

Quantum Rife Sessions

ANTI-AGING

Anti-Aging is designed to support the body's natural processes of renewal, vitality, and graceful aging.

True radiance comes from balance within — when the nervous system is calm, circulation is strong, and the body is supported at a cellular level.

This session offers a gentle, restorative experience to help the body feel revitalized, nourished, and more resilient over time.

Using subtle frequency support, this experience may help:

- ✦ support cellular renewal and vitality
- ✦ promote circulation and natural radiance
- ✦ reduce stress-related aging effects
- ✦ support energy, clarity, and resilience
- ✦ encourage a sense of vibrancy and longevity

REGULAR PACKAGE

\$87

1-2 30 min. sessions /
week

minimum 5 weeks

EXTENDED PACKAGE

\$121

1-2 60 min. sessions /
week

minimum 5 weeks

Quantum Rife Sessions

AWAKEN

Awaken is designed to support clarity, awareness, and a deeper connection to Self.

This session focuses on frequency patterns traditionally associated with the pineal region, often referred to as the body's center of perception and inner awareness. When we reduce overstimulation, stress, and environmental burden, many people feel more clear, present, and connected.

Through gentle frequency support, this experience may help:

- ✦ calm the nervous system
- ✦ enhance mental clarity and focus
- ✦ support intuitive awareness
- ✦ encourage a sense of inner alignment
- ✦ create space for deeper self-connection

REGULAR PACKAGE

\$77

1-2 30 min. sessions /
week

minimum 4 weeks

EXTENDED PACKAGE

\$111

1-2 60 min. sessions /
week

minimum 4 weeks

Quantum Rife Sessions

DETOXIFICATION

Overall Detoxification is designed to gently support the body's natural pathways of cleansing, renewal, and balance.

In today's world, we are exposed to more than ever — from environmental stressors to daily lifestyle demands. Over time, this can leave the body feeling sluggish, heavy, or out of sync.

This session offers a supportive reset, helping the body return to its natural rhythm of elimination and renewal.

Using subtle frequency support, this experience may help:

- ✦ support the body's natural detox pathways
- ✦ encourage lymphatic flow and circulation
- ✦ reduce feelings of heaviness and stagnation
- ✦ support energy and vitality
- ✦ promote a sense of lightness and renewal

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

DETOXIFICATION - HEAVY METALS

Heavy Metal Detox is designed to gently support the body's natural processes of clearing and rebalancing in response to environmental exposure.

In today's world, we are exposed to trace metals through air, water, food, and everyday products. Over time, this can contribute to feelings of fatigue, brain fog, and overall imbalance.

This session offers a supportive, non-invasive approach to help the body return to a state of greater clarity and flow.

Using subtle frequency support, this experience may help:

- ✦ support the body's natural detoxification pathways
- ✦ encourage cellular and energetic balance
- ✦ promote mental clarity and focus
- ✦ reduce feelings of heaviness or stagnation
- ✦ support overall vitality and wellbeing

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

DETOXIFICATION – KIDNEYS

Kidney Detoxification is designed to gently support the body's natural filtration, fluid balance, and restoration pathways.

In Ayurveda and many traditional systems, the kidneys are deeply connected to vital energy, resilience, and long-term vitality. When the body is under stress or burdened, these systems can become depleted or sluggish.

This session offers a calming, supportive reset to help the body return to balance.

Using subtle frequency support, this experience may help:

- ✦ support the body's natural filtration processes
- ✦ encourage fluid balance and circulation
- ✦ promote gentle detoxification pathways
- ✦ support energy, vitality, and resilience
- ✦ calm the nervous system and reduce stress load

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

DETOXIFICATION - TOXINS

Toxin Detoxification is designed to support the body in gently clearing accumulated stressors and restoring natural balance.

In our modern environment, we are exposed to toxins through food, air, water, and daily living. Over time, this can create a sense of heaviness, fatigue, or imbalance in the body.

This session offers a supportive reset, encouraging the body's natural ability to process and release what it no longer needs.

