



THE
Embodied Way
Menu of Services

Trauma Informed
I n t e g r a t e d
B o d y - M i n d
C a r e F o r
Y o u

www.embodiedway.ca
250-701-3550
glenda@embodiedway.ca
#105-1995 Cliffe Ave. Courtenay BC V9N 2L2

Body Mind Services

All body care services are an embodied experience and will include simple somatic methods to attune your body - mind, plus, a scalp and a hand-arm massage. For more specific coaching outcomes- please book a 30 or 60 minute coaching add-on. ***Please note: NO gel polish or gel polish removal available. All services subject to GST.

Fundamental Facial: Good old fashioned self-care right here. Cleanse, exfoliation, effervescent epidermal cleanse, extractions, serum and massage, mask, finishing treatment. 75 minutes \$105

Express Facial with Eye Treatment: When you need a few moments for you. Cleanse, exfoliation, hot towels, serum, face and eye massage, eye mask, finishing treatment. 60 minutes \$85

Harmonizing Facial: When you want peace and tranquility. All the goodness of a Fundamental Facial, plus a relaxing back massage and Moor Mud back mask. 90 minutes \$130

Optimal Facials

All optimal facials include a facial massage, scalp and hand-arm massage. Ultimate care for you. **Add on a relaxing back massage and detoxifying mud mask to your optimal facial for \$25. Allow an extra 15 minutes on your facial treatment time.

Clear Up Teen Facial: Give your teen confidence and self care skills! Cleanse, tone, deep pore cleanse, hot towel, extractions, epidermal cleanse, mask, moisturize. This is a facial for those suffering with acne. 60 minutes \$80

Pure Optimal Facial: The ultra nourishing LIFT for a tired soul. Visibly smooths out expression lines, improves skins texture, tonicity & provides lasting hydration. 75 minutes \$145

Body Mind Services

AHD3 Hydra Science Optimal Facial: When you are crying out for some LOVE and NOURISHMENT. Good for all skin types. Extremely hydrating, minimizes drying effects from the winter and summer elements. Gives you and your skin an incredible sense of well-being. 75 minutes. \$135

Rosa C-3 Optimal Facial: No more seeing RED. Significantly reduces redness in intensity & size. Diminishes inflammation, decongests, soothes and calms the skin. Skin is left comfortable and healthy. 75 minutes \$135

Radiance Optimal Facial: When you want to feel luminescent. A treatment containing vitamins C & E that brightens dull lifeless skin, helps firm and even out the complexion for a radiant, healthy glow. Only available in Fall/Winter. Not suitable for skin which is inclined to rosacea or redness. 90 minutes \$160

Ultra-Moisturizing Collagen Veil Optimal Facial: Bring on feelings of inner contentment! An intensive, highly moisturizing and healthy-aging treatment. For skin that is dehydrated, tired and lacking suppleness and comfort. 75 minutes \$145

Embodied Pedicure: Herbal foot soak, hydrating exfoliation, nail trim and shaping, cuticle care, callus and corn care, hot towel wrap, foot and leg massage with specific treatment lotion, OPI Infinite Shine Polish (quick dry and easy to remove). 75 minutes w/ polish \$85. 60 minutes no polish \$75

Embodied Manicure: Nail shape, cuticle work, exfoliation, hot towel, nail oil, hand and arm massage, OPI Infinite Shine Polish (quick dry and easy to remove!). Comfort, care and beauty all in one package. 60 minutes w/ polish \$75. 45 minutes no polish \$65

Waxing: Brow, lip and chin wax/tweeze upon request. Glenda uses only hard wax to minimize discomfort and maximize results. See website for prices.

Body Mind Coaching Services

Sessions in-person or virtual. For every six sessions completed choose a bonus from Glenda- these can be additional books, journals, gift cards, skincare products or a surprise. All coaching services subject to GST.

'Embodied' High Performance Coaching™: if you want to master your psychology, physiology, productivity, people skills, purpose and presence. First book a FREE 60 minute Strategy Session to determine if this kind of coaching is for you. This coaching is sold as a package and payment plans are available.

Post-Traumatic Growth Coaching: Focus on what is going to move you forward after trauma. Incorporates high performance, trauma-informed, and body-oriented coaching. Works well in conjunction with psychotherapy or as a stand alone for the healing person. \$105 60 minute session

Body Oriented Coaching: Learn to use your body-mind to inform your next steps, create life plans, heal, and renew. Book as a stand alone session or as an add on to your body care treatment.

Body care add-on \$50 (per 30 min)

Stand-alone session: \$105 (60 minutes)

Coaching Explore Call: A free 30 minute call to determine if we are a good fit to work together.

Embodied Memberships: Ask Glenda about a bespoke membership especially for you. Can include workshops, coaching and body care treatments.

Power of Women (POW) Workshops: Get on the list for these monthly workshops. Relevant topics, ongoing support, coaching, connection, and swag. Don't miss these affordable & fun events!

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