

Aroma Touch Therapy *with Tricia*

Session Rates (60 minutes*)

Member	Non-Member
\$60	\$75

Life Coaching *with Kathy*

Session Rates (60 minutes*)

Member	Non-Member
\$120	\$150

Nutrition *with Cheryl, Lee or Nicole*

Session Rates (60 minutes*)

Member	Non-Member
\$60	\$75

*Rate dependent on session length

SAC Wellness

Staff Bios and additional information available on our website.

Aroma Touch Therapy

The AromaTouch Technique® is the application of essential oil to the back and feet. This technique combines the unique benefits of human touch with the power of essential oils to create an overall wellness experience. The essential oils used in the AromaTouch Technique were chosen for their individual and combined aromatic properties. The oils are chosen for their purity standards.

Life Coaching

A life coach is a wellness professional who helps you clarify your goals, identify the obstacles holding you back, and come up with strategies for overcoming each obstacle. In creating these strategies, life coaches target your unique skills and gifts. By helping you to make the most of your strengths, life coaches provide the support you need to achieve long-lasting change in your relationships, your career and your everyday life.

Nutrition

Nutrition is a vital part of health and wellness. Our certified nutrition coaches can help you cut through the misinformation and create sustainable habits that will stay with you for life. Nutrition coaching focuses on your unique needs and goals, seeks to build habits, overcome difficulties, improve mindset, and provide meaningful guidance.

Stillaguamish Athletic Club

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sacfitlife.com