sub>2</sub>) with an extra molecule. With this extra molecule, the new charge and energy created by this bond becomes a “scavenger” within the body. Ozone will find toxins, bacteria, or other foreign objects (considered free-radicals) in the body, bind to them, neutralize them, and move them through the body’s natural detoxification system to eliminate them and cleanse the body. Ozone Therapy benefits include, but are not limited to, improving circulation, enhancing wound repair, increasing oxygenation throughout the body (where oxygen is, bacteria cannot be - making Ozone an excellent antibacterial!), enhancing the immune system, and increasing cellular rejuvenation. Ozone is considered to be a powerful antioxidant and is also widely accepted as a natural anti-inflammatory. At Bamboo Spa, we offer Ozone Therapy in a few different methods:

  - + Steam Sauna - This method involves Ozone being absorbed through the skin - the body’s largest organ. The session involves gently heating up the body with steam to open up the pores where the Ozone molecules will enter the body. Steam Sauna is best for general wellness enhancement, maintenance, or skin conditions. We include Ionic Detox sessions with this service to enhance the benefits of Ozone within the body’s detoxification pathways.
    - Single Ozone Sauna Session: \$80 (includes 1 Ionic Detox)
    - Package of 4 Sessions: \$304 (includes 2 Ionic Detox Sessions)
    - Package of 8 Sessions: \$592 (includes 4 Ionic Detox Sessions)
  - + Ear Insufflation - This process involves moving Ozone gas into the ear cavities without putting any pressure on the eardrums. By insufflating Ozone through the ears, its access to the inner ear and brain is faster than other methods. This option is best for problems originating in the ears, head, or brain - such as ear aches/infections, headaches, migraines, or memory loss. For the safest and most effective outcome, Ear Insufflation purchases are for 2 or more sessions. A single session is not likely to remedy ailments.
    - Two Session Ozone Ear Insufflation: \$30

- + Ozone Breathing Treatment - Involves safely inhaling vaporized ozone-infused oil through the nostrils. The Ozone gas moving directly into the respiratory tract is the most efficient method to remedy respiratory ailments. This method is best for combating toxins ingested through respiration & problems within the lungs.

- o **Single Ozone Breathing Session: \$45**

- Ionic Detoxification **\*\*All Ionic Detox purchases are 15% off for Members**

~ Ionic Detoxification is a unique method used by many practitioners in natural medicine to assist and enhance the body's own ability to cleanse inside and out. The Ionic Detox is typically done by placing the feet into a small tub of water with an advanced ionizing array submerged in the water. This produces ions within the water which enter into the body through the skin and are transported throughout the circulatory and lymphatic systems. These ions have a negative charge which means they can neutralize positively charged toxins in the cell that are normally slow to exit the body. For certain ailments above the diaphragm, we can use the Ionic Detox both on the hands. Ionic Detoxification has shown to bring the body back into balance and strengthen the immune system while opening up the natural detox pathways within the body.

- o **Single Ionic Detox Session: \$45**
- o **Package of 6 Sessions: \$245**
- o **Package of 12 Sessions: \$500**

**\*\*\*Custom Detoxification Packages/Plans can be made after a thorough consultation between our staff and the client.**

~ We recognize that each client is unique and protocols may vary depending on factors such as client schedule, ailment(s), and goals.

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## Frequency & Quantum Healing Services

- Vagal Nerve Stimulation (VNS)

~ Vagal nerve stimulation integration offers a wealth of wonderful benefits that can enhance outcomes of other therapies/services and promote overall personal wellbeing. With its focus on deep relaxation, vagal stim has been shown to help reduce stress and anxiety, relax muscle tone and deactivate body-wide trigger point sensitivity. Beyond these benefits vagal stim has also been found to produce superior outcomes in a RANGE of physical health conditions, from dysautonomia, POTS, epilepsy to chronic pain and tension syndromes. Through the vagus nerve's connection to various parts of the body, this technique can offer a truly holistic approach to healing. Vagal stim has also been used for long-haul COVID-19 recovery, reducing inflammation, improving heart rate variability, and improving mental health disorders including PTSD. This

cutting-edge therapy works by stimulating the vagus nerve, which plays a crucial role in regulating the body's stress response - helping the body heal the body.

