

A man and a woman are shown in a gym setting, performing a lunge exercise. The man, in the foreground, is wearing a dark blue t-shirt and light-colored shorts, with his hands clasped in front of him. The woman, in the background, is wearing a black sports bra and black leggings, with her hands also clasped. They are both looking down, focused on their form. The background is a blurred gym environment with wooden floors and white walls.

REGENERATIVE WELLNESS *MODALITIES*

WWW.BALANCEDAESTHETICSMEDSPA.COM

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HELLO *and* WELCOME

We are Balanced Aesthetics Medspa + Wellness.
In this guide, you can find information pertaining
to all of our Regenerative Wellness Modalities
and service offerings.

We can't wait to offer you an unforgettable
experience.

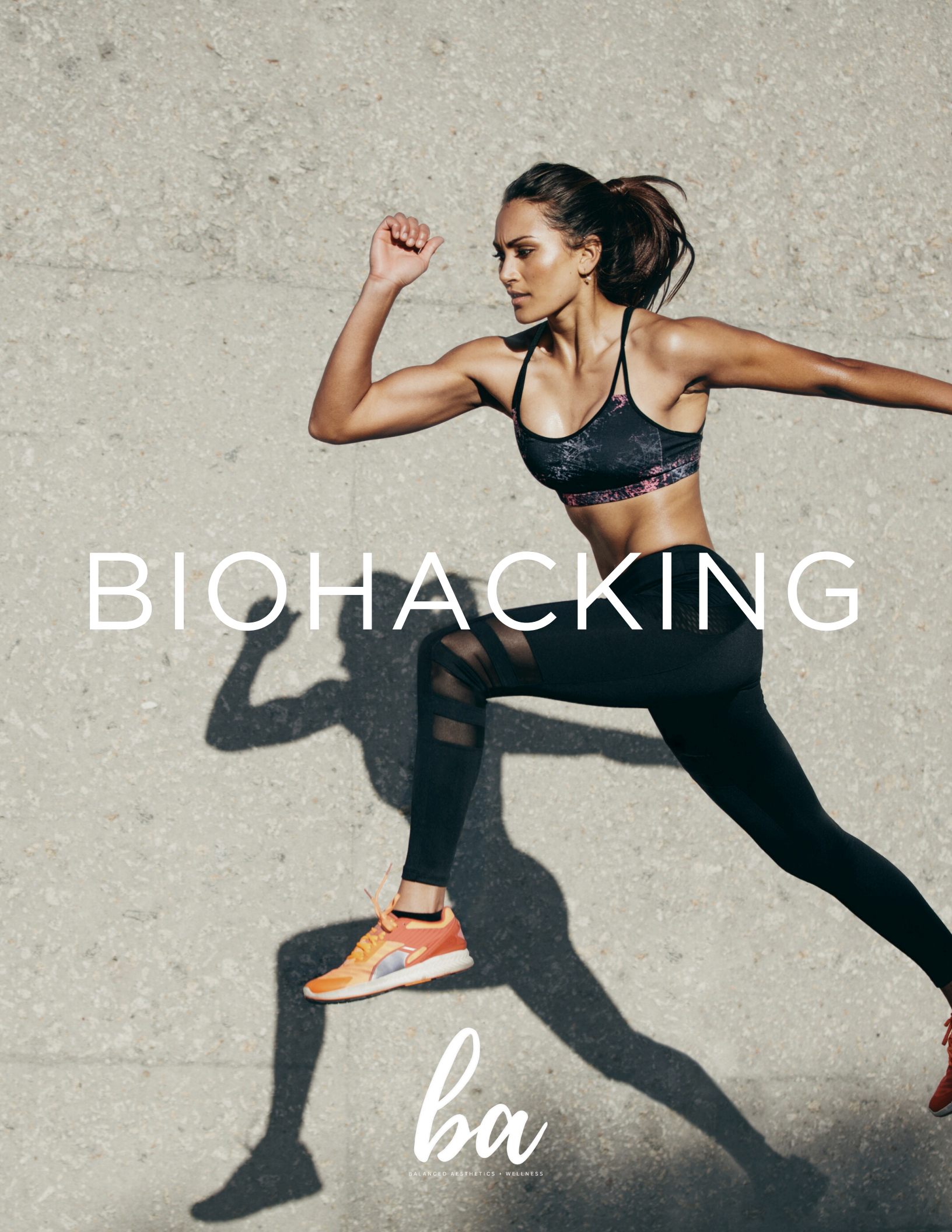
