



New Life™

Wellness Center

Live with optimal health throughout life

Dr. Jonathan Shum, DC &
JaneLee Mitchell, Aesthetician
New Life Wellness Center
6640 Gunpark Drive, Suite 100
Boulder, Colorado 80301



New Life™ Wellness Center

New Life Wellness Center is a newly formed partnership that brings together 30 years of experience to create an environment that offers the benefits of chiropractic care, holistic skin care, unique therapies, and advanced nutritional support for optimal health opportunities.



The mission of New Life Wellness Center is to provide treatments, products, and education that equip our patients and clients with knowledge of holistic avenues so they are able to experience optimal health throughout their lifetime.



We offer a relaxing and caring environment featuring treatment plans that are customized to the unique needs of the individual.



We would like to invite you to experience the possibility of optimal health.

Dr. Jonathan Shum ~ Chiropractor



Jonathan Shum, DC has been practicing in Longmont for almost 9 years. He specializes in treating a wide variety of physical ailments including sports related and automobile injuries with the use of various techniques.

Dr. Shum believes in offering his patients nutritional supplementation and adjunct therapy to significantly contribute to treatment success.

In 1998, Dr. Shum graduated from Parker Chiropractic College in Dallas, Texas. Prior to receiving his doctorate, he earned his Bachelor of Science degree in Kinesiology from the University of Colorado.

After moving to Niwot with his family in the early 1980's, he has remained a local to the area.

His passion is to alleviate unnecessary pain and assist people to become healthy by functioning at optimal performance.



Chiropractic Treatments

The nervous system needs to coordinate complex systems that must all work together for the body to function properly. Chiropractic care provides the pathway for communication between the brain and the body for optimal wellness.

Initial Exam and Treatment	approx. 45 minutes
Established Chiropractic Appt.	approx. 15 minutes
Complimentary Consultation	approx. 15 minutes

Chiropractic treatment may include one or more of the following:

Diversified and Thompson Adjusting Techniques

These spinal adjusting protocols are very effective in removing subluxations and regaining full neurological function.

Applied Kinesiology

Manual muscle testing procedures to evaluate the function of the motor nerves. This technique evaluates neurological function and eliminates guess work.

SOT – Sacro Occipital Technique

A gentle and specific procedure involving removal of dural torque and improving CSF (cerebrospinal fluid) flow.

Erchonia PL-5000 Cold Laser

Painless treatment helping to resolve pain, restore neurological function, and accelerate healing.

Impulse and Activator

Specific and low force adjusting instruments are used when patients cannot tolerate manual chiropractic adjustments.

**New Life Wellness Center also carries
advanced supplementation and postural supports
that help the body function at its very best.**



JaneLee Mitchell ~ Aesthetician



JaneLee Mitchell is an expert aesthetician with more than 15 years experience of helping clients achieve their health and beauty goals. She undertook advanced aesthetic education in France which afforded her the knowledge of European skin care product development and treatment techniques.

Prior to JaneLee's aesthetic career, she was a medical assistant and managed a successful chiropractic office in Boulder. There, her knowledge grew in the area of nutrition, supplementation, and spinal health.

JaneLee earned her aesthetic and manicurist degrees from Sharon Duran's Academy. She also graduated from Mesa College with a Medical Assistant's degree.

She has lived in the Boulder area since 1961. JaneLee has been married for 35 years, has 2 children, and 6 grandchildren.

Her passion is to touch other lives in a way that would contribute to their life and wellbeing.



Wellness Facial Treatments

Our facials represent the ultimate in holistic skin care technology, providing the most effective skin enhancing products and techniques to address ever-changing skin care needs.

Zen-fully Delicious Facial (65 minutes) **\$80**

Gifts of nature provide the nourishment your skin is hungering for... a delight to the senses that brings a radiant glow.

* A 24-hour notice is necessary to book this facial.

Balancing Act Facial (65 minutes) **\$80**

The one facial developed for all different skin types featuring the benefits of Tensa Water™ (heavenly water), the one thing that brings all skin-types into balance.

Chocolate Fountain of Youth Facial (90 minutes) **\$90**

A delicious, zero calorie treatment to reverse the effect of stress to the skin. The nutrient rich mask with raw chocolate has high anti-oxidant levels to promote healthy, youthful skin.

Blemish-Be-Gone Facial (95 minutes) **\$100**

Treatment begins with a Far-Infrared Sauna session followed by a supportive skin treatment that addresses the problem areas and slows down the progression of acne causing processes.

Substitute Sauna with an Ionic Footbath treatment (120 minutes) **\$125**

Without pre-treatment (65 minutes) **\$80**

Turn Back Time Facial (90 minutes) **\$100**

Revive and find new life in your skin with this rejuvenating, anti-aging facial which is formulated especially for dull, lifeless, and uninspired skin. This facial resurfaces, nourishes, and accelerates healthier cellular processes. A revitalizing eye treatment is included.

