



SKIN • BODY • REGULATION • AESTHETICS • RESTORATION

Skin Treatments & Body Work

Website Services & Pricing Guide



Welcome to Anastasis

Compassionate, Modern Care for Skin, Body & Nervous System

At Anastasis Health & Aesthetics, we believe the skin, body and nervous system are deeply connected. Our approach brings together personalized skin care, advanced aesthetics, therapeutic bodywork and nervous system regulation to create care that goes beyond the surface.

Every treatment is thoughtfully customized. Some clients come to us for healthier skin or aesthetic renewal. Others are seeking relief from chronic tension, stress or patterns of holding in the body. Many discover that the greatest change happens when we stop treating each part in isolation and begin caring for the whole person.

SKIN RESTORATION

Skin Restoration

Skin Refresh

\$90

30 Minutes

A focused facial with cleansing, exfoliation and customized hydration to refresh dull or tired skin.

Custom Facial

\$150

60 Minutes

Our foundational full facial, completely customized to what your skin needs that day. May include deep cleansing, exfoliation, extractions when appropriate, targeted products, hydration and therapeutic facial massage.

Dermaplane Facial

\$125

45 Minutes

Professional dermaplaning followed by customized skin care and hydration for immediately smoother, softer and brighter-looking skin.

Back Facial

\$100

45 Minutes

A customized treatment for the often-overlooked skin of the back. Includes deep cleansing, exfoliation, extractions when appropriate and targeted hydration to help address congestion, rough texture and overall skin health.

Anastasis Dermasomatic Facial

\$195

A signature Anastasis experience bringing skin therapy and nervous system-focused touch together for deeper restoration.

DMK Skin Revision

Starting at \$250

A corrective approach for clients wanting to work more intentionally on skin function and concerns such as congestion, acne, pigmentation, visible aging or compromised skin.



ADVANCED SKIN TREATMENTS

Advanced Skin Treatments

Microneedling**\$350 | Series of 3: \$900**

Collagen induction therapy designed to improve the appearance of texture, fine lines, enlarged pores, uneven tone and certain types of scarring.

Exosome Enhancement**Starting at \$150**

An optional enhancement used with eligible advanced skin treatments.

RF Microneedling – Face + Neck**\$1,050**

Combines microneedling with radiofrequency energy for more intensive collagen remodeling and skin renewal.

RF Microneedling + PRP**\$1,350**

RF microneedling paired with PRP as an advanced regenerative enhancement.

RF Transformation Series**\$2,400**

3 Face + Neck Treatments

A progressive three-treatment plan for comprehensive collagen remodeling and skin renewal.

RF Complete Series**\$2,950**

3 Face + Neck + Chest Treatments

Expanded RF series for the face, neck and chest.

My Perfect Derma Peel**Starting at \$350**

A professional peel option for clients seeking more intensive skin renewal. Treatment selection and candidacy are individualized.

PERSONALIZED ENHANCEMENTS

Add-Ons & Enhancements

Add any of the following to an eligible treatment to further customize your visit.

Dermaplane Enhancement \$50

Adds professional dermaplaning to an eligible facial.

Celluma LED Therapy \$50

LED light therapy used as a relaxing, non-invasive complement to eligible skin treatments.

Lymphatic Enhancement \$45

Gentle lymphatic-focused techniques to complement facial or body care.

Buccal Facial Massage \$45

Specialized intraoral and external facial massage focused on muscular tension through the jaw and lower face.

Facial Cupping \$45

Gentle facial cupping techniques incorporated to complement massage and skin care.

Corrective Enzyme Upgrade \$45+

A customized enzyme or corrective upgrade selected according to skin needs.

Booster Peel Starting at \$65

A targeted peel enhancement added to an eligible facial or skin treatment when appropriate.

Eye Renewal \$30

Focused care for the delicate eye area.

Hand Massage 10 Min | \$25

A relaxing extension to your treatment.

Foot Massage 10 Min | \$25

A grounding, restorative extension to your treatment.



Neck + Shoulder Therapy 10 Min | \$25

Focused therapeutic work for common areas of muscular tension.

BODYWORK & REGULATION

Bodywork & Regulation

Our bodywork is customized to the person in front of us. Depending on your needs, a session may incorporate therapeutic massage, trigger point work, myofascial techniques, cranial sacral therapy, cupping, lymphatic techniques, breath awareness, somatic regulation and other supportive approaches.

