

1001

WHOLE BODY HEALTH BEGINS HERE



MOVEMENT



FOOD



IMMUNITY



PAUSE

this passport belongs to: _____

passport number: _____ date issued: _____



Santé av.



Want to out!

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.

4-PACK OF CLASSES

try different classes, meet
different instructors and find
your new yoga home

CLASS


CLASS

CLASS



FOOD IS FUEL

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



**CHOICE OF ORGANIC FACIAL
TREATMENT (75 MIN) OR
HOLISTIC NUTRITION PLAN**
assess what you put on your
skin or feed your body

REVEAL SKIN ANALYSIS
skin imaging evaluation
and plan (30 min)

**\$15 GIFT CARD TO
ROOT CAFE AND JUICE BAR**
deliciously healthy grab
and go



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.

**CHOICE OF
ACUPUNCTURE OR
CHIROPRACTIC
APPOINTMENT**

includes new patient
intake, plan and
first treatment

COMMUNITY SAUNA
gently flushes toxins
and improves immunity

**CHOICE OF ROOT
MEDICINAL TEA**
one month supply
from your choice of 12
formulas



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.



75-MINUTE MASSAGE

release pain, stiffness
or stress

HYDROTHERAPY BATH

a soothing, private soak
with herbs

COMMUNITY SAUNA

eases tension and calms
the mind

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)