

V.I.B.E.

V.I.B.E. WELLNESS

- HOME (/)
- MEET THE TEAM
- KATIE PEDRICK (/NEW-PAGE)
- LISA SANTHANA (/NEW-PAGE-1)
- TALIA SANTISTEBAN (/NEW-PAGE-2)
- DANIELLE ROGERS (/NEW-PAGE-3)
- NATALIE SHELLITO (/NEW-PAGE-4)
- SERVICES
- ACUPUNCTURE (/ACUPUNCTURE)
- HERBAL MEDICINE (/HERBAL-MEDICINE)
- FACIAL REJUVENATION (/FACIAL-REJUVENATION)
- PEDIATRIC CARE (/PEDIATRIC-CARE)
- CORPORATE WELLNESS (/CORPORATE-VIBE)
- MEDITATION (/MEDITATION)
- FAQ (/FAQ)
- SHOP (/SHOP-1)
- BLOG (/BLOG)

APPOINTMENTS (/BOOK-AN-APPOINTMENT)

ACUPUNCTURE



(/acupuncture)

Hair thin needles are inserted into the skin to alter electrical and hormonal imbalances within the body to restore health

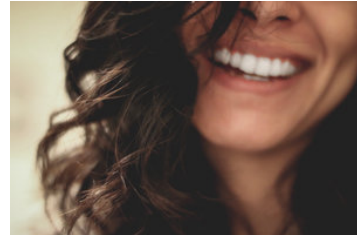
HERBAL MEDICINE



(/herbal-medicine)

Medicinal herbs from the Chinese tradition are prescribed as teas, powders, tinctures, or pills for a wide variety of ailments

FACIAL REJUVENATION



(/facial-rejuvenation)

This natural alternative to botox can erase years from your face, restore elasticity, and reduce fine lines and wrinkles.

REIKI



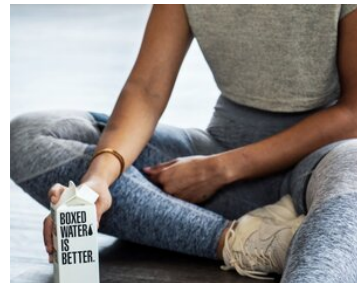
A Japanese style of energy healing. Hands are placed on, or just above, the body to promote the flow of energy and create balance.

MEDITATION



Group and individual meditation classes to train attention and awareness while improving resiliency to stress.

LIFESTYLE



Coaching helps to put the pieces together. We create individualized diet and lifestyle plans to help you become your most radiant self.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

- Thomas Edison

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