



# LIVKRAFT

LUXURY SELF CARE MENU

# MEMBERSHIPS

## THEY'RE KIND OF A BIG DEAL

<b>STARTER</b> <b>\$99/MONTH</b>	<b>PRO</b> <b>\$199/MONTH</b>	<b>ELITE</b> <b>\$349/MONTH</b>	<b>LEGEND</b> <b>\$499/MONTH</b>	<b>ICON</b> <b>\$699/MONTH</b>
<p>PICK ANY 3 SERVICES <b>PER MONTH</b></p>	<p>1 WHOLE BODY CRYO 1 LOCAL/FACIAL CRYO 1 INFRARED SAUNA 1 NORMATEC 1 RED LIGHT FACIAL/LOCAL 1 JOOVV: WHOLE BODY RED LIGHT 1 FLOAT 1 PEMF <b>PER MONTH</b></p>	<p>1 WHOLE BODY CRYO 1 LOCAL/FACIAL CRYO 1 INFRARED SAUNA 1 NORMATEC <b>PER DAY</b> 1 RED LIGHT FACIAL/LOCAL 1 FLOAT 1 PEMF 4 JOOVV: WHOLE BODY RED LIGHT <b>PER MONTH</b></p>	<p>1 WHOLE BODY CRYO 1 LOCAL/FACIAL CRYO 1 INFRARED SAUNA 1 NORMATEC 1 RED LIGHT FACIAL/LOCAL 1 JOOVV: WHOLE BODY RED LIGHT <b>PER DAY</b> 4 FLOATS 4 PEMF 1 30-MINUTE MASSAGE <b>PER MONTH</b></p>	<p>1 WHOLE BODY CRYO 1 LOCAL/FACIAL CRYO 1 INFRARED SAUNA 1 NORMATEC 1 RED LIGHT FACIAL/LOCAL 1 JOOVV: WHOLE BODY RED LIGHT 1 FLOAT 1 PEMF <b>PER DAY</b> 1 60-MINUTE MASSAGE <b>PER MONTH</b></p>
<p><b>+ONE/\$85</b></p>	<p><b>+ONE/\$170</b></p>	<p><b>+ONE/\$295</b></p>	<p><b>+ONE/\$425</b></p>	<p><b>+ONE/\$595</b></p>
<p><b>+ONE</b> ADD A SPOUSE, PARTNER, SIGNIFICANT OTHER, OR FAMILY MEMBER TO YOUR MEMBERSHIP AT 15% OFF THE NORMAL PRICE</p>				

**All Memberships include: 10% OFF all Retail and Massages and 15% OFF all Other Treatments**

**+ONE limited to one per member | 3, 6 and Annual Contracts Available**

# LIVKRAFT

**DEFINITION:** HAVING THE ABILITY TO DO WHAT YOU LOVE

**ORIGIN:** NORWEGIAN. INSPIRED BY THE WORD, LIVSKRAFT, MEANING  
LIFE FORCE OR VITALITY. **PRONUNCIATION:** /LIV/KRAFT

LIVKRAFT's mission is to support your passion for the many health and fitness activities that define the Southern California lifestyle. We keep you doing what you love by offering state of the art recovery treatments in a luxury spa inspired setting.

A man with brown hair is shown in profile, looking out a window. He is wearing a white surgical-style face mask and large black earmuffs. The window is partially obscured by a dark horizontal bar. The background outside the window is a bright, hazy landscape. The overall tone is clean and professional.

**FREEZE**  
TO STAY  
**FRESH**

# WHOLE BODY CRYOTHERAPY

3 MINUTES OF PROPER WHOLE BODY CRYOTHERAPY UTILIZING  
BREATHABLE AIR TECHNOLOGY @ -166°F TO -220°F

## SESSION BENEFITS

- Accelerate Injury Recovery Time
- Improve Athletic Performance
- Fitness and Sports Recovery
- Alleviate Aches and Pains
- Soothe Muscle Soreness
- Reduce Inflammation

