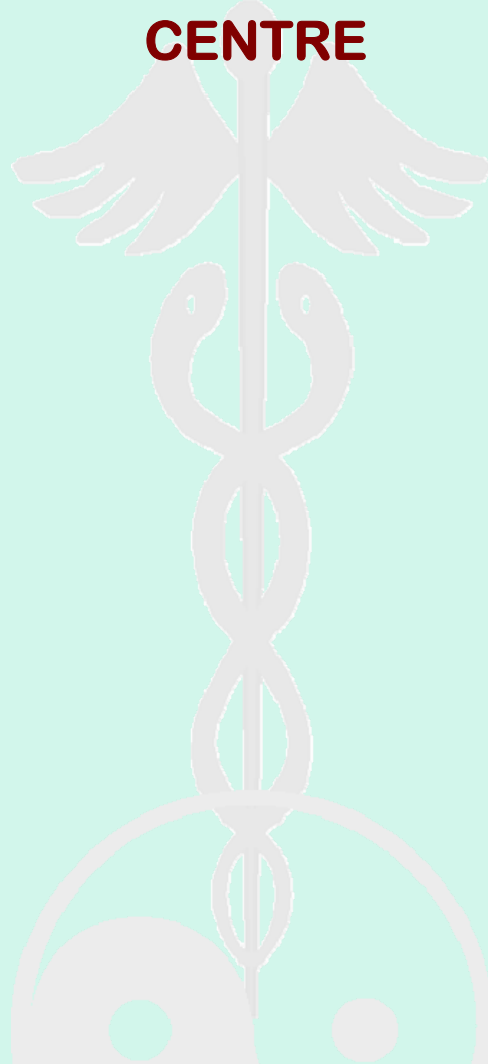


SEDONA

**HOLISTIC MEDICAL
& AESTHETICS
CENTRE**



***The First Successful
Holistic Health Center
in Western New York
Established 1995***

POLICIES

Children: We welcome and recommend introducing your children to some of our treatments starting at age eight. *At this time, our facility does not accommodate small children when you are receiving treatments and services.*

Payment: Payment is due at the time of your appointment. We accept cash, personal checks, Visa and Master Card. Returned checks will be charged a \$35 fee.

Cancellations: We require at least 48 hours notice of cancellations. Appointments cancelled less than 48 hours in advance are billed \$50.

Sedona Etiquette: To assure a relaxing atmosphere and because there may be a Hypnosis session in progress, we ask that all clients refrain from using cell phones in the center. Please turn your phones to vibrating mode or off before entering the building. This is strictly adhered to.

Timely Arrival: To keep our schedules running smoothly, we ask that you arrive on time for your appointments. Clients arriving more than fifteen (15) minutes late may have to reschedule and will be charged a \$50 fee.

Gift Certificates: Gift certificates can be purchased in any dollar amount for any service at Sedona Holistic Medical Centre. Gift certificates are non-refundable and have a six (6) month expiration date from the date of purchase. Gift certificates cannot be redeemed for cash.

Returns and Exchanges: Within 10 days of purchase, if you are not satisfied with a product, please bring in the product in its original, sealed package, and we will evaluate your concerns. We are not able to accept returns on open supplements or partially used products. Store credit will be issued for all returns, minus a 15% restocking fee.

**Sedona Holistic Medical Centre
is open Monday thru Saturday.
Please call as hours vary.**

Note: All prices and hours are subject to change without notice.

Our Mission —————

At Sedona, we dedicate ourselves to providing the most effective treatments for our patients, utilizing the latest & best of western medicine and complementary therapies. We offer a wide variety of clinical (medical) services, aesthetic services, and energy techniques and therapies to help you achieve and maintain optimal physical and emotional health and beauty. We constantly research new information and procedures to better care for and educate our patients on wellness & healthy aging. We also carry the highest quality supplements, skin care products and processes *available only by a licensed practitioner*. By opening our minds to other possibilities through education and cooperation, we promote a deeper understanding of others, our environment and ourselves. Healing comes from within. We help you activate your Inner Healer. Some of the classes we offer are Therapeutic Touch, Reiki, and Psychic & Intuitive Development. Check our website for more information.

