

Wellness & Weight Management at Rejuv

Erie's first all-inclusive beauty & wellness destination

Weight Management

Total Transformation Weight Management is an individualized medically supervised weight management program consisting of an initial consult with Dr. Polon & our Registered Dietitian. You will have a weekly follow-up with our RD which includes weigh-in, blood pressure check, dietetic counseling and follow-up appointments with Dr. Polon when medically appropriate. Also included are educational seminars in Behavior Modification, Nutrition and Fitness. Members will receive a 10% discount on food products and 15% discount on all relaxation spa and salon services. Plus, ONE YEAR complimentary STAR Maintenance program upon successful completion of your program. **\$349 First Month • \$199 Per Month**

Lifestyle Weight Management is an individualized weight management program consisting of one visit per week with our RD to include weigh-in and dietetic counseling. Also included are educational seminars in Behavior Modification, Nutrition and Fitness. Additionally, members will receive a 10% discount on food products. **\$199 First Month • \$119 Per Month**

Holistic Health

Holistic Health Assessment looks at wellness as a whole. The Holistic Health Assessment is an individualized health plan to maximize your health and well-being. Our Naturopathic Practitioner will teach you how applying natural lifestyle approaches can act to facilitate the body's own natural healing potential. This includes the Initial Assessment and one follow-up visit. **\$199**

Optimal Wellness Package includes one Holistic Health Assessment and bi-weekly follow-ups with our Naturopathic Practitioner. Also included are regularly scheduled educational seminars in Behavior Modification, Nutrition and Fitness. **\$199 First Month • \$119 Per Month**

Holistic Weight Management includes one Holistic Health Assessment with our Naturopathic Practitioner, one Dietetic Consultation with our Registered Dietitian and one follow-up visit per week alternating with our NP and RD to include weigh-in and dietetic counseling. Also included are educational seminars in Behavior Modification, Nutrition and Fitness. Additionally, members will receive a 10% discount on food products.
\$229 First Month • \$149 Per Month

A la Carte

ReeVue Metabolic Analysis is a simple 10 minute breath test that measures how many calories you burn at rest each day. One of our Wellness Practitioners will facilitate the test and explain what your unique number means for you and your health goals. **\$69.99**

Food Sensitivity Testing measures your body's antibody (IgG) response to help provide guidance on what foods may be causing symptoms relating to headaches, stomach pains, bloating, fatigue, joint pain, skin disorders or other gastrointestinal distress. Your first follow-up will include results and diet recommendations. A second follow-up is scheduled one month later to review your diet and make further modifications.

Test for sensitivity to 132 foods, spices & additives **\$499**

Test for sensitivity to 20 foods, spices & additives **\$299**

Holistic Health Follow-Up is a 45 minute follow-up appointment with our Naturopathic Practitioner.
*** Can only schedule if you have completed a Holistic Health Assessment within the last 6 months***
\$75

Individual Nutrition Session is a 1 hour appointment with our Registered Dietitian. You will discuss your current eating habits and lifestyle as well as any nutrition questions you may have. Recommendations will be made to help you achieve your wellness goals.
\$99

Rejuv

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