

MANNA LIFE

HEALTH & WELLNESS

SERVICES

SKIN CONSULTS

Looking to improve your skin health & appearance? Do you have specific concerns that you would like to discuss options for? Our skin professionals can provide a free consultation and treatment plan to fit your goals and needs! A skin assessment is the starting point for your skincare journey! Let our professionals create a plan for you! - EVERY AESTHETIC PROCEDURE REQUIRES A FULL FACE/BODY ASSESSMENT & FREE CONSULTATION

IV HYDRATION

BASIC BETTY \$130

Includes a standard bag of normal saline mixed with vitamins and minerals to get you rehydrated. Ascorbic Acid, B1, B3, B2, B5, B6, Magnesium Cl, Zinc Manganese & Copper. Great for fatigue, increased thirst, dry skin, and other symptoms of dehydration.

OH MY ACHY UTERUS \$135

Aunt Flow being a pain? This drip can help with bloating, irritability, abdominal discomfort, and lower back pain. Includes Calcium Cl, Magnesium Cl, B1, B3, B2, B5, B6 and Hydroxocobalamin B12.

WEIGHT BE GONE \$135

Burn fat and boost metabolism! B vitamins raise energy levels, support a healthy metabolism, help to convert fat into energy, enhance athletic performance, and improve overall mood! Includes *B-complex vitamins, L-Taurine*, an amino acid that supports digestive function and may boost energy production and exercise performance, and *Methyl B12*, an essential compound for breaking down fatty acids into energy.

GET UP AND GO ENERGYS \$145

Giddy-up Gone? This drip is formulated to get your groove back! It contains *Vitamins B1, B3, B5, B6, Arginine, Ornithine, Lysine & Citrulline* to get you feeling energized!

REBOOT ME - HANGOVER \$150

Frank the tank come out last night? No judgment here! With Reboot, you can replenish your body and treat hangover-related symptoms like dehydration, headaches, and nausea. Contains (*Ondansetron, Vitamins B2, B5, B6, Magnesium CL, Zinc, Manganese, and copper*) of top-notch substances intended to replace the fluids essential for optimum wellness.

I AM BEAUTIFUL \$150

Shine bright like a diamond? Our beauty drip is packed with *Vitamin C, a complex blend of B vitamins, and biotin* - all of the beauty industry's best-kept secret ingredients! - can help boost collagen, fight breakouts, free radicals, prevent aging skin, and give you that glow from within!

DR. MYER'S \$160

Founded right here in our hometown! This drip, created by Dr. John Myers, M.D. in the '60s, has been used by tens of thousands to relieve chronic disease symptoms such as pain, asthma, and stress and help boost immunity! Includes *Magnesium CL, B, B2, B3, B5, B6, B12 Hydroxo, Calcium Gluc, and Ascorbic Acid*

NO ACHOO FOR YOU! \$170

The ultimate immunity booster! Feeling ill or traveling? This drip contains premium ingredients that can boost immunity, promote wellness, ward off infections, and hasten recovery. Power packed with *Ascorbic Acid (Vit C), B1, B3, B2, B5, B6, and Zinc*.

TY-LOCK ELITE \$199

Named after a local athlete who values hard work and athletic perfection! Top-of-the-line ingredients can encourage better performance and general wellness, minimize recovery, counteract soreness, repair muscles, and possibly increase athletic abilities. Includes *Ascorbic Acid (Vit C), B1, B3, B2, B5, B6, Arginine, Ornithine, Lysine, Citrulline, Magnesium CL, Zinc, Manganese, and Copper*

PARTY FOR TWO \$300

Enjoy our private VIP suite, which is an experience that is out of this world! Drip with a friend, family, or loved one! Choose any drip from our menu at a special bundle price! You both can choose different drips on the menu (up to \$170) for one flat rate price!

VITAMIN INJECTABLES

B12 \$35

A shot of B12 will boost your immune system, metabolism, energy, & focus. This shot is also great for vegans! We use Methyl cobalamin, the purest & most powerful form of B12!

