



# MANNA LIFE

HEALTH & WELLNESS

## IV HYDRATION

### OH MY ACHY UTERUS \$120

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 \$120

Burn fat and boost metabolism! B vitamins raise energy levels, support a healthy metabolism, help to convert fat into energy, & improve 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*.

### REBOOT ME - HANGOVER \$120

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.

### 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 *MagnesiumCL, B, B2, B3, B5, B6, B12 Hydroxo, Calcium & Vit C*

### TY-LOCK ELITE \$140

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

### ALPHA LIPOIC ACID DRIP - \$120

Alpha lipoic acid (ALA) is a naturally occurring fatty acid that has been used to support the treatment of various conditions such as diabetes, HIV, cancer and liver ailments. Research shows ALA may slow memory loss, help weight loss, fight premature skin aging from UV damage, optimize blood sugar levels, reduce oxidative damage and inflammation, reduce symptoms of neuropathy, Enhance energy production and metabolism, Support cardiovascular health boost immune system function and enhance disease resistance

### B12 \$25

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!

### FAT BURNER SHOT \$25

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 \$25

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!

## VITAMIN INJECTIONS

### VITAMIN D \$25

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

### L-CARNITINE KICK \$25

#### SUPERCHARGE your Fat Loss - Naturally!

L-carnitine has been employed supports various health conditions, including heart and circulatory issues and has potential benefits in promoting weight loss and improving overall well-being.

### GROW MY HAIR! \$25.00

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!

## HEALTH SERVICES

### MEDICAL MARYJANE CONSULTS \$50-\$100

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!

\$100 for new Certifications - \$50 for Recertification



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## CHEMICAL PEELS

### VI PEEL \$350 FACE & \$375 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!

## HEADSPA SERVICES

### SCALP FACIAL HEADSPA SERVICE \$150

Our Scalp Facial is a full customized HEADSPA service and the MOST luxurious treatment we offer. Customized to the specific needs of your hair and scalp, we will use professional products to cleanse your scalp, warm steam for cleansing and penetration, massage, Gua Sha, waterfall meditation and so much more!

60 minutes

Ayurvedic Oil add on: Ayurvedic oils infused with over 20 different healing herbs, extracts & precious oils to treat every aspect of hair & scalp health. \$50 Add on and 30 minutes

Biotin Shot add on: \$15 (regularly \$20)

Customized Facial Add on: \$70 (Save \$50!)

## FILLERS/INJECTABLES

### DERMAL FILLERS \$650 PER SYRINGE

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!

WE DO HALF SYRINGES AS WELL (\$400 per 1/2 syringe)

### FILLER DISSOLVE \$250

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!

## BODY TREATMENTS

### BACK FACIAL \$120- 60 MINS

WHO NEEDS A FULL BODY MASSAGE when you can get the best of both worlds by combining a massage and a skin-clearing treatment for your back! 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?!

### MASSAGE \$120 - 60 MINS

Indulge in a personalized medical massage therapy session. Our provider assesses your individual concerns and preferences, allowing us to customize a massage experience tailored to your body's specific requirements. From gentle Swedish techniques to deep tissue manipulation, our therapists utilize a range of modalities to alleviate tension, promote circulation, and enhance overall well-being.

### AUNT FANNY FACIAL \$120

Don't neglect that backside!

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

### CUSTOMIZED SUNLESS

TANNING \$40

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 reduce 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. Manna Life uses products with the cleanest ingredients possible in our tanning solutions for a GORGEOUS GLOW! Choose your favorite scent - no weird self tanner scents here!

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## FACIALS

### EXPRESS FACIAL \$79 - 30 MINUTES

Cleanse, exfoliation, and a facial massage with a hydrating mask are a part of this express service.

### SEASONAL SPECIAL FACIAL \$100 - 60 MINS

This facial uses seasonal ingredients (think pumpkin for fall, rose for spring, citrus for summer, and papaya for winter) to create an immersive

experience geared to your skin type! Ask our staff for more info!

### GENTLEMANS FACIAL \$120 - 60 MINS

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

### CUSTOMIZED FACIAL \$120

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.

### CLARIFYING FACIAL \$120 - 60 MINS

This facial focuses on those with acne-prone skin. Steaming, deep pore cleanse, facial extractions & high-frequency therapy (to treat stubborn acne & shrink enlarged pores). Our staff will provide recommendations for product choices, over-the-counter & medical grade.

### ANTI-AGING FACIAL \$120 - 60 MINS

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.

### DERMAPLANING ONLY \$75

Dermaplaning as a solo service includes cleansing and exfoliation. Removes dead skin cells and vellus hair leaving your skin **GLOWING!**

Our facials are an experience like no other. With each facial (except express) you receive red light therapy, steam, massage and dermaplaning.

## ANTI-AGING SERVICES

### NEUROTOXINS

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.

We offer Javeau \$11/U; Botox \$14/U; Daxxify \$11/U

### PLATELET RICH FIBRIN (PRF)

PRF is an innovative service that is an all-natural treatment option that uses your own stem cells to assist and stimulate healing and recovery of tissue thereby promoting cellular regeneration. PRF can be used to improve not only skin quality, texture, & appearance but can also be used as a natural filler and can stimulate hair regrowth!

PRF with Microneedling (Builds Collagen & skin regeneration!) \$450  
PRF as a Filler (EZ-Gel) \$550

PRF for Hair Restoration and Growth - \$400 Beard, \$450 Scalp  
PRF with Exosomes +\$200 (HIGHLY RECOMMENDED)

### LIP FLIP \$150

Thinking of enhancing your lips but not sure you want to fillers? Are your gums the life of the party when you smile? Try a LIP FLIP! This is a lower cost and effective treatment helping you achieve a gorgeous smile! Lasts 6-8 weeks!

### MICRONEEDLING \$375

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!

INCREASE RESULTS - Add Exosomes for an additional \$200

## BEAUTY SERVICES

### BROW & LASH LIFT & TINT

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.

Brow Tint & Lamination: \$100

Brow Tint only: \$60. Lash Tint only: \$60

Lash Tint & Lamination: \$90

### UPNEEQ

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.

3 pack for \$24.00 or 45 day supply for \$200

### WAXING SERVICES

We offer hard wax, soft wax and sugaring!

Facial Waxing: \$40

Body Waxing (Legs, back etc): \$50/area (requires consult for full price)

Brow Waxing: \$20

Bikini Wax: \$40 or Brazillian: \$50

### CLUSTER LASH APPLICATION \$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!



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*Take our menu with you!*