ABOUT US

Our *Mission*

At Balanced Aesthetics Medspa + Wellness, we are all about a beautiful balance of aesthetics and wellness, and to achieve beauty from the inside out.

Balanced Aesthetics + Wellness is a premier Medical Spa & Wellness Clinic specializing in Skin Rejuvenation, Facial Balancing with Injectables, Body Contouring, Optimal Wellness Peptide Therapy, Hormone Replacement Therapy, and Weight Loss Programs.

We are the ONLY Aesthetics & Wellness clinic in the Southeast offering elite Regenerative Medicine Modalities through our State-of-the-Art Hyperbaric Chamber, Prism Red Light Pod, Haelo PEMF, and Biocharger.



BIOHACKING

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BALANCED AESTHETICS • WELLNESS

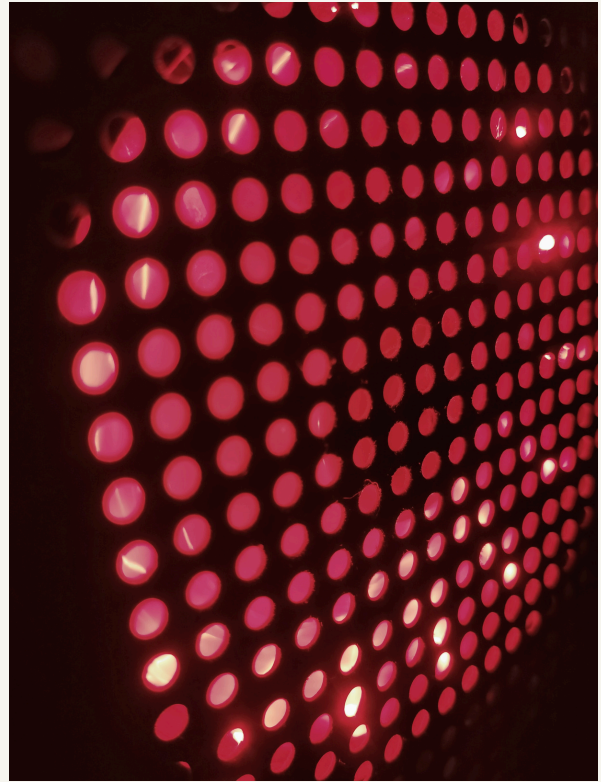
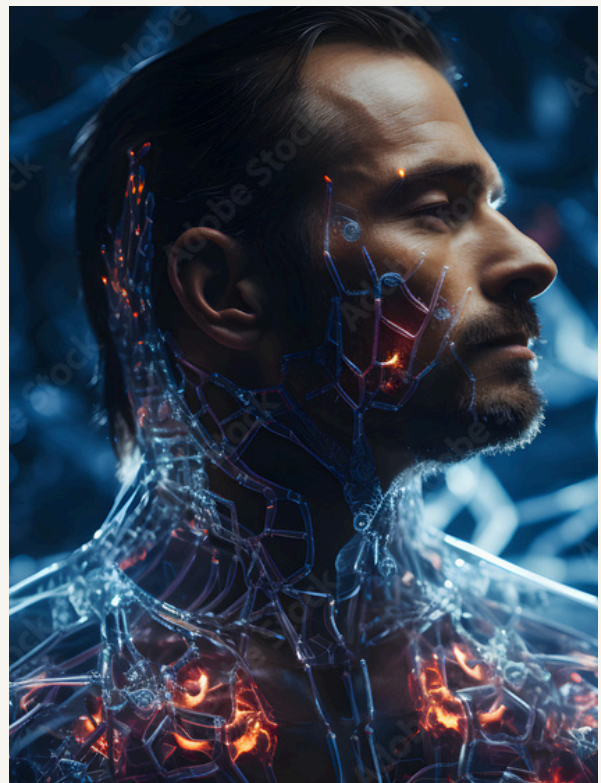
BIOHACKING

