

# ADDITIONAL SERVICES

Customize your stay at Hilton Head Health...The following services are offered in addition to the balanced daily schedule. Although not essential to the program, they provide a great way to personalize your visit by exploring areas that are of particular interest to you.

Please schedule your appointment at least 24-hours in advance with Guest Services. Cancellation fees will apply for all services cancelled within 24 hours of scheduled session.

\*Services and fee subject to change.

## **Individual Consultation**

A counselor will provide evaluation and cognitive/behavioral therapy for a deeper understanding of issues standing in the way of developing and maintaining a healthy lifestyle.

One Session (50 minutes)	<b>\$130</b>
Package of 3 Sessions	<b>\$345</b>
Package of 5 Sessions	<b>\$555</b>

\*\* These fees are based on length of session – total fee is split evenly between participants for shared/group sessions

## **Metabolic Assessment**

Would you like to know the number of calories you are burning each day? Our Hilton Head Health Professional will provide you with an accurate measure of your *resting metabolic rate* and a *personalized plan* to help you achieve your weight management goals.

**\$ 100 / 50 minutes**

## **Personalized Nutrition**

### **Chef Consultation**

Spend an exciting hour with the Hilton Head Health Chef. Create new meal plans or discuss preparation techniques. Feel free to bring your favorite recipes for "Culinary Conversions" to healthy dishes!

**\$ 115 / 50 minutes**

### **Smart Cart Grocery Visit**

The first grocery trip after returning home may seem daunting. However, appropriate planning and preparation will see you through to success. Join the Hilton Head Health Chef and Nutrition experts on a trip to the local grocery. You will gain great ideas for healthy recipes, and be able to compare and contrast options in the "unwise, better, best" categories. You will practice developing a healthy

shopping list, experience optimal food selection and learn to manage the tempting aisles of your favorite store. Make your grocery cart a “Smart Cart”, the Hilton Head Health way!

**\$ 115 / 50 minutes**

***Dining Wright***

Be one of the 7 to join Bob Wright, our Director of Lifestyle Education, for dinner at Bonefish Grill. Use your classroom knowledge in this real-life environment to show that you have the ability to make the tough decisions when you return home.

*(Note: Dining experience not offered weekly.)*

**\$75**

***Nutrition for Health Consultation***

Take a closer look at your nutritional needs versus your typical food selections. Our Hilton Head Health Professional will provide a personal assessment of your nutritional needs and goals, and help you create a realistic plan for home.

**\$ 125 / 50 minutes**

***Registered Dietitian Consultation***

Our Registered Dietitian will help you determine optimal choices for your individual palate and lifestyle. This is an ideal option for guests with special medical needs or health concerns.

**\$ 125 / 50 minutes**

***Personalized Fitness***

***Private Pilates Reformer Session***

The Pilates Reformer provides an excellent core and flexibility workout. It is often thought that the machine is used for advanced participants, but in fact, it started as a machine used in rehabilitation. There are many exercises that can be done on the reformer to encourage core strength and flexibility that may not be possible for some participants to do on the floor. This individual session is provided by a certified trainer to guide you through a safe, effective workout designed according to your individual needs and challenges.

<b>Pilates Reformer Session (50minutes)</b>	<b>\$110</b>
<b>Package of 3 Reformer Sessions</b>	<b>\$290</b>
<b>Package of 5 Reformer Sessions</b>	<b>\$470</b>

***Private Yoga***

One-on-one yoga, much like personal fitness training, is tailored to your specific needs. A 50-minute session will allow you to work privately with a certified yoga teacher to create a practice that makes sense for your body and your level of experience. While all yoga supports you physically, emotionally, and spiritually, one-on-one yoga lets you work on what makes sense for you—at your own pace. **\$110 / 50 minutes**

***Thai Yoga***

Thai Yoga is performed on the floor or low, cushioned table. The practitioner uses his or her thumbs, palms, elbows, knees, and feet to apply a combination of acupressure, gentle rocking and twisting, joint and spine mobilizations and assisted yoga stretches. Using bodyweight and a steady, meditative rhythm, Thai yoga looks and feels like a graceful dance between giver and receiver. The assisted yoga postures direct the intensity of the stretching and pressure points. Movements are flowing and harmonious, creating a deeply soothing yet energizing experience. **\$110 / 50 minutes**

***Personal Training***

Private training consultations are available to individualize your fitness program. These one-on-one, active 50-minute sessions are guided by a Certified Trainer and are available in the following areas: Strength, Cardio, Yoga, Pilates, and Golf/Tennis Conditioning.