**\$45** INTRO OFFER, **\$75** PER SESSION

4-PACK **\$250** | 8-PACK **\$450** | 12-PACK **\$600**

# HITS THE SPOT



# LOCALIZED CRYOTHERAPY

A REGENERATIVE STREAM OF CHILLED NITROGEN  
VAPORS TARGETED AT A SPECIFIC BODY PART

## SESSION BENEFITS

Improve Range of Motion  
Accelerate Recovery Time  
Reduce Inflammation  
Alleviate Aches & Pains

**\$35** INTRO OFFER, **\$50** PER SESSION

4-PACK **\$180** | 8-PACK **\$320** | 12-PACK **\$420**

# GLOW





# CRYOTHERAPY FACIAL

A REFRESHING MIST OF LIQUID NITROGEN VAPOR GUIDED  
OVER THE FACE USING STATE-OF-THE-ART TECHNOLOGY

## SESSION BENEFITS

Increase Blood Flow & Collagen Production  
Reduce Swelling or Puffiness  
Shrink Pores  
Tighten Skin

**\$35** INTRO OFFER, **\$50** PER SESSION

4-PACK **\$180** | 8-PACK **\$320** | 12-PACK **\$420**

**SWEAT IT**



# INFRARED SAUNA

EXPERIENCE THE FULL SPECTRUM OF NEAR, MID, AND FAR INFRARED HEAT; AND ALL THE SWEAT THAT COMES WITH IT

## SESSION BENEFITS

Anti-Aging & Skin Cell Health  
Health & Immunity  
Heart Health  
Weight Loss  
Relaxation  
Pain Relief  
Detox

**\$25** INTRO OFFER, **\$40** PER SESSION

4-PACK **\$150** | 8-PACK **\$275** | 12-PACK **\$400**

# ZERO GRAVITY

+ VITAMIN SEA



# FLOAT THERAPY

60 MINUTES OF FLOATING EFFORTLESSLY IN SKIN TEMPERATURE  
WATER MIXED WITH 1,000 POUNDS OF EPSOM SALT

## SESSION BENEFITS

Injury & Pain Management  
Sports & Fitness Recovery  
Zero Distractions  
Stress Reduction  
Relaxation  
Meditation

**\$45** INTRO OFFER, **\$75** PER SESSION

4-PACK **\$250** | 8-PACK **\$450** | 12-PACK **\$600**



ReBOOT

# NORMATEC COMPRESSION THERAPY

LEGS, HIPS, OR ARMS, NORMATEC SYNERGISTICALLY COMBINES THREE COMPRESSION TECHNIQUES TO SPEED THE BODY'S NORMAL RECOVERY PROCESS: PULSING COMPRESSION, GRADIENTS, AND DISTAL RELIEF

## SESSION BENEFITS

- Decrease or Eliminate the Development of Cellulite
- Aid in the Removal of Toxins such as Lactic Acid
- Help with First-Stage Varicose Veins
- Decrease Water Accumulation
- Strengthen Loose Skin
- Reduce Inflammation
- Improve Circulation

**\$20** INTRO OFFER, **\$35** PER SESSION

4-PACK **\$120** | 8-PACK **\$200** | 12-PACK **\$270**





**ReJUVENATE**



# JOOVV WHOLE BODY RED LIGHT THERAPY

A 10 MINUTE FULL BODY CELLULAR RECHARGE THAT INCREASES CELLULAR ATP PRODUCTION AND REDUCES PAIN BY UTILIZING A POWERFUL COMBINATION OF RED AND NEAR INFRARED LIGHT.

## SESSION BENEFITS

Reduces Pain & Soreness  
Improves Circulation  
Stimulates Collagen and Elastin Production  
Diminishes Age Spots, Fine Lines, & Wrinkles  
Increases Testosterone Production in Men  
Aids in Relaxation & Sleep Quality

**\$25** INTRO OFFER (limited to one session per customer), **\$40** PER SESSION  
4-PACK **\$149** | 8-PACK **\$275** | 12-PACK **\$399**

**ReVIVE**



# LIGHTSTIM RED LIGHT FACIAL & LOCAL

10 RELAXING MINUTES OF RED LIGHT AND INFRARED LIGHT PLACED OVER YOUR FACE OR INJURED AREA TO HELP INCREASE CELLULAR EFFICIENCY, BLOOD FLOW AND IMPROVE SKIN HEALTH.

