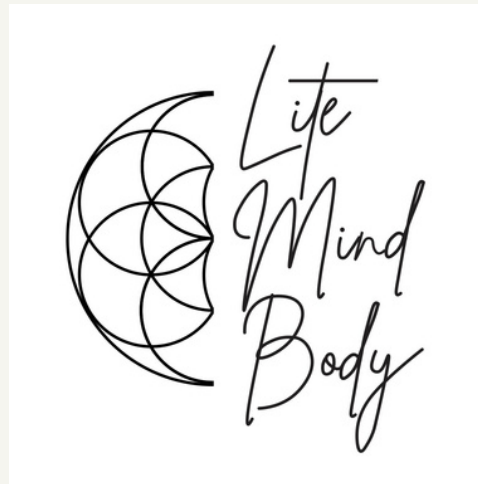


HOURS

MON-FRI: 10AM-8PM  
SAT-SUN: 10AM-8PM



Heat. Heal. Thrive.



SOCIALS

Instagram: @litemindbody  
TIKTOK: @litemindbody  
Twitter: @litemindbody  
Facebook: Litemindbody

LITE MIND  
BODY CLINIC

Self Care Sanctuary  
Premium Clinic  
Infrared Sauna Studio





## Lite Detox Experience

In your own private suite, you will experience a 60 minute natural detox with 45 mins of heat and light therapy in an infrared sauna equipped with entertainment. Following your 45 minute sweat session, you will step into a 10 minute eucalyptus shower with aromatherapy to complete your experience.

experience. \$69  
 Add a friend +\$30  
 Cold Plunge +\$15

## Get in touch

LIBERTY VILLAGE  
 34 Sudbury Street  
 M6J 0G5  
 (647)-222-2652

HARBORD VILLAGE  
 87B Harbord Sreet  
 M5S 1G4  
 (647)-822-2279

HELLO@LITEMINDBODY.COM  
 WWW.LITEMINDBODY.COM

# Lite Mind Body Clinic

## CHIROPRACTIC CARE

30 MINS INITIAL ASSESSMENT \$135  
 20 MINS SUBSEQUENT TREATMENT \$100

## REG. ACUPUNCTURE

INITIAL \$135  
 SUBSEQUENT \$125  
 COSMETIC \$150  
 PRENATAL \$135

## BIOENERGETIC THERAPY

60 MINS INITIAL \$99  
 60 MINS SUBSEQUENT \$79

## REG. MASSAGE THERAPY

15 MINUTES \$50  
 30 MINUTES \$75  
 60 MINUTES \$121  
 75 MINUTES \$141  
 90 MINUTES \$191  
 FACIAL \$80  
 HOT STONES \$126

## HOLISTIC NUTRITION

15 MIN MEET & GREET free  
 60 MINS INITIAL \$135  
 45 MINS SUBSEQUENT \$125

## JAPANESE ENERGY HEALING

DRAGON REIKI 30 MINS \$100  
 45 MINS \$135  
 60 MINS \$165  
 75 MINS \$199

## FOOT MASSAGE (TUINA)

45 MIN FOOT MASSAGE (TUINA) \$100  
 60 MINS FOOT MASSAGE +  
 TUINA FOR HEAD, UPPER BODY &  
 ARMS \$111

## BRAZILIAN LYMPHATIC DRAINAGE MASSAGE

65 MINS BRAZILIAN LYMPHATIC MASSAGE \$200

## REG. PSYCHOTHERAPY

15 MIN MEET & GREET free  
 30 MINS \$100  
 50 MINS \$165  
 60 MINS \$190

## HOMEOPATHY

15 MIN MEET & GREET free  
 ACUTE \$100  
 INITIAL 90 MIN \$190  
 SUBSEQUENT 45 MIN \$125

## AYURVEDA & ABHYANGA

15 MIN MEET & GREET free  
 30 MIN WARM OIL HEAD + NECK MASSAGE \$80  
 60 MIN WARM OIL FULL BODY MASSAGE \$120  
 75 MIN HEAD NECK + BODY OIL MASSAGE \$150  
 INITIAL AYURVEDIC CONSULT \$120  
 SUBSEQUENT AYURVEDIC CONSULT \$80

## STRETCH THERAPY

30 MINS \$135  
 60 MINS \$199  
 CUPPING \$75

## TUINA (DEEP TISSUE MASSAGE)

DEEP TISSUE TUINA W/ CUPPING 60 MINS \$99