



VIBRANT MARKET

WELLNESS + CLEAN BEAUTY + LIFESTYLE

SPA MENU

What is Biohacking?

Biohacking is the art and science of optimizing your health, body, and mind for peak performance and health optimization. It involves the deliberate use of cutting-edge technologies (like our PEMF, BallancerPro, JOOVV, etc), holistic health practices (like breathwork and meditation), and personalized experimentation to enhance various aspects of your life. Biohackers aim to optimize diet, supplementation, fitness, sleep, stress management, and more to unlock their full potential, improve longevity, and attain vibrant health. At Vibrant Market, we offer the best of the best technology and insights in biohacking to help you make informed choices on your journey to a healthier, more optimized, and more vibrant life.

HEALING DIRECTORY

Brief Summary + Pricing

Pulsed ElectroMagnetic Frequency (PEMF) Pg. 5

Recharges the cells and helps the body repair, regenerate, and rebuild naturally.

\$85 per session | \$99 3-pack (intro only) | \$380. 5-pack | \$750. 10-pack | \$1400. 20-pack

Infrared Sauna Pg. 7

Surround yourself in the penetrative power of infrared light. Increase your body's core temperature to detoxify and increase your metabolism, flexibility, and skin health.

1 person, 30 min \$30 | 2 people, 30 min \$50 | 1 person, 45 min \$45 | 2 people, 45 min \$75

Packages: 5 pack, 1 person, 30 min \$129 | 5 pack, 1 person, 45 min \$195

10 pack, 1 person, 30 min \$240 | 10 pack, 1 person, 45 min \$360

Cold + Warm Plunge Pg. 9

Heal yourself from within. Decrease blood flow, minimize the inflammation to recover faster, and increase endorphins.

1 person, 15 min \$25 | 2 people, 15 min \$35 | 1 person, 30 min \$35 | 2 people, 30 min \$45

Packages: 10 pack \$200

Infrared Sauna & Cold + Warm Plunge

This combo will detox, lower inflammation, improve blood flow, increase happy hormones, and increase energy!

1 session, 1 person \$50 | 1 session, 2 people \$80 | 10 pack \$400

Ballancer Pro Lymphatic Drainage Pg. 10

Increase detoxification, enhance skin tone, decrease inflammation, Increase circulation, and activate the lymphatic system to help effectively push out toxins.

1 session \$150 | 6 pack \$750 | 12 pack \$1200

JOOVV + RED LIGHT Pg. 11

LEDs at specific wavelengths provide energy to your cells. This effect is anti-aging while improving circulation. RLT is also known to treat acne, wrinkles, and blemishes while improving skin tone and elasticity with long-lasting results.

1 session \$35 | 10 pack \$200

HEALING DIRECTORY

Facials with Nurdan Pg. 12

All facials include deep cleansing, toning, exfoliating, steam, moisturizing, custom mask, aromatherapy experience, and tissue-transforming massage.

The Buccal Experience | 75 min, \$275

The treatment that you never knew you needed! Also known as “The Natural Facelift”

The Ultimate Renewal | 90 min, \$405

Get ready to SHINE bright like a diamond!

The Met Gala | 105 min, \$415

The Ultimate Transformation!

The Vibrant Essential | 90 min, \$225

Customized specifically to your skin’s ever changing needs

The Glow & Go | 50 min, \$165

Luxury meets efficiency in this 50 minute facial!

BioRePeel Lunchtime Peel | 30 min, \$250

Addresses skin concerns from the inside out with NO down time or photosensitivity, and zero to minimal shedding!

Advanced Hydrafacial | 60 min, \$240

A unique, patented Vortex-Fusion delivery system to exfoliate, extract & simultaneously hydrate the skin, delivering painless extractions

Add Ons:

Lip Buccal | 15 min, \$45

Full Buccal | 25 min, \$125

Celluma Red Light Therapy | 10 min, \$35

BioRePeel | 20 min, \$125

Microcurrent | 10 min, \$40

HEALING DIRECTORY

Massage with Torrey Pg. 18

Torrey Moton is an experienced licensed massage therapist who specializes in muscle manipulation, energetics, reflexology, neck stretching, and treatment customization.