\*\* Shared Services are provided to 2+ guests simultaneously

	<u>Individual Fee</u>	<u>Shared Fee**</u>
<b>Personal Training (30 minutes)</b>	<b>\$60</b>	<b>\$48</b>
<b>Personal Training (50 minutes)</b>	<b>\$90</b>	<b>\$70</b>
<b>Package of 3 (50 min. sessions)</b>	<b>\$240</b>	<b>\$190</b>
<b>Package of 5 (50 min. sessions)</b>	<b>\$385</b>	<b>\$305</b>

***MicroFit Fitness Assessment***

This interactive assessment provides baseline measurements of individual vital signs, body composition, cardiovascular fitness, flexibility, muscular strength and endurance. MicroFit identifies problem areas as well as indicates your strong points. Each component is evaluated utilizing state-of-the-art computer software to measure your current fitness level. Results are stored in the MicroFit memory and compared to previous evaluations, offering an ideal way to monitor your progress during this and future stays.

**\$100 / 50 minutes**

***Exercise Prescription***

Develop the most effective exercise plan for your lifestyle during this valuable private consultation. Physical limitations, goals, interests, motivation and scheduling are all considered when creating your take home program.

**\$100 / 50 minutes**

***Fitness Packages***

By packaging fitness consultations, you can maximize your experience at a savings

<b>Exercise Prescription &amp; Personal Training</b>	<b>\$180</b>
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<b>MicroFit, Exercise Prescription &amp; Personal Training</b>	<b>\$260</b>
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***Fitness Adventures***

H<sup>3</sup>'s fitness adventures will give you an opportunity to enjoy a high intensity workout while exploring Hilton Head Island's beautiful surroundings. Each two-hour adventure includes instruction, warm-up, interval training, cool-down and guided stretch. See the weekly schedule for specific opportunities offered during your stay!

**\* Fees apply – see Guest Services to reserve your spot and obtain further information.**

***Tennis and Golf Lessons***

Individualized tennis lessons are available through Hilton Head Health at Van Der Meer Tennis Center.

**Resident Pro \$50.00 per hour**

**Head Pro \$70.00 per hour**

Individualized golf lessons are available through Hilton Head Health at Shipyard Golf Club.

**Golf \$75.00 per hour**

**Groups (4pp+) \$25 pp/ per hour**

*Please see front desk for more details.*

## ***Spa Treatments***

**Hilton Head Health Low Country Classic**(55 or 80 minutes)      \$105; \$150  
*(Relaxation)*

A gentle massage that promotes general relaxation, improves circulation and range of movement, and relieves muscular tension.

**Signature Hilton Head Health Massage** (55 or 80 minutes)      \$120; \$170  
*(Therapeutic / Deep Tissue)*

Our most popular treatment! A full-body massage combining moderate to deep pressure designed to target specific areas of muscle soreness and tension.

**Hilton Head Health Hot Stone Therapy** (80 minutes)      \$185  
*(Hot Stone)*

Your therapist will apply heated basalt lava stones to your body for an unforgettable experience. The heat within the stones penetrates deep into your muscles, helping to relax the entire body.

### **Aromatherapy (add \$10)**

Aromatherapy may be added to enhance your massage experience. The aromatic oil is incorporated into the massage for improved relaxation and many other benefits. Available oils include Lavender and Eucalyptus.

LAVENDER is a calming essential oil that has many healing abilities: it is anti-spasmodic, anti-inflammatory, and deeply relaxing to the entire body, relieving it of accumulated stress. It is also known for its soothing and healing qualities related to sunburn. Lavender is wonderful to use after an intense workout to ease tired, sore, and aching muscles. HIGHLY RECOMMENDED during massage.

EUCALYPTUS is a healing oil with dynamic medicinal properties. Its penetrating quality is highly antiseptic and can be an effective remedy for treating colds and flu, coughs, allergies and sinus conditions by stimulating the immune system. It is also incredibly soothing to muscles after exercise.

**Reflexology** (55 minutes)      \$105

Reflexology, also known as zone therapy, utilizes pressure points mapped out on the feet. Each organ or part of the body is represented. Stimulation of these pressure points can increase flow of energy, blood, nutrients, and nerve impulses corresponding to the body zone of each pressure point. Enjoy 30 minutes of reflexology along with 25 minutes of Swedish massage.

***Would you prefer a massage in the comfort of your villa?***

***This is available for an additional fee of \$20 per massage.***