- **Single VNS Session: \$15 (15-25 minutes)**

- **arrc LED Light Therapy (Photobiomodulation)**

~ Photobiomodulation is a therapeutic technique that uses specific wavelengths of light to stimulate cellular processes, promoting healing & detoxification, and reducing inflammation. The arrc LED Light Bed is a full body photobiomodulation device. Sessions are 20-30 minutes

- **Single arrc LED Light Therapy Session: \$100**
- **4-Session Package: \$360**
- **8-Session Package: \$640**
- **12-Session Package: \$900**

- **Plasma Energy Enhancement (Theraphi)**

~ Theraphi is a non-invasive, holistic, treatment of the body's cells. It's the body's natural battery charger. It works to rejuvenate and restore our cells to their optimal state. The Theraphi healing system utilizes the body's natural cellular regeneration capabilities, promoting overall well-being. The body's natural biology uses longitudinal EM waves. Theraphi utilizes these specific wave forms creating a rich information field. This field naturalizes the disturbances of our vibrational field to be harmonized with ease.

- **Single Plasma Energy Enhancement Session: \$100**
- **\*Custom Packages Available**

### *Holistic Counseling & Hypnotherapy*

- **Hypnotherapy/Holistic Counseling**

~ Counseling sessions include a holistic approach that acknowledges you as a whole-person: your mind, body, heart, and spirit. Finding a place where you can explore what is keeping you from living your best life while in a safe place for healing. Holistic counseling can help you on your personal journey of self-exploration, self-worth, and shift you into your next level of wellness, balance, and contentment. Hypnotherapy is a type of mind-body modality where guided relaxation, intense concentration and focused attention is used to explore past thoughts, feelings, beliefs, memories or trauma that may be hidden from the conscious mind. Hypnotherapy enables people to perceive things differently allowing ultimate healing to occur.

- **Hypnotherapy/Holistic Counseling: Pricing Varies (\$50+)**



- Chakra Balancing/Holistic Session

~ Chakra balancing is a holistic practice aimed at aligning and harmonizing the body's energy centers, known as chakras, to promote overall well-being. Each of the seven main chakras corresponds to different aspects of physical, emotional, and spiritual health. The aim of the session is to balance and open these energy centers to allow for free flowing energy throughout the body, mind, and spirit. At Bamboo Spa, we also allow some time after the session for conversation between the therapist and client to discuss the energetic findings during the session, goals, and more.

- Chakra Balancing Session: \$35 (30+ minutes)

- Therapeutic Reiki/Holistic Session

~ Reiki is an energy healing practice that aims to promote balance, relaxation, self-healing, and reducing stress. During the session, the therapist assesses and responds to the client's energetic field to help release blockages and restore balance of the mind, body, and spirit. At Bamboo Spa, we also allow some time after the session for conversation between the therapist and client to discuss the energetic findings during the session, goals, and more.

- Therapeutic Reiki Session: \$35 (30+ minutes)
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## Wellness Center Memberships

- 24-hour Wellness Centers

~ At Bamboo Spa, we're redefining Holistic Wellness by making it more accessible and affordable for everyone.

After discovering the many great benefits that come with all of our amenities within our facility, we started to understand two key concepts:

Each amenity requires frequent use, commonly multiple times every week.

The cost of any single person or family purchasing these devices and pieces of equipment to incorporate into their homes and lifestyles is unrealistic.

Therefore, we have been on a mission to provide a solution to both of these problems and created America's first 24-hour Holistic Wellness Center! Imagine a space designed just for you, with top-of-the-line amenities backed by science to elevate your mind, body, and spirit.

But we don't stop there. We know that the typical 9-to-5 doesn't work for everyone, which is why we're thrilled to offer 24-7 access to our one of a kind facilities. That's right—we're the first in America to offer around-the-clock Holistic health and wellness services! Our Wellness Centers operate very similarly to a 24-hour gym meaning that members have access to multiple pieces of "equipment" or amenities at any time.

From our cutting-edge 'Tonal' Gym to the transformative 'BrainTap' and Quantum healing amenities, every feature is crafted for full-spectrum health & wellness enhancement. Our team has personally tested and incorporated these amenities into our daily routines, so we know & trust that they work. The best results come from regular use, and with our 24-hour access, you can optimize your wellness journey anytime you choose.

We have two locations in Nebraska. We allow members to gain access to a single location or to both locations - meaning in total, members can have access to up to 13 therapeutic amenities 24-7!

### **BLUE HILL Location Amenities Include:**

- + HydroMassage Lounger
- + Infrared Sauna
- + Vibroacoustic SoundBed
- + BrainTap
- + Salt Cave
- + Aromatherapy Steam Shower
- + The Zen Den (exercise and recovery space)

### **HASTINGS Location Amenities Include:**

- + HydroMassage Lounger
- + Infrared Sauna with Halotherapy

- + CryoLounge
- + BrainTap
- + Tonal Gym
- + Vitality Booth

**\*\*Members also receive 15% off of Detoxification services as well as 10% off all Retail Products at our facilities!**