Vibrant Align (Sports) | 60 min, \$165 | 90 min, \$210

This perfect recovery service for the athlete whose body needs rejuvenation & muscle restoration.

Vibrant Restoration (Deep Tissue) | 60 min, \$175 | 90 min, \$220

Ideal for those who suffer from chronic pain, tension, stiffness, poor posture, & muscles with insufficient blood flow.

Vibrant Rebalance (Swedish) | 60 min, \$150 | 90 min, \$190

Perfect for someone seeking relaxation, respite from stress, and energetic re-centering.

Add Ons:

Reflexology | 15 min, \$45

Full Buccal | 25 min, \$125

Celluma Red Light Therapy | 10 min, \$35

BioRePeel | 20 min, \$125

Microcurrent | 10 min, \$40

Pulse (PEMF)

PULSE Pulsed Electro Magnetic Frequency

The PULSE® PEMF recharges the cells and helps the body repair, regenerate, and rebuild naturally. NASA has uses PEMF to reverse bone loss and muscle degeneration experienced by astronauts due to long space missions.

BENEFITS:

Enhanced Cellular Function: PEMF use electromagnetic fields to stimulate and optimize the function of cells within your body. This therapy enhances the flow of ions and nutrients across cell membranes, promoting better overall cellular function.

Enhanced Detoxification: Through enhanced blood flow, cellular function, lymphatic flow, organ function, and increased oxygen holding capacity, PEMF allows the body to detox more efficiently and makes it a great service to stack with the sauna and the BallancerPro.

Pain Relief and Management: Can effectively alleviate chronic pain conditions, including arthritis, fibromyalgia, and muscle soreness. By reducing inflammation and improving blood flow, it helps your body naturally combat pain.

Accelerated Recovery: Athletes and fitness enthusiasts, as well as those recovering from injury can benefit from PEMF therapy to speed up post-workout recovery. By increasing oxygen and nutrient delivery to muscle tissues, it helps reduce recovery time and soreness.

Better Sleep: PEMF therapy has been shown to improve sleep quality. By regulating the body's circadian rhythms and promoting a sense of calm, it can help those struggling with sleep disorders or insomnia achieve a more restful night's sleep.

Stress Reduction: Pulse Centers PEMF machines offer a relaxing and calming experience. PEMF help reduce stress by stimulating the release of endorphins and promoting deep relaxation, making it an excellent tool for managing stress and anxiety. We can also put you at the same PPS as the earth, making it great for stress and depression.

BENEFITS CONTINUED →

Pulse (PEMF)

PULSE Pulsed Electro Magnetic Frequency

BENEFITS:

Boosted Immune System: A well-functioning immune system is vital for vibrant health. PEMF therapy enhances immune function by promoting the production of white blood cells and improving overall body defense mechanisms.

Anti-Aging Benefits: Regular PEMF sessions can contribute to a more youthful appearance by promoting collagen production, reducing wrinkles, improving cellular health, and improving skin elasticity. It aids in the body's natural repair processes.

Enhanced Mental Clarity + Brain Function: PEMF therapy has cognitive benefits. By enhancing blood flow to the brain and supporting neuroplasticity, it can improve focus, concentration, and mental clarity. While further research is required to establish the efficacy of PEMF (Pulsed Electromagnetic Field) therapy for concussions and Traumatic Brain Injury (TBI), there is existing evidence indicating that these magnetic fields, capable of penetrating deep into the brain without known adverse effects, have the potential to enhance brain function. Additionally, there is a suggestion that they may reduce the risk of future cancer development, Alzheimer's disease, and dementia.

CONTRADICTIONS: pregnancy, active bleeding, blood clots, hemorrhage, epilepsy and seizure disorders, open wounds or recent surgery where wound is not yet healed, organ transplants.

NOTES: Those with Lyme, Coinfections, Sensitive Individuals, or a big toxic burden-- start low and slow. PEMF can cause Herxheimer Reactions (a detox reaction) in sensitive or heavily burdened individuals. It is good to do this treatment *well hydrated with electrolytes*, and also great to take charcoal to aid in binding anything that may be detoxed.