VITAMIN D \$35

Low in energy, fatigue, muscle/bone aches, low mood? Your vitamin D might be low! Contains a high dose of the essential Vitamin D3

FAT BURNER SHOT \$40

This is a lipo-B injection with an amino acid blend, Vitamin B12 and Vitamin B6. Lipotropic injections are used to help release fat through the body by targeting primary fatty deposits. This shot works to increase metabolism, break down carbohydrates, and boost energy levels to help you in your weight loss journey. Give your body the extra kick it needs!

TRI-IMMUNITY \$49

The ultimate immunity booster! This formula contains *glutathione, vitamin C, and zinc* - essential vitamins and antioxidants to boost the immune system. This shot is also the perfect booster in between immunity IV infusion sessions, when you are feeling ill or traveling!

GROW MY HAIR! \$20.00

Want fuller thicker hair? Biotin injections not only improve and helps maintain the healthy hair but it also helps your skin and nails as well! Recommended weekly shots for 6-8 weeks to see amazing results!

ANTI-AGING SERVICES

NEUROTOXINS \$14 UNIT

Neurotoxins, specifically botulinum toxin (there are many variations) can be used for aesthetic purposes to temporarily reduce the appearance of wrinkles and fine lines on the face or for other therapeutic uses such as chronic migraines, excessive sweating, pore reduction, facial slimming and muscle spasms.

MICRONEEDLING \$450

Microneedling is a treatment that creates thousands of microscopic channels in the skin in an effort to reduce the appearance of wrinkles, treat scarring and improve the overall texture and appearance of the skin. Microneedling is considered a collagen induction therapy that makes use of the body's own healing response to increase the collagen and elastin in your skin, creating an overall youthful and glowing appearance! At Manna Life Health & Wellness, LLC we use the SkinPen® Precision system which is a top-of-the-line microneedling system to renew your skin! Package pricing available!

PLATELET RICH FIBRIN \$500 - \$650

Platelet Rich Fibrin (PRF)/Platelet Rich Plasma (PRP): Platelet Rich Fibrin (PRF) which is the next generation of PRP/Platelet Rich Plasma (PRP). Both are an all-natural, safer treatment option, also known as stem cell therapy, that uses the body's own plasma and platelets to assist and stimulate healing/recovering tissue and cellular growth. Can be used to improve skin quality, texture, and appearance and can also be injected into the scalp to support hair regrowth or as a natural filler.

FAT REMOVAL

FAT DISSOLVING

Kybella (Deoxycholic acid) is an FDA-approved injectable non-surgical fat removal treatment. Kybella can be used to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also known as "double chin" or in off-label areas such as cheeks, neck, arms, back, stomach & even knee areas!

SERVICES

CHEMICAL PEELS

VI PEEL \$300 FACE & \$400 BODY

We offer multiple VI peels, including Purify Precision +VI Peel Advanced, VI Peel Precision+ & a VI BODY Peel! Chemical Peels can Increase skin clarity and tone/texture; reduce wrinkles; improve melasma and other forms of hyperpigmentation (dark patches); minimize wrinkles and fine lines; eradicate current acne outbreaks and minimize; acne scars; encourage collagen production and display tighter younger-looking skin.

The VI peels take around 1 hour & are essentially painless! Your skin will be treated with the blended solution in the office. In general, peeling takes 3 to 7 days. Each patient will receive a post-peel at-home kit containing supplies and guidelines on how to take care of their brand-new, healthy skin!

ZO STIMULATOR PEEL \$140

Known as a "gentle peel", this ground-breaking beta/alpha acid peel increases cellular turnover, which reduces fine lines and wrinkles and enhances the tone, texture, and clarity of the skin overall. 60 mins

ZO ENZYMATIC PEEL \$130

This peel is perfect for all skin types but especially for Acne prone and aging skin! This peel was formulated to create a softer, brighter skin appearance. This gentle skin resurfacing peel enhances your skin so your other products can be maximized. The Enzymatic Peel gentle formulation uses the power of Papain, Bromelain Enzymes, and Glycolic Acid to remove dead skin cells, leaving the skin softer and nourished. This peel also replenishes moisture and reinforces the skin barrier.