So, What Is *Biohacking*?

At its core, biohacking is about self-experimentation. It's about "hacking" one's biology by using data-driven approaches to enhance health, longevity, and overall performance. While some forms of biohacking are backed by scientific research, others can be more experimental.

There are several types of Biohacking:

- Nutritional: Modifying diet and nutrition through techniques such as intermittent fasting or supplements such as nootropics.
- Fitness: Enhancing physical performance through personalized exercise routines, tracking health metrics, and recovery practices such as Red Light Therapy, Hyperbaric Chamber, and PEMF.
- Technological: Wearing devices to track sleep, glucose, reproductive cycles, etc. to monitor and optimize health metrics.
- Cognitive: Enhancing cognition via meditation and neurofeedback processes to boost mental clarity.
- Sleep: Implementing strategies to improve sleep quality through controlled light exposure, temperature regulation, and sleep tracking devices.



A woman with long dark hair is sitting in a meditative lotus position, eyes closed, with her hands resting on her knees in a mudra. She is wearing a black sports bra and high-waisted leggings. The background consists of several vertical panels made of a grid of small, glowing red lights, creating a warm, monochromatic red atmosphere.

MODALITIES

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BALANCED AESTHETICS + WELLNESS

MODALITIES

BioCharger NG

What is the BioCharger NG?

The BioCharger NG is the only health optimization platform of its kind that is built upon 4 energy types that have all been proven to facilitate better cell function. Each BioCharger NG session surrounds your entire body with four distinct harmonious energy fields. These transmitted energies have been proven to restore strength, stamina, coordination, and mental clarity. The BioCharger NG is completely non-invasive.

The BioCharger NG is intended to provide energy to the environment and those within the immediate environment by producing four subtle energies:

- Pulsed electromagnetic (PEMF)
- Electrodynamic (voltage)
- Photonic (light)
- Frequencies and Harmonics

With the BioCharger's advanced technology, you can target a specific aspect of your well-being by selecting one of over 1,200 "recipes" from the cloud based library.



Key energies

BENEFITS OF PEMF

- Reduced inflammation
- Boost the bodies ability to recover
- Improved immune health
- Improved circulation & blood oxygenation

BENEFITS OF VOLTAGE

- Nutrient uptake enhancement
- Rejuvenation
- Supports better cognitive function

BENEFITS OF PHOTONIC

- Nutrient uptake enhancement
- Rejuvenation
- Mood enhancement
- Improves sleep quality
- Promotes skin health

BENEFITS OF FREQUENCY & HARMONIC

- Better mood and cognition
- Increased energy
- Reduced inflammation
- Accelerated recovery & regeneration

MODALITIES

HAELO PEMF

Electromagnetic fields (EMFs) are all around us. Earth continuously generates a variety of EMFs and every cell in the human body has evolved in the presence of these beneficial electromagnetic energies. Our bodies are made up of trillions of cells. Each cell is like a tiny battery that powers your muscles, tissues, organs, body, and brain. HAELO is an innovative solution to power better recovery, performance and overall wellness through the use of Pulsed Electromagnetic Field (PEMF) therapy.

HAELO's pulsed electromagnetic field delivers a custom composition of sound frequencies to the body to recharge and restore your cells. HAELO offers 10 different frequency sets that are easily designed to optimize recovery, performance, and overall wellness.