## SESSION BENEFITS

Stimulates Collagen & Elastin Production  
Diminishes Age Spots, Fine Lines, & Wrinkles  
Speed Injury Recovery Time  
Reduces Pain & Soreness  
Improves Circulation

**\$25** INTRO OFFER, **\$40** PER SESSION

4-PACK **\$150** | 8-PACK **\$275** | 12-PACK **\$400**

# FIRE & ICE



# FIRE & ICE FACIAL

17 MINUTES OF SKIN ENHANCING CONTRAST THERAPY UTILIZING THE COMBINATION OF HOT & COLD TO STIMULATE COLLAGEN PRODUCTION, REDUCE FINES LINES & WRINKLES & TIGHTEN SKIN

## SESSION BENEFITS

Reduce Redness & Puffiness  
Minimize Fine Lines & Wrinkles  
Increase Collagen & Cellular ATP Production  
Improve Skin Health

**\$45** INTRO OFFER, **\$75** PER SESSION

4-PACK **\$250** | 8-PACK **\$450** | 12-PACK **\$600**

# ReCHARGE



# PEMF-PULSED ELECTROMAGNETIC FIELD THERAPY

A 20-30 MINUTE CELLULAR WORKOUT THAT UTILIZES SAFE  
PULSED ELECTROMAGNETIC FIELD THERAPY TO CHARGE  
UP ANY ENERGY DEPLETED CELLS.

## SESSION BENEFITS

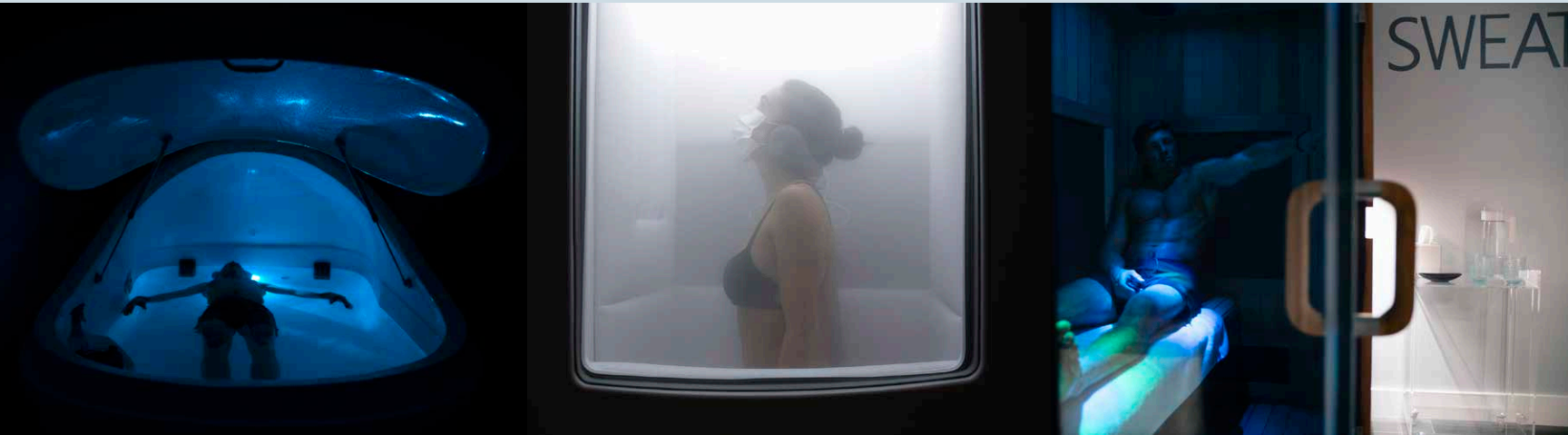
Stimulates Collagen & Elastin Production  
Diminishes Age Spots, Fine Lines, & Wrinkles  
Speed Injury Recovery Time  
Reduces Pain & Soreness  
Improves Circulation

**\$45** INTRO OFFER, **\$75** PER SESSION

4-PACK **\$249** | 8-PACK **\$449** | 12-PACK **\$599**



# YOU STAY HEALTHY SAN DIEGO



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