What We Believe —————

- ☉ Each of us is responsible for maintaining our own health and balance in our lives.

- ☉ We treat the physical, emotional and spiritual aspects of pain and disease and incorporate the same holistic approach to promote wellness, inner and outer beauty.

- ☉ We look at what kind of person has a disease, rather than what kind of disease is in the person.

- ☉ Our success stems from balancing western medicine and complementary therapies, recognizing the strength of western medicine through scientific studies and research, and that some alternative treatments have stood the test of time for thousands of years.

- ☉ We help you decide what approach best meets your needs through guidance, counseling and other healing options.

- ☉ Sedona's environment is healing in itself, where people are welcomed with beauty, soothing music and a spiritual atmosphere. People often visit Sedona's waiting room just to sit and unwind. We welcome you.

- ☉ We allow our staff to offer their compassion, empathy and prayers, as caring for others improves the healing process. You are our "Sedona Family!"

- ☉ We dedicate ourselves to improving the health, body/mind and spirit of the community through education.

CLINICAL SERVICES

Acupuncture: Channels of energy, called meridians run in patterns through the body and over its surface. When these channels are obstructed or restricted, they are unable to nourish tissues. By inserting needles and sometimes applying heat or electrical stimulation at very precise points, acupuncture will open these pathways and improve natural energy flow and function and reduce pain. This procedure can improve the body's own healing by stimulating chemicals called endorphins, that regulate digestion, absorption, energy production and general physical & emotional well-being.

Initial Consult.....\$130

Follow Up Appt.....\$65

Five Element Acupuncture: Based on the Laws of the Five Elements-Fire, Earth, Metal, Water and Wood, this type of acupuncture is a healing art and science. It teaches how to see the entire human being in body/mind and spirit, how to recognize the process of health and illness, and how to go about the restoration of lost health in an individual.

Initial Consult.....\$130

Follow Up Appt.....\$85

Acupuncture has helped millions of people feel stronger, healthier and more vital and is an effective treatment for over 200 disorders including chronic pain, stress, fatigue, allergies and depression.

Hypnotherapy: Hypnosis is the focused use of the trance state in order to re-program self-limiting, unconscious thought patterns. It is a state of hyper-awareness that feels very relaxing, in which the client is completely aware of everything that is occurring in the surrounding environment as well as in the inner mind. Through guided concentration and relaxation, a qualified, Clinical Hypnotherapist has the capabilities to help alleviate or transform a multitude of symptoms and problems. The only requirement for getting therapeutic results is that the person has a conscious desire to change.

Initial Consult.....\$130

Follow Up Appt.....\$85

Neuro-Linguistic Programming: NLP helps the client cancel old, negative behaviors and thoughts and installs new positive ones. An NLP Therapist shows the client how to work with their individual map of the way he or she thinks, to re-pattern internal mental pictures of their view of reality, which results in more positive attitudes and behaviors. The strategies the client learns can be done just about anywhere and take only minutes to perform. **A "problem" is often resolved in only one session.** It is great for phobias and fears, increasing creativity, improving communication and succeeding at goal achievement.

Initial Consult.....\$130

Follow Up Appt.....\$85

Holistic Integrative Nurse Practitioners: The Sedona Nurse Practitioners individualize care integrating Holistic, Complementary and Alternative healthcare to fit each person's lifestyle for a healthier, longer, happy life. They work with the client to teach self care, physical, emotional and spiritual well-being of self and environment. If you are looking for a professional guide to help you sort out supplements, nutrition, detoxification, stress management, general or chronic health problems and complementary and alternative therapies, an initial health consultation is your starting point.

Initial Consult.....\$130

Follow Up Appt.....\$65

Natural Bio-Identical Hormone Replacement Therapy:

Most women are looking for an alternative approach to perimenopause and menopausal symptoms. Natural Bio-Identical hormones are chemically and molecularly compounded from natural plant hormones to match the hormones found in the human body. They act just like your own hormones and can produce youth, vitality, and a sense of well-being.