Your skin will not peel but will appear smoother and more polished with continued use. This product also enhances the benefits of ZO Skin Health treatments and corrective products. 60 mins

NON-SURGICAL FACELIFT

PDO THREADS \$600-\$3000 ESTIMATE

PDO threads, also known as Polydioxanone threads, are a type of cosmetic treatment used for non-surgical facelifts and skin rejuvenation. PDO stands for Polydioxanone, which is a biodegradable synthetic polymer commonly used in medical sutures.

PDO threads are fine, absorbable threads that are inserted into the skin to lift and tighten sagging or loose tissues. They work by stimulating collagen production and providing mechanical support to the skin. The threads are placed strategically in the subcutaneous tissue, and once inserted, they create a supportive structure that lifts and tightens the skin!

FILLERS/INJECTABLES

DERMAL FILLERS \$750 +

Manna Life Health & Wellness has many offerings of Dermal Fillers to fit your aesthetic needs. This includes the Juvederm® line of fillers (Voluma, Volux, Vollure, Ultra Plus, & Ultra), Restylane line (Restylane L, Lyft, Silk, Defyne, Kysse, Contour) Revance line (RHA collection – 2, 3, 4 & Redensity) & many more options customized to your needs!. We charge per syringe for all Hyaluronic Acid fillers, with the exception of Volux & Vollure, which are priced separately. Coming soon, Radiesse! Manna Life Health & Wellness specializes in the following procedures: 8-point non-surgical facelift, Lips, Temples, under eye, neck tightening (tech neck), body contouring, hand filler, jawline filler, smile lines & nasolabial folds, BBL, & much more!

SCULPTRA

Sculptra is a type of injectable filler used in aesthetic medicine. It is made of poly-L-lactic acid, a biocompatible and biodegradable synthetic material that has been used in medical applications for many years. Sculptra adds volume to the face and improves the appearance of wrinkles, fine lines, and other signs of aging. Unlike other dermal fillers, Sculptra works by stimulating the body's natural collagen production, which helps restore skin volume and firmness.

FILLER DISSOLVE

Is it time to start over with your Dermal Fillers? Has your filler migrated to undesirable places? Let Manna Life Health & Wellness help! We are happy to help you reverse the results, using a compound called Hylenex to dissolve the filler & if you are interested, come up with a plan for new, fresh filler to be placed! Pricing subject to each area and amount of Hylenex required. Contact us for a consultation!

BEAUTY BOOSTERS

HAND TREATMENT \$30

It's like a facial but for your hands! This add-on includes a pharmaceutical grade moisturizing mask with warmth mittens and a seal in treatment. 20 mins

LED LIGHT THERAPY \$30

Treat certain conditions as well as seal in that amazing facial you just received with the help of RED LIGHT therapy. Research has show amazing benefits to the body with LED RED LIGHT Therapy!

EYE TREATMENT \$30

ZO and Revision eye treatments offer amazing cooling and anti-inflammatory effects. Let our medical-grade eye serums penetrate into those problem areas around the eyes. 20 mins

DERMAPLANNING \$60

One session add-on or book 5 sessions for \$260 exfoliates your skin and gets rid of dirt and vellus hair, aka peach fuzz. Replaces product exfoliation in a facial when added on.

GUA SHA MASSAGE \$20

Gua Sha is so popular because it works! Reduce puffiness and drain those sinuses! 15 mins

HIGH FREQUENCY THERAPY \$50

Used to treat stubborn acne, shrink enlarged pores, reduce the appearance of fine lines & wrinkles, decongest puffy eyes, & fade dark eye circles. 20 mins

BEAUTY TREATMENTS

UPNEEQ \$220 - \$420

Feel like your eyes look tired all of the time? Do your eyes seem to get smaller and more closed in as you are aging? Upneeq is a prescription medication used for the treatment of acquired blepharoptosis, also known as a droopy eyelid. Blepharoptosis is a condition where the upper eyelid droops over the eye, impairing vision and affecting the appearance of the eye.

SUNLESS TANNING \$60

Get a tan that lasts up to 3-4 weeks! Self-tanners do more than just make your skin seem gorgeously bronzed; they hide flaws and can reduced risk of skin damage: Sunless tanning eliminates the need to expose your skin to the sun or tanning beds, which can cause damage such as sunburn, premature aging, and skin cancer.

