

À La Carte Packages



The Intima Renewal Package, Vaginal Restoration

Comprehensive evaluation and treatment for vaginal and genitourinary health during menopause. Includes addressing the genitourinary and vaginal changes that commonly occur during perimenopause and menopause that are the result of declining estrogen levels. Symptoms such as dryness, discomfort, itching, urinary urgency, and painful intercourse are often related to vaginal atrophy and thinning of the mucosal tissue, both are changes that are treatable and reversible.



This package includes a thorough assessment of vaginal health to determine whether localized estrogen therapy is appropriate and safe. For women who prefer a non-hormonal approach, we provide evidence-based recommendations for therapeutic vaginal moisturizers and clinically supported alternatives that restore comfort and tissue integrity.

Patients enrolled in this package will also gain access to medical-grade supplements at a discounted price, carefully selected to support tissue hydration, collagen synthesis, and overall pelvic wellness. \$150 initial, \$100 monthly for therapy

The Renewal Package, Sermorelin Therapy

Sermorelin is a bioidentical peptide that stimulates the body's natural production of growth hormone, supporting cellular repair, metabolism, energy, sleep quality, and muscle tone. It helps counteract age-related hormone decline and promotes improved recovery, strength, and vitality. It is typically administered as a subcutaneous injection once daily, usually in the evening, to align with the body's natural hormone rhythms. Dosing and duration are individualized based on each patient's goals and laboratory findings. \$420 initial/ \$350 every 3 months





The Recharge Package

Nicotinamide Adenine Dinucleotide, known as NAD⁺, is a coenzyme found in every cell that is essential for energy production, cellular repair, and mitochondrial function. NAD⁺ therapy supports brain health, reduces inflammation, enhances metabolism, and combats the fatigue and cognitive decline often associated with menopause and aging. Therapy is administered through subcutaneous injection, with frequency determined by your specific wellness goals and response. Most patients receive therapy weekly or biweekly, followed by maintenance dosing as recommended. \$200 initial, \$175 monthly



The Sculpt Package, Lipotropic Injections

Lipotropic injections combine key amino acids and vitamins that aid in fat metabolism, liver function, and energy production. They are often used to support weight management programs, improve stamina, and enhance metabolic efficiency. Administered 1–2 times per week as part of a supervised weight loss or metabolic wellness program. Studies have proven that lipotropic injections can trim weight from your waist. When used in conjunction with diet and exercise, pounds can be shed by the week. Frequency and composition will be tailored to your needs and goals. \$175 initial, \$145 monthly



The Radiant Hair & Skin Consult

During menopause and perimenopause, declining estrogen levels can cause significant changes to the hair and skin. Many women notice dryness, thinning, fine lines, and loss of elasticity, which are signs that the body's natural collagen, oil balance, and hydration are shifting. Our Hair & Skin Consultation is designed to assess these changes comprehensively. We evaluate skin turgor, tone, texture, and hydration, as well as hair density, strength, and scalp health.

The goal of this consultation is to determine which therapy or combination of treatments will best support your hair and skin's vitality. Recommendations may include hormone restoration, peptide therapy, or other regenerative, prescriptive and nutritional treatments that help you achieve lasting, healthy results. As a bonus, I give you access and discount on medical grade supplementations, shampoos, serums, and moisturizers. \$195 for consult. Maintenance fee based upon chosen treatment

The Nourish Package, Food Sensitivity & Nutrition

Our Food Sensitivity Panel identifies your body's unique response to over 200 common food allergens and triggers, including dairy, gluten, nuts, soy, shellfish, and more. This test is performed through a simple blood draw, offering clear, evidence-based results that reveal which foods may be causing inflammation, discomfort, or hormonal imbalance.



Once your results are received, we'll meet for a personalized nutrition consultation to design a custom 2-week meal plan that works for your lifestyle. This includes your likes, dislikes, caloric needs, and wellness goals. Your plan will include three structured meals per day, focusing on foods that support energy, balance, and optimal hormone function. This service is ideal for women who are ready to identify hidden food sensitivities, reduce inflammation and bloating, improve digestion and energy, support hormone and weight balance naturally. \$495

The Elevate Package, Micronutrient & Supplement Optimization

Because balanced health starts at the cellular level. This service includes lab-drawn testing for Vitamin B12. This nutrient is essential for energy production, mood stability, bone health, and hormonal balance; all of which can be impacted during the menopausal transition. Your results will be carefully reviewed, and we'll supplement via weekly injection to restore optimal levels and support your individual health goals. Note, treatment does not include replacement for treatment for anemia. Supplement is given for wellness, energy, and functional optimization. As part of this program, you'll also receive the bonus of exclusive access to medical-grade supplements at a discounted price ensuring purity, potency, and clinical effectiveness. \$105.95 monthly