What is PEMF Therapy?

The cells in your body are like batteries that get drained of energy. PEMF therapy is the application of a carefully tailored electromagnetic field to your body. During each HAELO session, this field actively delivers beneficial sound frequencies to stimulate and recharge your cells.

Pulsed Electromagnetic Field (PEMF) therapy is backed by more than 10,000 published studies. Over 2,000 double-blind studies show that PEMF therapy is effective in promoting cellular health and function. In a recent recovery and sleep study conducted by Biostrap Labs, HAELO was shown to improve your overall recovery and help you achieve deeper and more restorative sleep. Participants begin seeing results in as little as two weeks.

Key features

BENEFITS

- Faster physical recovery
- Heal injuries faster
- Better mood regulation
- Improve cognitive function
- Accelerated muscle growth
- Improve quality of sleep
- Increase deep sleep
- Improved quality of life

COIL PLACEMENT

For general, whole-body therapy, place the coil on your abdomen or chest. For targeted therapy, place the coil closest to the spot that needs recovering (e.g. shoulder, knee, etc.).



MODALITIES

Hyperbaric Oxygen Therapy

What is Hyperbaric Oxygen Therapy?

Hyperbaric oxygen therapy (HBOT) treats chronic wounds and other medical conditions by providing 100% oxygen in a pressurized chamber, delivering two to three times more oxygen than normal air. This helps your lungs absorb more oxygen, promoting tissue healing and fighting infections.

HBOT also supports your immune system and stimulates the production of stem cells, which help generate important cells like blood and muscle cells. It can be used alone or alongside other treatments, and most sessions last one hour. HBOT aids in the growth of new skin, blood vessels, and connective tissue.

What is it used for?

The FDA has approved hyperbaric oxygen therapy (HBOT) to treat conditions including air or gas embolism, decompression sickness, burns, carbon monoxide poisoning, gas gangrene, hearing loss, wounds, vision loss, radiation injuries, severe anemia, severe bone and skin infections, skin grafts, and crush injuries.

You can also use HBOT to increase your overall health and wellness. Hyperbaric oxygen therapy essentially helps your body heal. To work properly, the tissues in your body must have enough oxygen. If your tissues are injured, they need even more oxygen. The increased pressure in hyperbaric oxygen therapy helps your blood carry oxygen through your body, especially injured tissues. It also helps your white blood cells protect your body from infection.

Key features

BENEFITS

- Wound healing
- Infection fighting
- Collagen production
- Tissue growth
- Swelling reduction
- Complications reduction (i.e. the risk of amputation)
- Post surgical healing

POSSIBLE OCCURRENCES

- Ear issues
- Claustrophobia
- Sinus congestion & pressure

ADMINISTRATION

60 minute sessions in Medical Grade 2.0 ATA Hard Chamber by Kloodos



MODALITIES

Prism Light Pod

What is Red Light Therapy?

Red light therapy is the process of distributing low levels of red or near-infrared light to skin cells. Unlike ultraviolet light, which can damage the skin, red and near-infrared light are beneficial. They penetrate the skin and are absorbed by cells, potentially promoting healing and regeneration.

Red light therapy is an FDA-approved and non-invasive therapeutic treatment that generates light-induced photochemical reactions in your body, also known as photobiomodulation. RLT uses red or near-infrared light to stimulate cellular processes in the body. Unlike blue light, red light and infrared light can penetrate deeper into the skin, reaching your fat cells, muscles, and even bones.

How does it work?

At the cellular level, red light therapy stimulates the production of mitochondria, the energy currency of cells. Increased production of this organelle enhances cellular function and repair, contributing to overall health and well-being. A red-light therapy pod or bed from Prism Light Pods allows you to immerse yourself in these healing properties, ensuring you feel recovered and ready for your day.



