

nuhouse

BODY MIND SOUL

THE HOUSE OPENS ITS DOORS FOR A FREE CONSULTATION BY HEART. ALLOWING YOU TO MEET WITH A LEAD PRACTITIONER WHO THEN INTRODUCE YOUR CASE TO OUR ENTIRE TRIBE.

AS EACH INDIVIDUAL VESSEL RUNS DIFFERENTLY, WE DEVELOP A PERSONALIZED SELF CONTRACT AND HEALING PROTOCOL COMPRISED OF BODY, MIND, AND SOUL ALIGNED REPAIR CUSTOMIZED FOR YOU.

LASER THERAPY

Is the use of light to stimulate cells. The stimulation assists our cells to function more efficiently, repair cells when they are damaged from free radicals, and replace new cells when they die.

MUSCLE RECOVERY

Cold laser treatment coupled with Muscle Recovery and specially written Protocols assist the body in recovery and healing. Post and Pre Operative Surgical Sports Injury Pain Management

ACUPUNCTURE

East Asian Medicine combined with meridian therapy and herbs releasing pain , treating auto immune issues, and gut health.

CHIROPRACTIC

Science backed approach to alignment and adjustment through nerve scan and imaging getting the route of pain .

TRAGER MASSAGE

Release deep-seated physical and mental patterns and facilitates deep relaxation, increased physical mobility, and mental clarity.

LYMPHATIC DRAINAGE

Designed to stimulate the flow of lymph, a fluid that transports white blood cells, oxygen, and nutrients to tissues throughout the body.

FUNCTIONAL NURTITION

A personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

AYURVEDIC

A personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

**BODY
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CRYO

WHOLE BODY CRYO THERAPY

Whole Body Cryotherapy is a non-invasive therapy that triggers the body's natural fight or flight response to accelerate recovery and decrease inflammation throughout body. After just 2-3 minutes of exposure to the extreme cold (3 minutes max), you will notice a boost in energy, relief of muscle and/or joint pain, and many other positive benefits as listed below.

CRYO FACIAL

Your skin is subjected to daily environmental elements such as pollution and UV exposure that can take a toll on your skin, leaving skin cells damaged and dull. Inflammation damage from those environmental factors and other skin conditions can deteriorate skin cells increasing the signs of aging or discoloration. During your Cryo Facial, the cold temperatures cause the blood vessels in your skin to contract and in turn dilate, which improve oxygenated blood flow to the surface of the skin. Nutrients that are provided by the increased blood flow start the restorative process of the facial. Your skin is left feeling refreshed, defined, and tight.

LOCALIZED CRYO THERAPY

Localized Cryotherapy uses a small handheld device to apply the nitrogen gas to a specific target area such as neck, elbow, knee, ankle, etc. The session only takes minutes to complete and leaves you with benefits that far exceed what traditional icing can provide. Our guests frequently combine this with Whole Body Cryotherapy. Whether you are looking to improve physical performance, reduce wrinkles or scarring, or relieve pain or inflammation, localized cryotherapy is available to provide you with results!

BODY SCULPTING CRYO

Say goodbye to cellulite. Cold temperatures widen the blood vessels, increasing oxygen supply. This boosts collagen production, which breaks down cellulite, leaving you with smooth, dimple free skin. Destroy fat and lose inches, all in 30 - 40 minutes. During a CryoSlimming™ session the skin is warmed then rapidly cooled. Results are immediate but we recommend 5 - 10 sessions for the best results.

BODY MIND SOUL

CONVERTISSE

Non invasive body contouring protocol encompassing acupuncture, supplements, body contouring laser technology, and Lymphatic Drainage.

CONCUSSION

Laser therapy reduces the Inflammation and capillary dilation increasing blood flow. Concussion symptoms can be lessened by decreasing the swelling and increasing the level of oxygen available to the brain.

ARRHRITIS

PBM is key in reducing inflammation, increasing cell metabolism with the increase in ATP which helps the body produce healthy new cells. PBM assists the body in breaking down of scar tissue.

STROKE

PBM stimulates vasocapillary dilation which increases blood supply to the affected area. Increased blood makes more oxygen available to damaged tissue to encourage cellular repair. PBM decreases inflammation helping to reduce brain swelling after trauma or stroke.

