

Triskelia Wellness Paths



Unrushed. Centered on You. Rooted in Nature

Enrollment Packet

WELCOME



Natural care for every season of your journey

At Triskelia Wellness, you're part of a community that values intentional care, the healing power of nature, and the deeply human connection that supports lasting wellness.

Your healing isn't a one-size-fits-all process. Each person walks a different path, moves through different seasons, and needs different rhythms of care, that is why we designed these membership paths to honor where you are — and support where you're going.

The Membership Paths

Natural care for every season of your journey.
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Overview



ROOT

Grounding
maintenance level



- ✓ 2 visits per month
- ✓ 1 Basic Therapy/month
- ✓ 10% off Shockwave*, Needling & Supplements
- ✓ \$5 off advanced therapies
- ✓ \$25 annual orthotic credit
- ✓ \$50 per additional visit

\$109/month

Save \$16 + discounts



RENEWAL

Restorative
healing-forward level



- ✓ 4 visits per month
- ✓ 1 Basic Therapy/month
- ✓ 1 Advanced Therapy/month
- ✓ 10% off Healing Arts, Shockwave*, Needling & Supplements
- ✓ \$25 annual orthotic credit
- ✓ \$45 per additional visit

\$199/month

Save \$56 + discounts



FLORISH

Performance & Vitality
high-support level



- ✓ 6 visits per month
- ✓ 2 Basic Therapy/month
- ✓ 1 Advanced Therapy/month
- ✓ 15% off Healing Arts, Shockwave*, Needling & Supplements
- ✓ \$25 annual orthotic credit
- ✓ \$42 per additional visit with limitations

\$279/month

Save \$101 + discounts



PACKAGES

Our packages honor that healing moves through seasons — some shorter, some longer.

Additional options for those who prefer flexibility without membership commitment.



Seasonal Reset (6 visits) \$312

Perfect for short-term support or stressful seasons of life.

The Seasonal Reset is a focused burst of care — ideal for moving through temporary challenges, returning after a lapse in care, or preparing your body for seasonal transitions.

Use your sessions anytime within 6 months.



Foundations (12 visits) \$600

Best for: families or individuals who prefer to prepay for care over time without monthly commitment.

- Valid for 12 months from purchase
- May be shared among designated household members
- Chiropractic care only
- No therapy or Healing Arts discounts
- No rollover beyond expiration

One active Foundations Package per household at a time Use your sessions anytime within 12 months.



Pricing at a Glance

Services	Price
Chiropractic Wellness Session	\$55
Extended Visit (New Injury/Complex)	\$79
New Patient Assessment & 1st Adjustment	\$185
Therapeutic Needling Add-On.	\$50
Introductory Shockwave Session*	\$49
Shockwave Therapy (ESWT)*	\$100
Basic Therapy	\$15
Advanced Therapy	\$20
Healing Arts	Price
Massage-Craniosacral-Energy Work 30m**	\$50
Massage-Craniosacral-Energy Work 60m**	\$90
Massage-Craniosacral-Energy Work 90m**	\$140

* Extracorporeal Shockwave Therapy (ESWT)

**Enhancements such as cupping, hot stones, and CBD are included at no additional charge.

FAQs



Why Don't Membership Visits Roll Over?

Memberships are designed to support your body with steady, consistent care, not big bursts of care followed by long gaps. Chiropractic and therapeutic work build on itself, and your body responds best when care has a natural rhythm.

Allowing visits to roll over often leads to:

- long stretches without care
- patients saving up visits and then needing more intense treatment later
- unpredictable scheduling that makes it harder to get your ideal appointment times

Most importantly, rollover encourages irregular care, which doesn't help your body thrive. By keeping each membership month self-contained, we help you:

- stay consistent
- stay aligned
- prevent flare ups
- maintain momentum
- support your nervous system and soft tissues before issues build up



Can I pause my membership?

Memberships are designed to be flexible month-to-month. If your needs change, we're happy to help you choose the right path.



What if I need more care one month?

You can add visits at your member rate or upgrade your membership at any time.



Terms

Basic Therapy: Short supportive therapies (8 minutes) to help relax muscles and enhance your adjustment.

Advanced Therapy: includes laser therapy and other deeper, targeted therapeutic techniques selected by your provider. (8-12 minutes) for stubborn or chronic tension.

Healing Arts: Massage, Craniosacral Therapy, Reiki and Polarity



Sharing

(Flourish Path & Foundations Package Only)

- Sharing applies only to included chiropractic visits.
- Healing Arts discounts and other benefits apply to the primary member only.
- Household members must be designated at enrollment.



Refunds

Membership fees are non-refundable once a billing cycle begins.

Packages are refundable only if unused and requested within 14 days of purchase.

Once any visit is used, packages become non-refundable.

The Membership Details



The Root Path

For grounding, stability, and gentle ongoing support.

2 visits per month

The Root Path is for those who want a steady foundation for their health — a rhythm of care that keeps your body aligned, your nervous system supported, and your wellness stable through life's daily demands.