PRICING:

Single 1 hour session: \$85	10-pack: \$750 (save \$100)
Intro special 3-pack: \$99	20-pack: \$1400 (save \$300)
5-pack: \$380 (save \$45)	

Infrared Sauna

Detoxing Sauna + Chromotherapy (Color Therapy)

Approximately 20% more toxins are released in infrared saunas than in traditional saunas. Infrared sauna's heat your body by raising your core body temperature as your body absorbs the infrared heat. This boosts cardiovascular, lymphatic and immune systems creating a fat based sweat to help your body detox. Increases circulation, metabolism, lowers inflammation, burns calories, and fat.

CHROMOTHERAPY:

Red: Decreases signs of aging, including fine lines and wrinkles by increasing collagen production. Releases stiffness, builds energy, increases circulation, activates metabolism and burns fat.

Orange: Revitalizes your skin for a brighter glow. Adds radiance and vitality to dull skin. Relieves repression, promotes mental wisdom, and ability to assimilate new ideas.

Yellow: Alleviates inflammation, sunburn, rosacea, or other skin conditions. Helps awaken mental inspiration, improves mood, can be used for stomach, liver, and intestinal issues.

Green: Balances out redness and blotches for naturally beautiful skin. Promotes balance and harmony, relaxes muscles and thoughts. Great for relieving headaches.

Blue: Reduces the bacteria that causes acne and whitens teeth. Aids ailments of speech and communication, pacifying effect on the nervous system, ideal for sleep problems, brings calm and peace to the mind.

Indigo: Smoothing, calming, healing treatment that helps irritated and inflamed skin. Relaxes lymphatic system, treats inflammation, and helps ocular fatigue.

Violet: Increases cell regeneration, which helps to cleanse the skin and reduce inflammation. Helps relieve cramps and sciatica, connects us with our spiritual self, increase ability to meditate.

Infrared Sauna

Detoxing Sauna + Chromotherapy (Color Therapy)

PRICING:

Single Session:

1 person, 30 min: \$30

2 people, 30 min: \$50

1 person, 45 min: \$45

2 people, 45 min: \$75

Packages:

5 pack, 1 person, 30 min: \$129 (save \$21)

5 pack, 1 person, 45 min: \$195 (save \$30)

10 pack, 1 person, 30 min: \$240 (save \$60)

10 pack, 1 person, 45 min: \$360 (save \$90)

INFRARED SAUNA & COLD + WARM PLUNGE PACKAGES

This combo will detox, lower inflammation, improve blood flow, increase happy hormones, and increase energy!

1 session, 1 person \$50

1 session, 2 people \$80

10 pack, 1 person \$400 (save \$100)

Cold + Hot Plunge

Cold Exposure Therapy

Heal yourself from within. Experience hormesis (positive mild stress) via contrast therapy. Go back and forth between 105° and 40°F while doing breath work. Improve circulation, minimize inflammation to recover faster, boost immune system, increase endorphins, increase energy, stimulate the vagus nerve, decrease stress, boost metabolism, lower white fat and increase mitochondrial dense brown fat.

PRICING:

\$25 for 15min | \$35 for 15min (2 people)

\$35 for 30min | \$45 for 30min (2 people)

10 pack: \$200 (save \$50)

INFRARED SAUNA & COLD + WARM PLUNGE PACKAGES

This combo will detox, lower inflammation, improve blood flow, increase happy hormones, and increase energy!

1 session, 1 person \$50

1 session, 2 people \$80

10 pack, 1 person \$400 (save \$100)

Ballancer Pro

Lymphatic Drainage Therapy

This treatment is a great compliment to both the Infrared Sauna, Joow + Vibe, and the Pulse PEMF to increase detoxification, enhance skin tone, and increase recovery and healing benefits.

Called the "Rolls Royce of Lymphatic Drainage", this treatment is perfect before an event or to recover from a workout or an injury. The Lymphatic Drainage Suit is an FDA-cleared compression therapy device used by NFL and NBA athletes for recovery post workout, injury recovery, and joint and muscle pain. This treatment is also used to tighten, smooth, and improve skin tone, activate the lymphatic system to help effectively push out toxins, and increase circulation.

