

*Pilates Plus*



*Wellness Center*

14400 Old Mill Rd. Ste. 201

📍 Upper Marlboro, MD 20772 📍

(301) 952-1111

### ***Nutrition Fee Schedule***

<b><i>Options</i></b>	<b><i>Pricing</i></b>	<b><i>Description</i></b>
Individual Ion Cleanse	\$50.00	The Ion Cleanse Detoxifying Foot Bath helps your body rid itself of harmful toxins, pollutants, excess metals and other harmful components. Clients will actually see the pollutants in the water, after they have exited the body through the feet. Our Nutritionist will then explain the toxins released, and will make recommendations.
Ion Cleanse Package	10 sessions/\$500.00	Ion Cleanse, as well as limited nutritional counseling.
Nutrition Package	10 sessions/\$600.00	The Nutrition package includes a menu plan, meal shopping lists, and 5 Ion Cleanses.
Individual Nutrition Consultation	\$60.00	During this 1 hour (approx.) consultation with our holistic nutritionist, you will discuss your personal nutrition concerns, problems and goals, including any input that you might have from your doctor. You will leave with recommendations, a suggested grocery list and menu planning ideas.
20 minute Nutrition Consultation	FREE!	During this 20 minute consultation, you will discuss possibilities for weight loss or general concerns.

Please contact the studio to schedule an appointment!