Root is ideal for:

- maintaining progress after an initial treatment plan
- preventing flare-ups
- supporting body awareness and stress resilience
- those who prefer a slower, simpler wellness rhythm

Includes:

- 1 Basic Therapy/month
- 10% off Shockwave, Needling and Supplements
- \$5 off advanced therapies
- \$25 annual orthotic credit
- \$50 per additional visit



\$109 a month

Root is the beginning of every season. It helps your body feel grounded, centered, and supported as you move forward.

The Membership Details



The Renewal Path

For active healing, rebuilding, and restoring vitality

4 visits per month

Renewal is for people who need deeper, more consistent support — whether you're healing from injury, balancing chronic tension, or rebuilding strength after a stressful season of life.

This path offers a therapeutic pace that helps your body recalibrate, unwind patterns of stress, and create lasting change.

Renewal is ideal for:

- active injuries or chronic conditions
- people who respond well to more frequent care
- rebuilding mobility and strength
- supporting emotional/spinal tension patterns transitioning into a long-term wellness rhythm

Includes:

- 1 Basic Therapy/month
- 1 Advanced Therapy/month
- 10% off Healing Arts, Shockwave, Needling and Supplements
- \$25 annual orthotic credit
- \$45 per additional visit



\$199 a month

Renewal reflects the season of growth — when your body begins to shift, soften, and heal.

The Membership Details



The Flourish Path

**For those ready to thrive —
supported and resilient**

6 visits per month

Flourish is our highest level of care, designed for seasons that require greater support, flexibility, and consistency. It offers a more responsive pace of care—attentive, intentional, and supportive of both the body and nervous system.

Flourish is ideal for:

- recovery phases
- physically demanding or high-stress lives
- families who want flexible access to care
- building resilience, mobility, and long-term vitality

Includes:

- 2 Basic Therapies/month
- 1 Advanced Therapy/month
- 15% off Healing Arts, Shockwave, Needling and Supplements
- \$25 annual orthotic credit
- \$42 per additional visit (max 2 with sharing)

Family Visit Sharing (optional):

The 6 included visits may be shared within your household and used by the primary member, spouse/partner, or dependent children living at home. Included therapies, discounts, and credits apply to the primary member only. If a family member requires more frequent care, we'll help guide them toward an individual Path.



\$279 a month

Flourish reflects the full-bloom moment—when care is flexible, support is abundant, and your body has the space it needs to truly thrive.

Package Details

For those who prefer flexibility without membership commitment.

 **Seasonal Reset — \$312**
6 visits

Perfect for short-term support or stressful seasons of life.

The Seasonal Reset is a focused burst of care — ideal for moving through temporary challenges, returning after a lapse in care, or preparing your body for seasonal transitions.

Use your sessions anytime within 6 months.

 **Foundations — \$600**
12 visits

Perfect for short-term support or stressful seasons of life.

Shareable:

- Valid for 12 months from purchase
- May be shared among designated household members
- Chiropractic care only
- No therapy or Healing Arts discounts
- No rollover beyond expiration
- One active Foundation Package per household members

Best for:

Families or individuals who prefer to prepay for care over time without monthly billing.
Use your sessions anytime within 12 months.

One active Foundations Package per household at a time Use your sessions anytime within 12 months.

The Refuge

The Refuge is where the deeper layers of healing happen — the nervous system softens, the breath deepens, and the body finally feels safe enough to unwind.



Healing Arts

Healing Arts support the deeper layers of healing that hands-on structural care alone cannot always reach. These offerings may be used on their own or integrated into a broader care plan when appropriate.

Healing Arts Pricing

30 minutes — \$50
60 minutes — \$90
90 minutes — \$140

Massage Therapy

Therapeutic massage, including techniques like craniosacral therapy, plays a vital role in promoting overall well-being. Whether you are seeking relaxation, stress relief, or targeted muscle tension release, our skilled therapists are here to cater to your individual needs.

Enhancements such as cupping, hot stones, and CBD are included at no additional charge.

Craniosacral Therapy

Craniosacral Therapy (CST) is a gentle hands-on technique that may provide relief from a variety of symptoms, including headaches, neck pain, and side effects of cancer treatment, among many others, by focusing on the separate bones of the skull.

Reiki

Reiki is a gentle yet profound technique for stress reduction that works to bring the body back into balance, positively affecting the body-mind-spirit as a whole by assisting healing on all levels.

Polarity Therapy

Polarity Therapy is a truly holistic practice that works for anyone in any state of health. It is a unique wellness practice that meets you where you are and inspires positive changes that are just right for you. Polarity Therapy is a system of therapy used in alternative medicine, intended to restore a balanced distribution of the body's energy by combining touch, exercise, and self-awareness.

Healing Arts Services discounts included in membership paths. Renewal 10% Off Flourish 15% Off

Membership Information

All memberships bill monthly on a flexible month-to-month basis. Members may upgrade at any time with immediate effect. Downgrades and cancellations require 30 days' notice and take effect at the next billing cycle.