BENEFITS:

- Reduce cellulite
- Increase detoxification
- Increase circulation
- Pain relief
- Oxygenates blood and nourishes tissues
- Relieve "heavy legs"
- Stubborn weight gain
- Aid in digestion
- Firms and tones the skin
- Increases skin elasticity (Post pregnancy / weight loss)
- Improves skin glow
- Accelerate surgery recovery
- Enhance breastmilk production
- Heal sports injuries
- Reduce swelling
- Fade scars
- Alleviate fibromyalgia symptoms
- Reduce fluid retention during pregnancy and postpartum Reduce headaches
- Reduce appearance of varicose veins
- Resolve and prevent lymph gland blockages

PRICING:

Single 1 hour session: \$150

6-Pack: \$750 (save \$150)

12-Pack: \$1200 (save \$600)

*For maximum results, we recommend buying a 12 pack using 2-3 per week.

JOOVV + Vibe

Red Light Therapy + Full Body Vibration

This 2 in 1 full body treatment service combines red + near infrared light therapy and full body vibration. We have two full body plates of the most powerful Joov you can get to decrease appointment time and increase results.

JOOV Red Light Therapy:

LEDs at specific wavelengths provide energy to your cells. This effect is anti-aging, healing, anti-inflammatory. While improving circulation. Red Light Therapy is also known to treat acne, eczema, psoriasis, wrinkles, and blemishes while improving skin tone and elasticity with long-lasting results. It is also great for improving sleep, increasing cognition/brain fog, and is FDA approved for joint pain. Used often by biohackers, beauty junkies, and professional athletes.

BENEFITS:

- Sleep
- Mitochondrial function
- Increased ATP production
- Eye Health
- Alzheimer's and Dementia
- Fat Loss
- Stroke Recovery
- Male Infertility
- Testosterone + Libido
- Eczema + Psoriasis
- Hair Loss
- Collagen Levels
- Seasonal Depression
- Thyroid Health + Function
- Bone Injuries + Osteoporosis

Vibe Full Body Vibration:

Whole body vibration therapy is a leading-edge treatment that harnesses the power of vibrations to stimulate muscle contractions and improve overall physical function.

BENEFITS

- Relaxes the body
- Improves circulation
- Increases flexibility and betters balance
- Helps develop stronger bones
- Having healthier-looking skin
- Joint, muscle, and back pain relief
- Experiencing relief from disease pain and motor function impairments

PRICING:

1 session: \$35

10-pack: \$200 (save \$150)

Holistic Facials

With Nurdan Buist

The Buccal Experience: *The treatment that you never knew you needed!* | 75 min, \$275

Also known as "The Natural Facelift" this advanced technique involves deep massage of the inside of the cheeks and jaw to release stored tension, increase essential microcirculation, and stimulate the production of collagen and elastin - which promotes a more supple, brighter, youthful appearance to the skin. Results are seen and felt immediately, including reduced facial lines, relieved muscular tension, lifting, contouring and plumping. Emotional release is sometimes experienced during this treatment, as we will journey deep together. Results are cumulative and regular treatments are recommended.

This treatment includes:

- Nourishing deep cleanse
- Nurdan's signature sculptural face, neck and décolletage massage + Buccal intraoral massage
- Gua Sha, traditional method used to stimulate underlying tissue, and promote lymphatic flow

This treatment is great for:

- Easing of TMJ symptoms
- Relief from headaches & migraines
- Fine lines & wrinkles
- Reducing facial puffiness
- Lifting & contouring

Not recommended if currently experiencing:

- Cystic or inflamed acne
- Inflamed skin conditions (eczema, psoriasis, open lesions, bleeding gums & dermatitis)
- Recent plastic surgery
- Cancer & active treatment
- Recent Injectables - please wait 1 week for Botox, 2 weeks for filler

Holistic Facials

With Nurdan Buist

The Ultimate Renewal | 90 min, \$405

Get ready to SHINE bright like a diamond! Using the innovative science behind the Italian made BioRePeel to address skin concerns from the inside out with NO down time or photosensitivity, and zero to minimal shedding! A 35% TCA, medium depth chemical peel that works from the dermis to the outermost layer of skin improving texture, lifting pigmentation, targeting acne scarring, smoothing fine lines & wrinkles, all the while encouraging cellular turnover for optimal skin health. We know this is a lot of words, but trust us, you'll thank us later. Following the BioRePeel are the transformational powers of carbon dioxide in the CO2LiftPro treatment which masterfully tightens, lifts & increase the skins hydration by 117%! This is a powerhouse of a service that will undoubtedly deliver beautiful results.