The Great Escape Men's Facial (65 minutes) **\$80**

For the specific needs of men's skin which is challenged by daily shaving and environmental stress. This facial is designed to deep clean, soothe, rebuild, nourish, and condition the skin. A relaxing face, neck, and shoulder massage completes the treatment.



Wellness Facial Treatments

Back-To-Basics Treatment (60 minutes) **\$80**

This back and shoulder treatment addresses the needs of the often neglected and hard-to-reach areas. Focus is on deep cleansing, exfoliation, light massage, and conditioning of the skin giving the back a new sense of well-being.

Take-A-Break Facial (40 minutes) **\$55**

This facial is perfect for people on the run. This basic facial will maximize skin radiance and leave one prepared to head back to a busy day.

Bring Back the Glow Quickie Peels (30 minutes) **\$45**

AHA / Enzyme peels for an occasional treatment or can be purchased as a series for more dramatic results.

Add-on to another facial treatment (add 15 minutes) **\$20**

In Addition . . .

Exfoliating Hand & Foot Treatment (add 30 minutes) **\$30**

Followed by nurturing, relaxing massage and warming mitts is pure bliss.

Eye Treatment (add 15 minutes) **\$25**

Specialty massage and mask to revitalize this stress prone area.

**Any facial treatment can be purchased in a series.
3 for a 10% discount and 6 for a 15% discount**

Tinting Treatments

Enhance the natural beauty of eye features with a makeup freeing treatment.

Brow Tint . . . \$15

Lash Tint . . . \$25

Lash and Brow Tint . . . \$35



Microdermabrasion Treatments

Achieve the look of polished perfection using the exclusive Dermafile™ system, this treatment polishes and resurfaces the skin by removing the top layer of dead skin cells. Skin is left feeling velvety smooth, fresh, and rejuvenated. This system is very effective in treating aging, sun damaged skin, scars, acne scarring, pigmentation, stretch marks, fine lines, and large or clogged pores.

The Perfect Appearance™ Facial (65 minutes) **\$100**

Accompanied by a specific soothing and hydrating mask. Get ready for compliments.

Add-on to another facial (add 30 minutes) **\$50**

Spot Treatment **\$20**

Waxing Treatments

Free yourself from the burden of daily shaving. We feature the most gentle and effective products and techniques to give skin a smooth, hair-free appearance. Please allow at least 2 weeks hair growth prior to body waxing services.

Lip . . . \$10

Bikini . . . \$23

Chin . . . \$10

Bikini Plus . . . \$35

Brows . . . \$15

Lower Leg . . . \$30

Lip/Chin/Brow . . . \$30

Lower Leg + Bikini . . \$45

Brow Sculpting . . . \$30

Upper Leg . . . \$30

Sides of Face . . . \$15

Upper Leg + Bikini . . \$45

Underarms . . . \$15

Full Leg . . . \$50

Forearms . . . \$30

Full Leg + Bikini . . . \$65

Stomach . . . \$10

Partial Back . . . \$35

Patches . . . \$5

Full Back . . . \$50



Massage Treatments

Massage treatment is a wonderful way to experience the healing power of touch and perhaps the easiest way to maintain good health. Massage can enhance circulation, drain toxins from the body, shed stress, help rehabilitate sore muscles and promote a sense of well-being. Chiropractic care and massage therapy have proven to be a sound combination to improve spinal health.

Soothe the soul, body, and mind in a customized session with an experienced therapist to address the areas of concern and need.

Focus Area ~ 25 minutes ... \$40

Therapeutic ~ 55 minutes ... \$80

Therapeutic ~ 85 minutes ... \$110

Deep Tissue ~ 55 minutes ... \$105

Deep Tissue ~ 85 minutes ... \$135

Massage Chair Treatments

Take a few minutes out of your busy day to sit, relax, and unwind in a quality, professional massage chair by Human Touch™. This chair offers a wide variety of massage styles to target specific areas. Get more benefit out of a chiropractic adjustment by de-stressing tight muscles before or after treatment.

Benefits include an increase in circulation, a decrease in muscle tension, a decrease in muscle spasms, stress relief, and assists in relaxation.

1 Session ~ 15 minutes ... \$10

2 Sessions ~ 30 minutes ... \$18



Ear Candling Treatments

Safe, gentle, soothing, relaxing ancient natural therapy is used to remove excess wax and infection debris from ears.

Recommended as a part of body maintenance to keep ears healthy and functioning optimally. Most people are surprised how much better they feel after a treatment. Candling can be done in a series to help facilitate healing for more serious issues.

Ear Candling (45 minutes)

\$50

Confection heat treatment that softens excess ear wax and gently draws the matter away from delicate ear tissue into the candle. A session includes two candles per ear.

An additional pair of candles (add 30 minutes)

\$25

Contra-indications:

It is not a substitute for medical treatment. If persistent ear or sinus related problems, headaches, or hearing loss exist, you should consult with your physician. This service is not recommended if you have surgically placed objects such as tubes or other devices.

Featured Products

Optimal Skin Care System by Mannatech

The ultimate hydration, paraben-free skin care system for all skin types.