Using subtle frequency support, this experience may help:

- ✦ support the body's natural detoxification pathways
- ✦ encourage circulation and lymphatic flow
- ✦ reduce feelings of heaviness and stagnation
- ✦ support energy, clarity, and vitality
- ✦ promote overall balance and renewal

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

DROP THE WEIGHT

Drop the Weight is designed to support the body in gently releasing what it no longer needs — physically, emotionally, and energetically. When the body is under stress or out of balance, it can hold on.

This session offers a calming reset, helping the system soften and return to its natural rhythm.

Using subtle frequency support, this experience may help:

- ✦ support metabolism and digestive balance
- ✦ reduce stress-related holding patterns
- ✦ encourage circulation and lymphatic flow
- ✦ support energy, motivation, and vitality
- ✦ promote a sense of lightness and ease

REGULAR PACKAGE

\$87

1-2 30 min. sessions /
week

minimum 5 weeks

EXTENDED PACKAGE

\$121

1-2 60 min. sessions /
week

minimum 5 weeks

Quantum Rife Sessions

FERTILITY

Fertility Support is designed to gently support the body, mind, and emotional landscape during a deeply meaningful time of creation. In Ayurveda, fertility is a reflection of overall vitality, nourishment, and balance within the body. When the system feels safe, supported, and regulated, it creates the optimal environment for conception.

This session offers a calming, restorative experience to help the body return to a state of receptivity and ease.

Using subtle frequency support, this experience may help:

- ✦ support hormonal balance and reproductive health
- ✦ calm the nervous system and reduce stress load
- ✦ encourage circulation and energy flow
- ✦ support emotional wellbeing and connection
- ✦ promote a sense of grounding, nourishment, and readiness

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

GENERAL WELLNESS

General Wellness is a supportive, full-body session designed to help the body return to balance, ease, and overall wellbeing.

In today's world, many of us carry layers of stress, inflammation, and physical tension.

This session offers a gentle reset — supporting the body as it unwinds, softens, and restores.

Using subtle frequency support, this experience may help:

- ✦ calm the nervous system
- ✦ support the body's natural response to inflammation
 - ✦ ease physical discomfort and tension
 - ✦ promote circulation and energy flow
- ✦ bring a sense of calm, balance, and inner ease

REGULAR PACKAGE

\$77

1-2 30 min. sessions /
week

minimum 4 weeks

EXTENDED PACKAGE

\$111

1-2 60 min. sessions /
week

minimum 4 weeks

Quantum Rife Sessions

INFECTIONS - GASTRO-INTESTINAL

Gastrointestinal Support is designed to gently support the digestive system during times of imbalance, discomfort, or recovery. When digestion is disrupted, the body can feel unsettled, inflamed, or depleted.

This session offers a calming, restorative experience to help the system settle and return to balance.

Using subtle frequency support, this experience may help:

- ✦ support digestive comfort and balance
- ✦ calm irritation and inflammation in the gut
- ✦ encourage the body's natural recovery processes
- ✦ support energy and nutrient assimilation
- ✦ promote a sense of ease and overall wellbeing

REGULAR PACKAGE

\$77

1-2 30 min. sessions /
week

minimum 4 weeks

EXTENDED PACKAGE

\$111

1-2 60 min. sessions /
week

minimum 4 weeks

Quantum Rife Sessions

INFECTIONS – COLD + FLU

Cold & Flu Support is designed to gently support the body during times of immune stress and seasonal imbalance.

When the body is fighting off illness, it needs rest, nourishment, and support to return to balance.

This session offers a calming, restorative experience to help the system settle and recover.

Using subtle frequency support, this experience may help:

- ✦ support immune system function
- ✦ encourage the body's natural defense response
- ✦ reduce feelings of fatigue and heaviness
- ✦ support sinus, respiratory, and overall comfort
- ✦ promote rest, recovery, and balance

REGULAR PACKAGE

\$57

1-2 30 min. sessions /
week

minimum 3 weeks

EXTENDED PACKAGE

\$97

1-2 60 min. sessions /
week

minimum 3 weeks

Quantum Rife Sessions

INFECTIONS - UTI

Urinary Tract Support is designed to gently support the body during times of urinary discomfort and imbalance.

When the system is irritated or inflamed, the body benefits from calm, hydration, and support to restore its natural balance.

This session offers a soothing, restorative experience to help the body settle and recover.