Key features

BENEFITS

- Increased blood flow & improved circulation
- Collagen production & anti-aging effects
- Fibroblast generation for the formation and maintenance of connective tissue & skin healing
- Skin cell turnover
- Antioxidant protection
- Faster injury & wound healing
- Soothing arthritis & joint pain
- Weight loss management

ADMINISTRATION

Prism Light Pod sessions are 15 minutes and fully automated with six optimized settings to choose from.

MODALITIES

Shockwave Therapy

What is Shockwave Therapy?

Shockwave therapy is a non-invasive treatment that stimulates the body's natural healing process by promoting the release of growth factors in injured tendons, ligaments, and soft tissues. Also known as EPAT (extracorporeal pulse activation technology), this form of regenerative medicine is effective in treating tendinopathy and difficult-to-heal ligament injuries.

It can also break up calcium deposits in degenerative tendinopathies and aid in recovery after orthopedic surgery by reducing pain and speeding up healing for damaged tissues.

How does it work?

During treatment, (the clinician holds a shockwave device next to the skin). The device sends shockwaves into the injured tissues, stimulating increased blood flow and growth hormones to the area, promoting new tissue growth.

There are two types of shockwave therapy. Usually, patients receive both types:

- Focused shockwave therapy sends waves into a small area.
- Radial shockwave therapy delivers shockwaves over a broader area, for instance, along the length of an injured tendon.

A single treatment usually takes between 15 to 20 minutes. Depending on the injury, a patient will usually be recommended to receive three to five treatments over a period of several weeks. Shockwave therapy is often used in combination with other therapies such as physical therapy and platelet rich plasma or peptide injections to help further the benefits.

Key features

BENEFITS

- Pain relief
- Faster healing time
- Improved blood flow
- Improved mobility & flexibility
- Collagen production
- Release trigger points
- Lowers Substance P, a neurotransmitter associated with chronic pain

POSSIBLE OCCURRENCES

- Swelling
- Bruising & redness
- Numbness

INJURIES TREATED

- Foot pain
- Knee pain
- Leg pain
- Hip pain
- Elbow pain
- Shoulder pain
- Achilles' tendonopathies

MEMBERSHIPS & SUBSCRIPTIONS

MEMBERSHIP *OPTIONS*

TRT Membership

VALUED AT \$400+

\$299/mo



10 week supply of
Testosterone or Estrogen
Blocker



Cialis or Viagra Prescription



Bloodwork 4x/yr



All supplies, syringes,
needles, alcohol wipes,
sharps container included



10% off Peptide Therapy

Aesthetics Membership

VALUED AT \$450+

\$199/mo



FREE Monthly Signature
Express Facial



FREE Monthly Laser Hair
Removal Session



FREE Weekly Methyl B12
Shots



FREE Monthly
Dermaplaning Session



10% off ALL Aesthetics
Services + 5% off ALL
Injectables Services

Wellness Membership

VALUED AT \$650+

\$299/mo



Monthly Myers
Cocktail IV



Monthly Glutathione or
Magnesium IV



Monthly Lipo B Vial



Monthly Vitamin D3/K2
Supplement



\$50 off Each Peptide +
\$100 off Each Round of
GLPs

MEMBERSHIPS & SUBSCRIPTIONS

REGENERATIVE WELLNESS SUBSCRIPTION OPTIONS

Option 1

VALUED AT \$500

\$199/mo



Unlimited PEMF (Pulsating Electro
Magnetic Field)



Unlimited Biocharger

Option 2

VALUED AT \$1000

\$449/mo



Unlimited Red Light Therapy Bed



Unlimited Hyperbaric Oxygen Therapy

ABOUT US

CONTACT *DETAILS*

Are you ready to get Balanced?

We know we covered a lot of information, don't worry, at your wellness consultation you will be able to go over any and all concerns.

If we missed anything, you can always contact us.

WORKING HOURS

Monday - Thursday

9:30am - 5:30pm

Friday

8am - 4pm

Weekends

CLOSED

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wellness