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MOVEMENT FOOD IMMUNITY PAUSE

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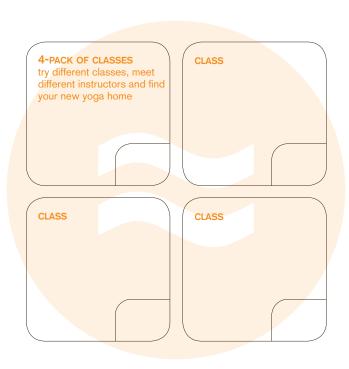
Your Passport to Whole Body Health

we believe that health is a journey and by just being here, you've already taken the biggest step. it is our sincere hope that root is a place where you can find both the tools and inspiration to live a more holistic life. let this passport guide your next steps. we'll be here to help all along the way.



MOVEMENT IS ENERGY

moving makes you not only more physically fit, but also makes your mind sharper and helps you feel more centered and calm.





FOOD IS FUEL

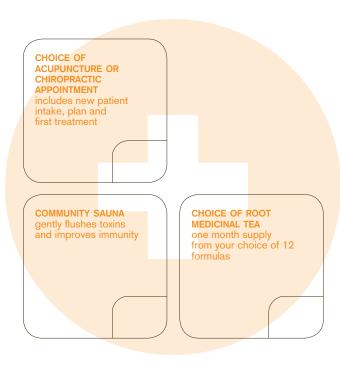
when you truly feed and nourish your body, you can improve your energy, skin, metabolism and improve your overall mood.





IMMUNITY IS RESILIENCE

aches, pains, allergies, low energy, stress, digestion... whatever brings you here: learn natural approaches to build your body's resistance against illness and imbalance.





PAUSE IS CLARITY

it's easy to dismiss the inner voice that tells you to slow down, take a break, go for a walk, rest. but these breaks are not self indulgences; they're necessary self-care.



TERMS & CONDITIONS

- one passport per person
- call 503.288.7668 to schedule your first visit
- passport no. required when redeeming
- up to 3 appointments may be scheduled per day
- 24-hour cancellation required or booked service(s) will be forfeited
- must present passport at time of service
- gratuity not included
- appointment times are subject to availability
- no substitutions
- no refunds
- for more info, contact info@rootwholebody.com



santé avant tout! (health before everything)