LASH TRAINING \$60

45 mins. As Deion Sanders "If you look good, you feel good, and if you feel good, you play good!" This holds true in life! Something as small as having your lashes on can make you feel like a million bucks! Let our experts show you how to apply these at home! These lashes, with good care, can last up to two weeks! Schedule a Lash training today! **REQUIRES THE PURCHASE OF OUR LILAC STREET LASH CLUSTERS, SEALER & GLUE.**

BROW & LASH LIFT & TINT \$20.- \$90

Do your lashes not curl? Do your brow hairs go in every other direction but the way you want them to lay? Lash Lift and Brow Lamination are the answer! It's like a perm but for your eye area hairs. Are your eyelashes or brows so light you have to fill them in or cover them in mascara? Then hop in our chair and get a Henna Tint. Henna Tint is a perfect starter service if you are thinking about permanent makeup!!!! Brow and lash tinting enhances the color of the brow/lashes by using semi-permanent dye. With proper care this service can last up to two weeks.

BODY TREATMENTS

BACK FACIAL \$165-\$196

Soft steam, thorough back cleansing, skin analysis, exfoliating mask, and extractions. A personalized treatment mask and a sealing treatment will be used to wrap up your appointment - oh, and did we mention the massage is **OUT OF THIS WORLD?!**

AUNT FANNY FACIAL \$165

Customized to your derriere's specific needs, this facial addresses anything from acne to uneven skin tone! 60 min

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FACIALS

ANTI-AGING FACIAL \$165

Restores skin texture and tone while minimizing fine wrinkles and brightening the complexion for a more youthful appearance. This facial uses targeted exfoliation (dermaplaning and a shallow chemical peel) as the first step of this no-downtime facial to eliminate dead skin cell buildup and improve product penetration. Finish off with Red LED light therapy and a specially formulated hydro jelly mask to enhance your skin's elasticity, tone, and texture and give you a radiant appearance. 60 mins

ULTIMATE FACIAL \$196

Aromatherapy as well as a hand and arm massage accompany this treatment with a gentle exfoliation, nourishing mask, LED therapy and clients choice of either an eye treatment or lip treatment. 90 mins

CUSTOMIZED FACIAL \$196

For those who want to get to know their skin and how to care for it. This includes a skin consultation and an individualized facial based on the skin type and concerns. Includes one Beauty Booster of your choice (Hand treatment, LED Light therapy, Specialized eye area treatment, Dermaplaning, Chemical Peel, or Gua Sha Facial Massage) 90 mins

EXPRESS FACIAL \$79

Cleanse, exfoliate, facial massage and a hydrating mask are a part of this express service. 30 min

CLARIFYING FACIAL \$90

Steaming, deep pore cleansing, facial extraction (if necessary), and healing mask. Packages available for Reoccurring biweekly treatments - choosing this option will certainly get your skin in check! 60 mins

OXYGEN-INFUSED FACIAL \$165

Increase cellular turnover, boost collagen production and reduce skin imperfections with this treatment. Includes a double cleanse. 60 mins

GENTLEMANS FACIAL \$165

A cleansing and purifying facial designed to address the needs of men's skin, including sensitivity, dry patches, dull skin, clogged pores, and shaving irritation. This facial starts with a deep cleansing followed by exfoliation and extractions, ending with a cooling, soothing mask. 60 mins

ELITE FACIAL WITH EXOSOMES \$700

Our Elite Facial with exosomes uses our SkinPen system to deliver goodness directly into your skin! Noticeably reduce the appearance of age-related pigment; skin appears firmer & more youthful; reduce the appearance of fine lines & wrinkles; hydrate & nourish skin, & promote a more radiant & even-toned complexion. 60 mins

HEALTH & WELLNESS

MEDICAL MARYJANE CONSULTS \$75-\$150

Manna Life Health & Wellness offers specialized consultations with a medical professional to assist patients in Maryland in finding out whether medical cannabis interventions will have therapeutic advantages for their chronic concerns. Our experts can explain details such as but not limited to: possible drug interactions, adverse effects, plant qualities, the best dosage, response tracking, and continuing evaluations of your general health as it relates to medical cannabis use. The Maryland Medical Cannabis Commission lists the following conditions as qualifying medical conditions: cachexia, anorexia, wasting syndrome, seizures, severe or persistent muscle spasms, seizures, severe or chronic pain, glaucoma, post-traumatic stress disorder (PTSD), or any other chronic medical condition that is severe and for which other treatments have proven ineffective. Let the Manna Life Health & Wellness providers assess you today to see if medical cannabis could be of benefit to you!