Optimal Health System by Mannatech

The most comprehensive food-sourced nutrition available.

Barlean's Organic Oils

Superior quality omega 3, 6, and 9 nutritional oils.

Designs for Health®

Excellent nutritional supplements designed for healthcare professionals.

Metagenics®

Specializes in quality formulas for specific health concerns.



Cleansing Treatments

Far-Infrared therapy provides 2 factors that are essential for improving health: cellular detoxification and good circulation. The health of the whole system depends on the movement of blood and energy throughout. Detoxification and good circulation result in adequate exchange of nutrients into cells. Far-Infrared ray energy, also known as radiant heat, is a part of the natural light spectrum of sunlight, minus the skin damaging ultraviolet rays.

EZe Far-Infrared Sauna Therapy (30 minutes) **\$45**
Add-on to another treatment **\$30**

**Sauna treatments can be purchased in a series.
5 for a 10% discount or 10 for a 20% discount**

This therapy is widely used to address some of the following:

- Chronic Pain & Muscle Spasms
- Acne & Skin Tone
- Varicose & Spider Veins
- Injury & Scars
- Relaxation & Meditation
- Mood, Memory, and Sleep
- Chemical Sensitivity
- Reduce Acid Overload
- Purge Heavy Metals
- Massage Benefits
- Arthritis & Musculoskeletal
- Cellulite & Weight
- Blood Circulation & Pressure
- Detoxification & Viruses
- Precursor to Exercise
- Indigestion
- Respiratory Issues
- Increase Energy
- Reduce Stress
- Internal Cleansing

Many individuals who have previously been unable to tolerate a traditional sauna will find the Far-Infrared Sauna very pleasant and highly effective.*

We recommend 2 to 5 treatments per week to see the most effective results.

*Some contra-indications do exist, please call for more information.



Cleansing Treatments

In today's toxic environment, tissue acid waste, chemicals, yeast, bacteria, molds, fungus, and heavy metal residues build up in the body faster than ever before. The tendency to accumulate and store excessive quantities of acid waste products can result in an attack to joints, tissues, muscles, organs, and glands causing minor to major dysfunction.

When healthy, one can purge toxins easily without symptoms. When the system is overwhelmed physically, chemically, and emotionally, it becomes congested and needs assistance to clear toxins.

Ionic Footbath Cleanse (60 minutes) **\$65**

This relaxing treatment includes a massage chair session, 30 minute Ionic Footbath, and therapeutic foot massage following footbath. Supplementation of replenishing minerals concludes the treatment. Add-on to another treatment **\$50**

**Ionic Footbath treatments can be purchased in a series.
5 for a 10% discount or 10 for a 20% discount**

Here are some signs of toxic overload:

- Food Allergies
- Arthritis & Joint Pain
- Colds & Frequent Illness
- Fatigue & Insomnia
- Fibromyalgia
- Cancer
- Headaches & Migraines
- Asthma & Bronchitis
- Dark Circles Under the Eyes
- Acne, Rashes, and Psoriasis
- Serious Illness of All Types
- Depression
- Panic Attacks
- Bloating & Constipation
- Heart Disease
- Weight Gain

Also addresses metal accumulations in the body from dental work and acid overload from a stressed-out lifestyle.*

For optimal results, the recommendation is 10 to 15 treatments over the course of 5 to 7 weeks. Series can be repeated for more serious issues.



Additional Information

Gift Certificates

Give the gift of health to that someone special. All of our services are available for purchase over the phone or in our office. The gift certificate comes wrapped and is a beautiful presentation of your thoughtfulness.

Treatment Series

For the best value, treatments are available to purchase in a series.

- Facial and massage discounts include 3 treatments for 10% off and 6 treatments for 15% off
- Far-Infrared Sauna and Ionic Footbath discounts include 5 treatments for 10% off and 10 treatments for 20% off

Waxing

For best results, please allow 2 weeks growth prior to body waxing. Facial waxing contra-indications include use of Retin-A, Renova, Accutane, Defrin, topical steroids, hydroquinone, or retinol medications / creams.

Sauna-wear

If at all possible, please bring light, comfortable, cotton clothing with socks to change into for Sauna treatments.

Methods of Payment

Forms of payment accepted are Cash, Check, Visa, MasterCard®, American Express®, and Discover®.

Insurance

Dr. Shum is a providing member for numerous insurance companies such as United Healthcare, Humana, Great West Healthcare, Aetna, Cofinity, Beech Street Health, and PacifiCare. Please call to inquire.

Cell Phone Use

In order to maintain the peaceful atmosphere in the office, please silence your cell phone.

Cancellation Policy

In consideration of the practitioner's time and availability, please reschedule or cancel your appointment 24 hours in advance. We will charge 50% for late cancellations or missed appointments.

We would like to thank you for choosing New Life Wellness Center as a path to your optimal health.

Our Information

Office Hours:

Monday – Friday 9:00 am to 6:00 pm
Evenings and Saturdays by appointment

Office Location:

New Life Wellness Center
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Boulder, Colorado 80301

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