



ARCTIC PRICING MENU

Arctic Core Services

CRYOTHERAPY

First Time	\$30
Regular Session	\$60
3 Pack	\$120 (\$40/session)
6 Pack	\$220 (\$37/session)
10 Pack	\$300 (\$30/session)
Monthly Unlimited	\$250

RED LIGHT THERAPY

First Time	\$40
Regular Session	\$85
3 Pack	\$150 (\$50/session)
6 Pack	\$300 (\$50/session)
10 Pack	\$400 (\$40/session)
Monthly Unlimited	\$299

INFRARED SAUNA

First Time	\$30
Regular Session	\$50
3 Pack	\$100 (\$33/session)
6 Pack	\$200 (\$33/session)
10 Pack	\$275 (\$27/session)
Monthly Unlimited	\$199

COMPRESSION THERAPY

First Time	\$15
Regular Session	\$25
3 Pack	\$60 (\$20/session)
6 Pack	\$100 (\$16/session)
10 Pack	\$150 (\$15/session)
Monthly Unlimited	\$99

Arctic Signature Memberships

ARCTIC ELITE

\$600/MONTH

- 35 Selects/month
- 3 IM Shot/month
- 20% off Additional Services
- Unused Credits Rollover
- Can be shared with 1 immediate family member

ARCTIC PREMIUM

\$400/MONTH

- 20 Selects/month
- 2 IM Shot/month
- 15% off Additional Services
- Unused Credits Rollover
- Can be shared with 1 immediate family member

ARCTIC PREFERRED

\$250/MONTH

- 9 Selects/month
- 1 IM Shot/month
- 10% off Additional Services
- Unused Credits Rollover
- Can be shared with 1 immediate family member

ARCTIC IV ELITE

\$400/MONTH

- 4 IV Infusions/month
- 20% off Additional Services

ARCTIC IV PREFERRED

\$250/MONTH

- 2 IV Infusions/month
- 10% off Additional Services

SEMAGLUTIDE

\$399/MONTH+

- 1 weekly shot per month
- Health and weight loss guidance
- Dose increases each month

All Arctic Memberships have a 3 month minimum commitment.

Selects Breakdown

Our memberships work off of a point system. Each Signature Arctic Membership comes with a different amount of *selects* that you can use towards any of our services!

CORE SERVICES

Compression	0.5 Selects
Cryotherapy	1 Select
Red Light Therapy	1 Select
Infrared Sauna	1 Select

IV INFUSIONS

Custom IV Infusion	4 Selects
Health + Wellness Infusion	5 Selects
Pain Relief Infusion	5 Selects
Immunity Infusion	5 Selects
Gut Health Infusion	7 Selects
Athletic Performance Infusion	7 Selects
The Seattle Infusion	9 Selects
Anti-Aging Infusion	9 Selects
The David Infusion	9 Selects



ARCTIC ELEVATION SERVICES

FEEL YOUR BEST. BE YOUR BEST.

CRYOTHERAPY

Inside of the -220 degrees F chamber, the body is sent into a natural fight or flight response. As blood vessels constrict, blood is redirected away from the extremities and toward the core in order to protect the organs. The body is then charged with oxygen and anti-inflammatory proteins. White blood cells are flushed out, boosting the metabolic rate.

After the session, blood vessels dilate and rush oxygen-rich blood and endorphins back through the body. Cryotherapy lowers the core body temperature and, in an effort to warm itself back to equilibrium, the body undergoes a natural metabolic reaction.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation

RED LIGHT THERAPY

Red light therapy is a natural and pro-metabolic process that helps the body create more energy and eliminate oxidative stress through increased ATP production. Red light delivers concentrated doses of red light to the mitochondria of 70-100 trillion human body cells, thus changing the cellular structure of the human body. Red light therapy stimulates the hypothalamus which regulates the circadian rhythm, improving sleep and mood.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation

INFRARED SAUNA

An infrared sauna uses far, mid, and near infrared wavelengths to provide an even deeper therapeutic experience than a traditional sauna which only heats the surrounding air. Infrared light waves penetrate the body to heat from within, penetrating the joints, muscles and tissues, and increasing circulation and blood flow.

For proper healing good circulation is critical. Red blood cells carry oxygen and nutrients to the site of the strain or inflammation, which helps to create new blood vessels and tissues at the site. The more red and white blood cells that can get delivered to muscles, the quicker they rebuild.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation

COMPRESSION THERAPY

Compression therapy uses compressed air to massage the body. Our Normatech compression comes in leg, hip, and arm attachments that swell and deflate in a periodic pattern.

Benefits- Reduces Swelling/Inflammation, Accelerates Muscle Recovery, Relieves Pain, Flushes Out Toxins, Increases Range of Motion

IV DRIP THERAPY

Nutrient IV therapy is a safe and effective medical treatment performed by our registered nurse where fluids, vitamins, and minerals are delivered directly into the bloodstream for quick and efficient absorption.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation

NAD+ IV/IM THERAPY

NAD+ is whole body restoration at the cellular level. Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme found in all living cells. It promotes cellular regeneration - meaning it is a key component in helping repair + rebuild your cells.

Benefits- Cellular Regeneration, Decreases Inflammation/Pain, Improves Sleep, Stabilizes Hormones, Mental Clarity, Improves Energy, Detoxification

VITAMIN & HORMONE TESTING

Compression therapy uses compressed air to massage the body. Our Normatech compression comes in leg, hip, and arm attachments that swell and deflate in a periodic pattern.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation

WEIGHT LOSS

Semaglutide is our most powerful long-term weight loss protocol! It is an anti-diabetic and anti-obesity medication administered subcutaneously. The medication dose increases monthly.

Benefits- Immunity, Energy, Skin, Bone Health, Tissue Health, Inflammation