Membership visits do not roll over—they must be used within the monthly cycle. This supports consistent care that prevents flare-ups, maintains alignment, and keeps your wellness routine steady and effective. It also ensures predictable scheduling and fair pricing for all members.

Membership changes may not be made retroactively. Patients must be in the membership tier that corresponds with the number of visits they expect to use in the current month.

Membership Selection

Please select a membership path or any optional packages below. This page confirms your enrollment and agreement with the Membership Terms outlined in the preceding pages.

MEMBERSHIP PACKAGES (Check One)

- Root — \$109/month**
 - 2 chiropractic visits/month
 - Additional visits: \$50 each
 - Foundational wellness support
- Renewal — \$199/month**
 - 4 chiropractic visits/month
 - Additional visits: \$45 each
 - For periods of increased care or weekly rhythm
- Flourish — \$279/month**
 - 6 chiropractic visits/month
 - Additional visits: \$42 each (Limits apply)
 - For consistent, higher-frequency care
- Add household share to this membership.*
List designated household members below:

CARE PACKAGES (Check Any)

- Seasonal Reset Package — \$312**
 - 6 chiropractic visits
 - valid for 6 months
- Foundations Package — \$600**
 - 12 chiropractic visits
 - shareable
 - valid for 12 months
- Add household share to this membership.*
List designated household members below:

- Shockwave Therapy Package — \$400**
 - 5 shockwave sessions
 - valid for 12 months



Membership Information

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Membership visits do not roll over—they must be used within the monthly cycle. This supports consistent care that prevents flare-ups, maintains alignment, and keeps your wellness routine steady and effective. It also ensures predictable scheduling and fair pricing for all members.

Membership changes may not be made retroactively. Patients must be in the membership tier that corresponds with the number of visits they expect to use in the current month.

Membership Selection

Please select a membership path or any optional packages below. This page confirms your enrollment and agreement with the Membership Terms outlined in the preceding pages.

MEMBERSHIPS (Check One)	CARE PACKAGES (Check Any)
<input type="checkbox"/> Root — \$109/month 2 chiropractic visits/month Additional visits: \$50 each <i>Foundational wellness support</i>	<input type="checkbox"/> Seasonal Reset Package — \$312 6 chiropractic visits valid for 6 months
<input type="checkbox"/> Renewal — \$199/month 4 chiropractic visits/month Additional visits: \$45 each <i>For periods of increased care or weekly rhythm</i>	<input type="checkbox"/> Foundations Package — \$600 12 chiropractic visits shareable valid for 12 months
<input type="checkbox"/> Flourish — \$279/month 6 chiropractic visits/month shareable Additional visits: \$42 each (Limits apply) <i>For consistent, higher-frequency care</i>	<input type="checkbox"/> Add household share to this package <i>List designated household members below:</i> _____
<input type="checkbox"/> Add household share to this membership <i>List designated household members below:</i> _____	<input type="checkbox"/> Shockwave Therapy Package — \$400 5 shockwave sessions valid for 12 months

Acknowledgement & Authorization

By signing below, I acknowledge that:

- I have reviewed the Membership Information & Terms in this packet
- I understand that memberships are billed monthly
- I understand that downgrades or cancellations require 30 days' notice
- I understand that membership visits do not roll over
- I authorize Triskelia Wellness to charge my payment method on file according to my selected membership and/or package



Payment Information

Authorized Payment Method

Please select your preferred payment method below. Your membership will be automatically charged on the same day each month.

- ACH Bank Transfer (Preferred) — No additional fees**
- Debit Card — No additional fees**
- Credit Card — 2.75% transaction fee applies**
- FSA/HSA Card — 2.75% transaction fee applies**

Help Us Serve You Better

To keep costs low and invest more in your care, we kindly ask that you consider paying via ACH bank transfer or debit card. Credit card processing fees reduce the resources we can dedicate to patient care, equipment, and services. If you prefer to pay by credit card or FSA/HSA card, a 2.75% transaction fee will be added to cover the processing costs charged by card networks. Thank you for supporting our mission to provide exceptional, affordable care.

Payment Authorization

I authorize Triskelia Wellness to charge my selected payment method on file for:

- Monthly membership fee of \$_____ beginning on _____ (date)
- Additional services and add-ons as they occur
- Package purchase of \$_____ (one-time payment)

<p>Bank Account Information (ACH):</p> <p>Bank Name: _____</p> <p>Routing Number: _____</p> <p>Account Number: _____</p> <p>Account Type: <input type="checkbox"/> Checking <input type="checkbox"/> Savings</p>	<p>Card Information (Debit/Credit/FSA/HSA):</p> <p>Name on Card: _____</p> <p>Card Number: _____</p> <p>Expiration Date: ____ / ____ CVV: ____</p> <p>Billing ZIP Code: _____</p>
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Signature & Agreement

By signing below, I authorize Triskelia Wellness to charge the payment method indicated above according to my selected membership or package terms. I understand that:

- Credit card and FSA/HSA card payments include a 2.75% transaction fee
- I may update my payment method at any time by contacting the office

Patient Name (Print): _____

Signature: _____ **Date:** _____