Initial Consult.....\$130 (with Nurse Practitioners)

Initial Consult.....\$260 (with Dr. Ronald Santasiero)

Follow Up Appt.....\$65

Follow Up Appt.....\$85 (with Dr. Ronald Santasiero)

Sedona's Healthy Weight Loss Management Program:

The goal of Holistic Nutrition is to help individuals reach and maintain optimal health & weight through adequate intake of nutrients for health promotion and disease prevention. Nutrition is not a diet. At Sedona our goal is to guide you on healthy nutritional and lifestyle changes for a healthy emotional, physical and spiritual body. For those who want a comprehensive program, we also offer **The FirstLine Therapy Program**. This 12 week program includes: an easy to follow meal plan, FDA approved medical food supplements and a moderate amount of physical activity. We also suggest NLP along with Ericksonian Hypnotherapy, with Dr. Cherie Santasiero, PhD.

Initial Consult. \$130 (Nurse Practitioner or Dr. Cherie)

Follow Up.....\$65 (with Nurse Practitioner)

Follow Up Appt.....\$85 (with Dr. Cherie Santasiero)

Full Program\$195-\$495 + Ultra Meal & Supplements

Massage Therapy: Massage can relieve many aches and pains, new as well as chronic pain. A massage will benefit the circulatory system, muscular system, digestive system, respiratory system, lymphatic system, and skeletal system as well as the skin. By increasing circulation & decreasing tension and toxins, a massage helps the body to heal and mend itself.

1 Hour.....\$60

1/2 Hour.....\$35

IV Chelation Therapy: Through a series of IV treatments referred to as “chelation”, **EDTA** binds with toxic heavy metals that cling to the artery walls such as lead, mercury, arsenic & cadmium. After only a few treatments patients can notice an improvement in arm and leg circulation, joint pain, breathing capacity, lower blood pressure, overall well-being, increased energy and endurance and improved mental clarity. Studies demonstrate that treatment can improve symptoms of osteoporosis, diabetes, improve vision, sexual performance, arthritis, neurological function and more.

Nutritional IV Therapy: This therapy is a good all around tonic. Vitamins and essential minerals replenish and rejuvenate your body.

IV Vitamin C Therapy: This therapy offers a treatment for bacterial and viral illnesses. It enhances your immune function. Great for colds and other viruses.

Initial Consult for All IV Therapies...\$149 (includes IV)
Follow Up IV.....\$89

Mesotherapy and Pain: A non-surgical and relatively painless injection technique using tiny needles, Mesotherapy can be used in treating the pain of arthritis, musculoskeletal injuries, bursitis and tendonitis. Injection of small amounts of pain medicine are injected into the mesodermal layer of skin which helps reduce the inflammation, increase circulation and promote healing. Other uses of Mesotherapy include treating carpal tunnel syndrome, post herpetic neuralgia, bone spurs, plantar fasciitis, migraine headaches, chronic neck pain, sports injuries, and other pain syndromes. *Also used for cellulite and adipose (fat). *See Aesthetics for prices.

Initial Consult.....\$130
Follow Up Appt.....\$65

Addictions: At Sedona we approach addictions in a holistic manner. Our specialty areas are narcotics/opiates addictions, teenage addiction and smoking. The difference in treatment programs at Sedona from other, more common programs, is that we include psychotherapy, hypnotherapy, spiritual counseling and cognitive therapy, along with herbs and supplements, to help rebuild the neurotransmitter system. The treatment of withdrawal symptoms is with either acupuncture, or in the case of narcotics, with Buprenorphine (Suboxone). The use of Buprenorphine replaces most inpatient drug detoxification for narcotics and Methadone maintenance.

Initial Consult with MD.....\$265
Follow Up Appt....\$65
Counseling Initial with Dr Cherie.....\$130
Follow Up Counseling....\$85
Complete Intensive Program (3 months) Available
Please call for an appointment & details.