RESPIATORY REPAIR

Laser protocol, decreases inflammation, increases oxygen flow to cells. PBM breaks down scar tissue which can affect our lung function. Increasing cell metabolism is key to recovering from all illnesses plaguing our bodies.

AUTO IMMUNE

Combining all forms of supporting body function, immune disorders treated through acupuncture, east asian medicine, and accompanied modern technology.

COGNITIVE FUNCTION

Treating ADHD Autism and cognitive function Increases blood flow supplying the tissue with oxygen. Increases ATP for cell function, repair and cell replacement. Decreases inflammation and decreases scar tissue

SPORTS INJURY

Laser protocol, fractures heal in approximately half the time - increased ATP the currency of energy the cell uses to repair is increased. Sprains heal in days as opposed to weeks. Muscle pulls can be eliminated in as little as one week depending on the severity of the pull

V SHAPE

Non invasive vaginal rejuvenation protocol. Utilizing laser therapy and

MENU

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BODY MIND SOUL

AESTHETIC

HYDRAFACIAL
CRYOFACIAL
HENNA BROWS
SIGNATURE EYELASH EXTENSIONS
MICROBLADDING
HOUSE FACIAL
HYDRAHJELLY MASK
MICRONEEDLING
DERMAPLANNING
MICROROLLING

BODYWORK

MASSAGE
ASHIATUSE MASSAGE
CUPPING
CBD
TRAGER MASSAGE
LYMPHATIC DRAINAGE
PHYSICAL THERAPY

SPIRIT

REIKI
MEDITATION
LIGHT HEALING
SOUND TUNING

**BODY
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MINDFUL MOVEMENT

MYSORE

In this self-led class you will enjoy all the benefits of a group class, but will be self-directed. Drawing on your memory of the sequences and practicing to a pace and level of intensity that is appropriate for you, your deep inward focus will lead you to experience the purifying nature of the asana practice. Teacher adjustments and one on one consultations are provided throughout the class time window and based on student's request.

ALCHEMY OF ASHTANGA

Though considered a demanding yoga style, Ashtanga Yoga, the origin of power and flow series yoga styles, is a healing practice and one of the most comprehensive systems of self-care available. In the context of compassionate self-inquiry, this method synchronizes the breath with movement through a progressive series of postures to produce internal and purifying heat that detoxifies muscles and organs.

F.I.R.E.

In this class, Sandra creates a safe space where participants can explore the mind-body connection through the principles of alignment and flow. She breaks down the architecture of poses into easy to understand building blocks and guides each student through organically evolving, integrated transitions. Sandra's intention is to encourage her students to develop deeper self-knowledge and respect for their innate wisdom. As in all of her classes, Sandra's approach is marked by respect, curiosity, continuous study, humility and joy.

YOGA FLOW

This class includes a carefully instructed flow that breaks down the postures with particular attention to detail. You will be provided with a safe and inspiring environment to create strength, flexibility, and balance within your body. With a combination of breath-work, flowing movement, and deep relaxation this well-rounded class will set the tone for a positive rest of your day. Appropriate for beginner to intermediate students.

AERIAL

Introduces and expands ways a suspended aerial hammock can assist floor-based yoga postures. Emphasis is placed on deep stretching, decompression of the spine, core engagement, strengthening, and inverting safely.

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BODY MIND SOUL

MINDFUL MOVEMENT

A SELECTIVE NUMBER OF CLASSES CREATED TO ALIGN YOUR BODY MIND AND SOUL CREATING PEACE AND REACHING THE OPTIMAL YOU. CLASSES CAN BE SCHEDULED ON MINDBODY OR BY DROP IN AT THE HOUSE.

CORE

Core Conditioning Classes. This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

ASHIMA

A unique practice created to help you realize your highest, truest, most beautiful expression of self. .. Ahimsa's central purpose is to empower you to move forward, one step at a time, one day at a time, one breath at a time, towards a greater experience of health, happiness and wholeness.

LED HALF OR FULL PRIMARY

In this class you'll experience the flow of the energizing and healing sequence of Ashtanga Yoga Primary series as you begin to learn the sequences of the poses to build your self-led practice. Breath, bandhas and vinyasa will be emphasized. Class content will vary based on class participants.

RESTORATIVE

Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures in the course of an hour. ... During the long holds of restorative yoga, however, your muscles are allowed to relax deeply.