Using subtle frequency support, this experience may help:

- ✦ support urinary tract balance and comfort
- ✦ encourage the body's natural cleansing processes
- ✦ help calm inflammation and irritation
- ✦ support fluid balance and flow
- ✦ promote rest, ease, and overall wellbeing

REGULAR PACKAGE

\$77

1-2 30 min. sessions /
week

minimum 4 weeks

EXTENDED PACKAGE

\$111

1-2 60 min. sessions /
week

minimum 4 weeks

Quantum Rife Sessions

MEMORY IMPROVEMENT

Memory Improvement is designed to support clarity, focus, and cognitive function in a world full of constant stimulation.

When the mind is overwhelmed or the nervous system is under stress, it can be harder to retain information, stay focused, and feel mentally sharp.

This session offers a calming, supportive experience to help bring the mind back into balance.

Using subtle frequency support, this experience may help:

- ✦ support memory and cognitive clarity
- ✦ improve focus and mental sharpness
- ✦ reduce mental fatigue and brain fog
- ✦ support nervous system regulation
- ✦ promote a sense of clarity and ease

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

MIGRAINES

Migraine Support is designed to gently support the body during times of head tension, sensitivity, and nervous system overload.

Migraines are often connected to stress, overstimulation, and internal imbalance.

This session offers a quiet, restorative space to help the body settle and the mind soften.

Using subtle frequency support, this experience may help:

- ✦ calm the nervous system
- ✦ reduce tension and pressure in the head and neck
- ✦ support circulation and energy flow
- ✦ ease sensitivity to stress and stimulation
- ✦ promote a sense of calm, relief, and balance

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

SHINGLES

Shingles Support is designed to gently support the body during times of viral stress, sensitivity, and nervous system strain.

When the body is overwhelmed, it may express this through irritation along the nerves and skin.

This session offers a calming, restorative experience to help the system settle and regain balance.

Using subtle frequency support, this experience may help:

- ✦ support the body's natural immune response
- ✦ calm the nervous system and reduce stress load
- ✦ soothe irritation and sensitivity
- ✦ support rest, recovery, and energy balance
- ✦ promote overall resilience and wellbeing

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

STROKE

Stroke Support is designed to gently support the body and nervous system during recovery and restoration.

After a neurological event, the body benefits from calm, consistency, and supportive care to help rebuild connection, circulation, and resilience.

This session offers a peaceful, restorative experience to support the body's natural healing processes.

Using subtle frequency support, this experience may help:

- ✦ support nervous system balance and regulation
- ✦ encourage circulation and energetic flow
- ✦ support relaxation and stress reduction
- ✦ promote clarity, connection, and overall wellbeing
- ✦ support the body's natural recovery pathways

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

THYROID

Thyroid Support is designed to gently support the body's hormonal balance, energy regulation, and metabolic rhythm.

The thyroid plays a key role in how we feel day to day — influencing energy, mood, temperature, and overall vitality. When out of balance, the body may feel sluggish, overwhelmed, or depleted.

This session offers a calming, restorative experience to help the body return to a more balanced and supported state.

Using subtle frequency support, this experience may help:

- ✦ support hormonal balance and regulation
- ✦ encourage healthy metabolism and energy levels
 - ✦ reduce stress on the nervous system
 - ✦ support clarity, mood, and vitality
- ✦ promote overall balance and resilience

REGULAR PACKAGE

\$99

2-3 30 min. sessions /
week

minimum 6 weeks

EXTENDED PACKAGE

\$133

2-3 60 min. sessions /
week

minimum 6 weeks

Quantum Rife Sessions

ULTIMATE SELF-LOVE

Ultimate Self Love is a deeply nurturing session designed to bring you back into connection with your body, your heart, and your true Self.

In a world that often asks us to give, do, and push... this experience invites you to receive, soften, and restore.

Using gentle frequency support, this session is designed to help:

- ✦ calm and regulate the nervous system
- ✦ release stored tension and emotional stress
- ✦ support heart-centered awareness
- ✦ encourage self-connection and compassion
- ✦ create space for rest, stillness, and inner peace

REGULAR PACKAGE

\$77

1-2 30 min. sessions /
week

minimum 4 weeks

EXTENDED PACKAGE

\$111

1-2 60 min. sessions /
week

minimum 4 weeks