This treatment includes:

- A deep nourishing cleanse
- BioRePeel
- CO2LiftPro
- Light extractions (if needed)
- Arm, hand, shoulder & scalp massage, and some delightful stretches

This treatment is great for:

- Tired, dull skin
- Fine lines, wrinkles
- Hyperpigmentation
- Acne scarring
- Loss of elasticity

Not recommended if currently experiencing:

- Active bacterial, viral, fungal or herpetic infections
- Pre-existing inflammatory dermatosis (ie; psoriasis, atopic dermatitis, pemphigus)
- Skin cancer - must be cancer free for 3 years and have direct written consent from a physician
- Pregnant and breastfeeding
- History of drugs with photosensitizing potential
- Use of Accutane within a 6-8 month period

Notes: Best to avoid Retinoids, AHA's, and BHA's 7 days prior and post care

Holistic Facials

With Nurdan Buist

The Met Gala | 105 min, \$415

The Ultimate Transformation! This powerful treatment combines the magic of The Buccal Experience, the lifting and contouring strengths of microcurrent, and the hydrating, tightening abilities of the CO2LiftPro in one amazing treatment that will have you transformed for any occasion. Perfect for all skin types, year round & all ages - the Met Gala facial is your personalized Cinderella story!

This treatment includes:

- A nourishing deep cleanse
- Nurdan's signature sculptural face, neck and décolletage massage + Buccal intraoral massage
- Gua Sha, traditional method used to stimulate underlying tissue, and promote lymphatic flow
- Microcurrent
- Co2LiftPro
- Arm, hand, shoulder & scalp massage, and some delightful stretches

This treatment is great for:

- The day before or the day of ANY special occasion
- Lifting, toning, sculpting & ultimate hydration
- Relief of eczema & psoriasis
- Easing of TMJ symptoms

Not recommended for:

- Cystic or inflamed acne
- Open lesions, bleeding gums
- Recent plastic surgery
- Cancer & active treatment
- Recent Injectables - please wait 1 week for Botox, 2 weeks for filler

Holistic Facials

With Nurdan Buist

Vibrant Essential Facial | 90 min, \$225

Not sure where to start? This treatment is a beautiful place to cultivate and maintain your skin's relationship with Nurdan. The Vibrant Essential facial is customized specifically to your skin's ever changing needs. A perfect maintenance treatment for your skin, soul, and sanity! Looking to customize your experience further? Consider adding on a lip or full buccal!

This treatment includes:

- *Nourishing deep cleanse*
- Nurdan's signature sculptural face, neck and décolletage massage
- Gua Sha, traditional method used to stimulate underlying tissue, and promote lymphatic flow
- Light extractions (if needed)
- Modalities needed for your skin health which may include; LED light therapy, cupping, manual lymphatic drainage, microcurrent
- Arm, hand, shoulder & scalp massage, and some delightful stretches

Vibrant Advanced HydraFacial | 60 min, \$240

Our Hydrafacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract & simultaneously hydrate the skin, delivering painless extractions and plump glowing results. Hydrafacial uses super serums filled with antioxidants, peptides, and hyaluronic acids, deluxe boosters, and LED light therapy. Your facial will also include exclusive additions like a taste of our famous deep facial massage to lift, sculpt, & lymphatic drain, as well as LED light therapy & your choice of booster to achieve a custom result.

Holistic Facials

With Nurdan Buist

Vibrant Glow & Go | 50 min, \$165

Luxury meets efficiency in this 50 minute facial! An abbreviated version of the Vibrant Essential Facial for those on the go. This is a great treatment to incorporate add-ons!