Acupuncture for Smoking.....\$95
NLP & Hypnosis + Acupuncture for Smoking....\$195
(Includes cassette tape)

AESTHETICS

The McCue VPL: (Variable Pulsed Light) This is *the latest technology from Europe for Aesthetic Treatments*. VPL is more effective, much safer and much less painful than laser. Treatments are quick, there is NO downtime, and the results are exceptional! With the **FDA Approved McCUE ULTRA VPL** we can now **GREATLY REDUCE AND EVEN ELIMINATE UNWANTED HAIR PERMANENTLY!** As well, we can treat Sun Damage, Age spots, Freckles, Fine lines, and Wrinkles, Face veins, Rosacea, Acne, Melasma and Leg Veins (thread veins and spider veins)

Single Sessions.....\$85—\$350

6 Treatment Pack....\$450—\$2010.00

Micro Dermabrasion: Parisian Peel® This is a physical “peel”, where crystals are used to abrade the layers of the skin, then “vacuumed” away. For sensitive skin, the newest procedure does not use crystals. It is a deeper “peel” than our others, but it is still non-invasive, painless, and requires NO downtime. Get smooth, beautiful, more youthful skin in 30 minutes. Great for acne, fine lines, sun damage and age spots.

Single Session.....\$90.00

Buy 6 Get 1 Free\$540.00

PCA Peels: Physician’s Choice of Arizona Inc. is an advanced skin care system that strives to formulate and distribute the most innovative, results-orientated, scientifically advanced skin care products and treatments. These peels are an alternative and addition to dermabrasion. A series of Natural Vitamin C peels with NO down time! Ultra Peel Forte is available only in a Doctor’s office. These peels help to reduce hyper pigmentation (more even skin tone), minimize fine lines, repair visible sun damage, clear up acne and even help with rosacea. These anti-oxidant, alpha-hydroxy peels: **Tighten, Lighten, & Brighten and Give Skin a Younger, Healthier Glow, Without The Need For Makeup.**

Consult.....\$50

Peel Prices....\$95 & Up

***Mesotherapy:** Quickly gaining popularity in the United States as a form of cosmetic medicine, this process stimulates the body’s lymphatic, circulatory, and immune systems to heal and reverse abnormal physiology. **It is a safe and effective alternative treatment for cellulite, certain types of hair loss (Alopecia), and face and neck rejuvenation & fat reduction.** Mesotherapy is relatively painless, it also requires no postoperative recovery time, no heavy bandages or girdles and generally no anesthesia is necessary. This therapy is also used for certain pain problems.

Consult.....\$75 Price depends on area treated

Restylane: (Hyaluronic Acid) is a crystal clear, biodegradable gel, which is a natural substance already present in the body that attracts moisture. Restylane is injected into the skin in tiny amounts with a very fine needle. The gel produces volume under the wrinkle, which is lifted up and smoothed out. When enhancing lips or facial contours, Restylane adds volume and shape to the treated area. A treatment is generally painless and takes about 30 minutes, depending on the area being treated.

Consult.....\$75 Price depends on area treated

Botox: Botox is a purified protein derivative manufactured by Allergan Inc. It inhibits the release of a chemical that causes muscle contraction. This causes the muscle to relax and causes wrinkles to soften or disappear for up to 6 months. The effects do wear off and the injections need to be repeated. Botox injections will not help static wrinkles which are present at all times, even at rest. The cosmetic use of Botox has rapidly become one of the most popular cosmetic procedures worldwide because of its affordability, simplicity, & efficacy. Botox has been used safely for over 20 years for the treatment of muscle spasms. It received FDA approval for cosmetic use in 2002. It cannot be given if a person has an active infection, neuromuscular disorder or is pregnant. Allergic reactions are extremely rare.
Consult.....\$75 Price depends on area treated

PSYCHOLOGY, BEHAVIORAL HEALTH, & ENERGY THERAPIES

Transpersonal Psychology: uses the Jungian Concept of a higher power in counseling. This higher power is according to each patient's belief system. It is the one element that Dr. CG. Jung said the western world is missing in the field of psychology. Dr. Cherie Santasiero is a transpersonal psychologist who counsels patients on a variety of self-limiting issues. She helps people to learn how to better understand themselves deeply as well as the laws of the Universe and its relationship with us to more effectively attain our goals in life and to eliminate unconscious negative beliefs that inhibit the joy and abundance we all were meant to have.