THERAPEUTIC NEUROTOXIN \$14/UNIT

Did you know that neurotoxins/neuromodulators can be used to help chronic pain in certain areas? Do you suffer from Migraines or TMJ? Do you have Rosacea or excessive sweating in your axilla (underarm area) hands or feet? Neurotoxins can help with many ailments - speak to a professional at Manna Life today to discuss a potential treatment plan.

PERMANENT MAKEUP

LIP BLUSH \$600

What is lip blushing? An alternative to a full-color lip tattoo that is softer = lip blush. Lip blush does not take the place of lipstick; rather, it enhances your natural lip shape, which frequently thins as we age. Speak to our professionals who can guide you on how opaque you would like your Lips! Our professionals can create the perfect color for your pout!

EYELINER \$450 - \$600

Throw away your eyeliner for good! Top Lash Enhancement Liner a soft single line to enhance the base of the lashes or a full top liner.

CHEEK BLUSH OR CONTOUR \$500

Contour or cheek blush that lasts! Why have to reapply daily?

FRECKLES (NATURAL) \$350

Have you ever wanted to have natural freckles or darken the freckles that you do have? Then this service is for you!

SCAR CAMOFLAGE \$450

The process of tattooing the skin with various flesh-toned pigments for skin or scar concealment. Its function is to cover over a scar or a patch of skin that lacks pigment or color. Purchase a package of 3 and save!

EYEBROWS \$500

Powder Brow: A cosmetic semi-permanent makeup method called powder brows is used to give eyebrows a soft powder look that closely resembles powder makeup. In order to create the powder effect, a permanent cosmetic tool that resembles a tattoo gun is used in the shading process.

Nano Brow: Nanobrows are a type of semi-permanent makeup technique that involves the use of very fine tattoo needles to create hair-like strokes on the eyebrows. These needles are used to deposit pigment into the skin, creating the appearance of natural-looking eyebrows. The result is a more defined, fuller, and symmetrical eyebrow shape that can last for up to two years.

Combo Brow: This is a combination of Nano Brow and Powder Brow. Perfect for those that have either want a fuller-looking brow or have had prior microblading.

TOUCH-UP'S \$250-\$350

Yearly touchup of Manna Life's work \$250

Touch-up of another artist's work \$350

MICROPIGMENTATION \$350

Patchy beard? Losing hair on your scalp at your hairline? Gentleman with brow hair loss? We can help!!!! Our Micropigmentation correction services are just what the doctor ordered! We can match your existing hair color and make it will look totally natural blended in! Contact us for pricing which will start at \$350.00

SALINE TATTOO REMOVAL PRICE VARIES

A great alternative to laser tattoo removal, saline tattoo removal is a method of removing tattoos that involves injecting a saline solution into the skin to lift the ink particles out of the skin's layers and cause them to fade. The process involves using a tattoo machine or a specialized tool to inject the saline solution into the skin over the tattooed area. This creates a controlled inflammation that causes the ink particles to rise to the surface and eventually form a scab that will fall off, taking some of the ink with it. Saline tattoo removal is considered a less invasive and potentially safer alternative to traditional laser tattoo removal. Unlike laser removal, saline tattoo removal does not use heat or light to break down the ink particles, and it is less likely to cause scarring or other adverse effects. However, the process may require multiple sessions to achieve the desired results, and it may not be effective for removing all types of tattoos or ink colors. It is important to consult with an experienced tattoo artist or removal specialist to determine if saline tattoo removal is a suitable option for your particular tattoo.

Retail:

-\$150 per 1"x1" area for line work

-\$200 per 1"x1" area for solid ink

MEN'S HEALTH SERVICES COMING SOON!



MANNA LIFE

HEALTH & WELLNESS

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