This treatment includes:

- Nourishing deep cleanse
- Nurdan's signature sculptural face, neck and décolletage massage
- Gua Sha, traditional method used to stimulate underlying tissue, and promote lymphatic flow
- Light extractions (if needed)
- Modalities needed for your skin health which may include; LED light therapy, cupping, manual lymphatic drainage, microcurrent
- Arm, hand, shoulder & scalp massage, and some delightful stretches

FACIAL ADD ONS:

Add Ons:

Lip Buccal | 15 min, \$45

Full Buccal | 25 min, \$125

Celluma Red Light Therapy | 10 min, \$35

BioRePeel | 20 min, \$125

Microcurrent | 10 min, \$40

Nurdan Buist

Holistic Esthetician



Nurdan started her journey in the world of health and wellness when she was 19 as a fitness instructor in her hometown of Queens. Soon thereafter, she attained a massage therapy license from the highly regarded Swedish Institute of Massage Therapy in NYC. With a profound connection to the healing arts, she then went on to receive an advanced Yoga teaching certification in the high hills of Rollinsville, Colorado. Keeping with the flow, she received her Esthetics license in Denver thereby adding another dimension to her practice. Most recently, certified in the art of Intra-oral Buccal massage by Kosha Spa of Los Angeles - she is always on a quest to learn!

A treatment with Nurdan is one that encompasses years of experience combined with her unique style and dedication... touch is ultimately the cornerstone of her work. A master of her craft: Nurdan customizes each clients skincare needs with expertise, love and respect. Expect to come out glowing, sculpted, and brighter.

Holistic Massage

With Torrey Moton

Vibrant Rebalance (Swedish) | 60 min, \$150 | 90 min, \$190

Perfect for someone seeking relaxation, respite from stress, and energetic re-centering. Rebalance energy and movement in your body and walk out feeling harmonized in your mind, body, and energy centers. This is a head to toe service that Torrey makes unique by focusing on cranial massage, detailed foot massage with reflexology, & detailed neck stretch to revitalize the neck and shoulder muscles to improve posture.

Vibrant Align (Sports) | 60 min, \$165 | 90 min, \$210

This perfect recovery service for the athlete whose body needs rejuvenation & muscle restoration. Torrey will work on increasing range of motion & drainage of lactic acid to shorten recovery time, decrease pain and discomfort from over training & misalignment. He will incorporate stretching, percussion, & specific massage techniques to manipulate the muscle groups. There will be a treatment plan offered for follow up services to get the best long term results to keep your body fresh & functional.

Vibrant Restoration (Deep Tissue) | 60 min, \$175 | 90 min, \$220

Ideal for those who suffer from chronic pain, tension, stiffness, poor posture, & muscles with insufficient blood flow. Torrey uses cupping to facilitate blood flow & increase results of the deep tissue massage. Other tools such as hot stones & cryotherapy will be used to help muscle groups recover & regain proper function and health. Pressure point release will be used to release toxins to decrease pain & increase flexibility & durability in the muscles.

Holistic Massage

With Torrey Moton

MASSAGE ADD ONS:

Reflexology | 30 min, \$50

Also known as zone therapy. This add on will use hand work as well as the detoxifying, electrical energy balancing, and PH balancing Ayurvedic Kansa wand. Focusing on the feet, ears, and hands, reflexology is an ancient Chinese therapy that is used to restore and revitalize the entire body and its organs. It is used to treat conditions ranging from headaches, anxiety, to PMS, diabetes, cardiovascular issues, and more.

Cupping | 15 min, \$40

An ancient Chinese modality that brings blood to the surface of muscles to promote muscle healing, detox, improve scarring, release fascia, increase lymphatic drainage, relieve pain, and even help with cellulite reduction.

Hot Stones | 15 min, \$30

Adding hot stones to your massage is a way to bump up muscle release, increase blood flow, release stress & anxiety, and promote further relaxation. We have unique shaped stones that help manipulate different muscle groups more effectively.

Torrey Moton

Licensed Massage Therapist



Torrey Moton is an experienced licensed massage therapist who specializes in muscle manipulation, energetics, reflexology, neck stretching, and treatment customization. He loves to use a mix of different modalities. Torrey regularly attends specialized CEUs such as sports injury & recovery for training. A strong believer in the power of positive energy, Torrey regularly develops aftercare programs to improve customer outcomes. Torrey is a fitness fanatic whose passion is to help others achieve healthy lifestyle goals.