

Sanford Women's Integrative Medicine

MENU OF SERVICES

All services are provided by medically trained and licensed professionals.

WOMEN'S INTEGRATIVE MEDICINE CONSULTATION

- 60-90 min consultations

ACUPUNCTURE

- Initial Visit \$90
- Return Visit \$65

RELAXATION THERAPIES

Guided Imagery, Mindfulness Meditation, Progressive Muscle Relaxation

- 30 min \$38
- 45 min \$55

HEALTHY LIFESTYLE COACHING

- 50 min \$40
- 10, 50 min session package \$360

OSHIBORI AROMATHERAPY

- 30 min \$38

PERSONAL FITNESS COACHING

- 50 min \$40
- 10, 50 min sessions packages \$360

YOGA

- \$8 per class

SANFORD WOMEN'S INTEGRATIVE MEDICINE CLINIC

Sanford Women's Health Plaza

5019 S. Western Ave. Suite 200

Sioux Falls, SD 57108

(605) 328-9700

sanfordhealth.org

SANFORD
HEALTH

INTEGRATIVE MEDICINE CONSULTATION

One hour consult with a Certified Women's Health/Certified Menopause Nurse Practitioner. This is helpful to anyone seeking an individualized and comprehensive plan for a variety of health concerns.

Menopause, hormone concerns, insomnia, weight concerns, pre-conception counseling, anxiety, therapeutic food plans, PCOS.

ACUPUNCTURE

Is a safe and effective treatment. It involves inserting thin needles into specific points along pathways on the body. The therapy resets cell signaling, calms the nervous system and relaxes the body.

AROMATHERAPY

Through a warm towel, we use essential oils from flowers, herbs or trees to be used as an adjunct therapy to promote health and healing.

GUIDED IMAGERY

Directed verbal instructions that invoke sensory images to facilitate awareness and mastery of feelings, emotions, thoughts, and tensions.

MINDFULNESS MEDITATION

Mental practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body.

HEALTHY LIFESTYLE COACHING

Assists clients in achieving optimal health and wellness by addressing various aspects of nutrition and lifestyle changes.

PERSONAL FITNESS COACHING

A personalized exercise plan and guidance on proper exercise form to increase energy, improve balance and tone your core.

YOGA

Mindful movement which incorporates a combination of breathing exercises, physical postures, and meditation.

SANFORD[®]
HEALTH