Initial Consult.....\$130

Follow Up.....\$85

Ro-Hum Psychotherapy: Freedom to become your True Self comes from this systematic and *rapid-acting* psychotherapy designed for **personal growth and change**. Negative, limiting thought patterns and traumas stored in the energy field are identified from a higher perspective. Both therapist and client relieve these energy blocks of negative thought complexes, replacing them with positive, more effective means of living, giving the client access to his own creative, intuitive and spiritual abilities. This therapy will help you to understand, forgive and release the negative past, become more self confident and intuitive, release the energies that draw negative situations to you and so much more.

Three Sessions, 2 Hours each for 3 Days...\$575

Reiki: is a Japanese technique for stress reduction and relaxation that also promotes healing. In one treatment, Reiki can restore balance to the whole person including body, mind, emotions and spirit. The ability to use Reiki is passed by an attunement. After the attunement, anyone regardless of age or health can use this natural "hands on" healing ability for themselves, for loved ones, pets, etc. You will feel the energy right away. Ask about our classes. **One Session (about 45 minutes).....\$45**

Therapeutic Touch: Human beings are energy in the form of a field. When you are healthy, the energy is balanced. When not balanced, there is dis-ease. Therapeutic Touch practitioners learn how to detect and balance the energy field. Some of the benefits of this therapy include decreased healing time, decreased anxiety, healing of body, mind, emotions and spirit.

A treatment is quick, taking only about 20 minutes to achieve results.

We also offer classes to learn this healing technique.

One Treatment (20 minutes).....\$25

THE OWNERS OF SEDONA HOLISTIC MEDICAL CENTRE

Rev. Cherie Santasiero, Ph.D., MNLP, MHT is Sedona's President and Spiritual Psychotherapist. She earned her Master in Neuro-Linguistic-Programming with Richard Bandler, Ph.D., co-creator of NLP. Dr. Santasiero is a certified Master Clinical Hypnotherapist and includes Ericksonian Hypnosis in her practice. She has a Masters in Transpersonal Psychology and Doctorates in Transpersonal and Alternative Medical Therapies, Ro-Hun Psychotherapy, and Metaphysics. "Dr. Cherie" is known for her spiritual counseling, spiritual healings and Stress Management, teaching Meditation, Therapeutic Touch, Spiritual Energizations and other energy healing techniques. She has several published articles and also writes the Holistic Health Column for After 50 News. She has appeared on national radio and television, is listed in Who's Who in Business and The National Association of Professional & Executive Women. Drs. Cherie & Ron Santasiero are popular International Speakers & lecturers on holistic health & wellness, balancing life for health & addiction therapy.

Ron Santasiero, MD, DABMA is a Medical Orthopedist also board-certified in Family Practice, with over thirty years experience, and a Diplomat Of The American Board Of Medical Acupuncture, among the first 100 physicians in the nation to be American Board Certified in Acupuncture. He trained in Oriental Medicine, advanced Chinese, French and Japanese Acupuncture at UCLA and the University of Toronto. He studied mind/body Medicine at Harvard Medical School, with renowned authors Herbert Benson, MD, and Joan Borysenko, Ph.D. A leading Specialist in chronic pain, he utilizes Herbal, Nutritional and Natural Bio-Identical Hormone therapy, Anti-aging Medicine and Addiction Medicine. Dr. Santasiero is the recipient of numerous awards and is listed in Who's Who In The East and in Outstanding Young Men In America. A speaker and lecturer, he appears on radio and television, and is featured in the video Work Around The Pain. "Dr. Ron" is a Clinical Assistant Professor at SUNY at Buffalo's Medical School, his alumnus. He is also the Medical Director of D'Youville College's Physician Assistant Program where he teaches physical diagnosis. He also teaches and lectures at The Chautauqua Institute. He is one of the first doctors in WNY certified to use Buprenorphine (Suboxone) for narcotics addiction. He and Dr. Cherie have a successful addiction program at the center.

Number One
In Western New York

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(716) 646-6075**

**Visit Our Web Sites:
www.sedonaholistic.com
www.sedona.meta-ehealth.com**