Bodywork & Regulation – 30 Minutes

\$95

Focused therapeutic work for a specific area or shorter regulation session.

Bodywork & Regulation – 60 Minutes

\$175

A comprehensive customized session supporting both therapeutic bodywork and nervous system regulation.

Bodywork & Regulation – 90 Minutes

\$210

An extended session for deeper integration, multiple areas, or more time for the body to settle.

SIGNATURE EXPERIENCES

Signature Experiences & Packages

The Reset

\$335

Includes a 30-minute Bodywork & Regulation Treatment, 60-minute Custom Facial, Dermaplane Enhancement, Celluma LED Therapy, plus your choice of Brow Tint, Lash Tint or Eye Renewal.

Glow + Regulate

\$325

A 60-minute Bodywork & Regulation Treatment followed by a 60-minute Custom Facial and Celluma LED Therapy.

Face + Back Renewal

\$265

Regular value \$300

A complete skin treatment combining a 60-minute Custom Facial, 45-minute Back Facial and Dermaplane Enhancement. Designed to refresh, smooth and deeply care for both the face and back in one appointment.

The Deeper Experience

\$395

2 Hours

Our signature integrated Dermalomatic experience blending therapeutic bodywork, nervous system regulation, intentional touch and customized skin therapy.

Regulation Reset Series

\$850

5 Sessions

Begins with an extended two-hour session including consultation, body mapping and treatment, followed by three 60-minute sessions and a final 90-minute reassessment and body mapping session.



The Convergence

\$500

2 Hours · Existing clients/patients only

A specialized collaborative Dermasomatic session combining hands-on treatment with a licensed therapist or spiritual direction counselor.

The Well Woman Reset

Consultation

6-Month Program · Consultation Required

A personalized whole-person program integrating wellness assessment, bodywork and regulation, skin restoration, medical wellness and hormone support with Dr. Kumar. Laboratory testing, medications and additional medical services are priced separately.

PERMANENT MAKEUP

Permanent Makeup

Permanent Brows

\$750

Microblading, microshading or a customized combination.

Lip Blushing

\$650

Customized lip color designed to enhance definition and create a soft, balanced wash of color.

Eyeliner

Upper OR Lower: \$500 | Upper + Lower: \$600

Customized to your eye shape and preferred level of definition.

The New You PMU Package

\$1,700

Brows, lip blushing and eyeliner

Permanent Makeup Touch-Ups

Within First Year: \$175/area | After: from \$250

Pricing may vary depending on retention and the amount of refreshing required.

BROWS, LASHES & WAXING

Brows, Lashes & Waxing

Brow Wax	\$35	Lip Wax	\$15
Chin Wax	\$25	Underarm Wax	\$25
Full Face Wax – Excluding Brows	\$65	Brow Tint / Custom Henna	\$40
Lash Tint	\$40	Brow Groom + Tint/Henna	\$65



The Anastasis Difference

Anastasis means resurrection – a return to life, vitality and wholeness. We believe meaningful results begin with listening: to your goals, your skin, your body and the patterns that may be asking for attention.

You do not have to know exactly what you need before you arrive. Come as you are. We will help you choose a thoughtful next step.

CANCELLATION & APPOINTMENT POLICY

We value the time reserved especially for you and appreciate the same consideration for our providers and other clients. We kindly request a minimum of 24 hours' notice when canceling or rescheduling an appointment. Appointments canceled or rescheduled with less than 24 hours' notice may be subject to a 50% service fee. Same-day cancellations and no-shows may be charged 100% of the scheduled service.

For packages, series or prepaid treatments, a late cancellation or no-show may result in the scheduled session being deducted from the package. Because many of our treatments require significant time to prepare and reserve, a deposit may be required for extended, advanced, permanent makeup or specialty appointments. We understand that emergencies and unexpected circumstances happen and will always approach those situations with consideration.

By scheduling an appointment, you acknowledge and agree to the Anastasis cancellation policy.

BOOK YOUR ANASTASIS EXPERIENCE

anastasishealth.com

Service descriptions are educational and are not intended to diagnose or treat medical or mental health conditions. Advanced and medical-aesthetic treatments are subject to candidacy, provider scope and applicable medical oversight.