



S P A C H A K R A



LIFESTYLE ASSESSMENT PROGRAM

For a personalized path to lasting wellness, start a relationship with Dr. James Nicolai and the new Lifestyle Assessment Program at Spa Chakra, Conrad Indianapolis.

Introducing Dr. James P. Nicolai, M.D.

Dr. James P. Nicolai, M.D., is a board-certified family practitioner and graduate of Dr. Andrew Weil's Integrative Medicine Fellowship. He is also Medical Director of The Franciscan Center for Integrative Health at St. Francis Hospital in Indianapolis. Dr. Nicolai's expertise lies in combining conventional medicine with the intelligent use of complementary alternative therapies, including herbs and botanicals, vitamins and supplements, lifestyle management, and stress reduction.

What is Integrative Medicine?

Integrative medicine is treatment of the whole person—addressing one's mental and corporeal as well as emotional and spiritual health. This holistic approach to wellness is the trademark of a true medi-spa.

You will receive education and individualized attention to help determine a unique, customized health care program that supports natural healing in a setting of relaxation and luxury.

PROGRAM HIGHLIGHTS

- A comprehensive analysis of dietary habits with a Registered Dietitian and Lifestyle Counselor certified in weight and stress management
- A thorough examination of the individual's pre-exercise medical status and history, body composition, anthropometric measurements, and cardiovascular and musculoskeletal fitness by a certified Personal Trainer
- An intensive Medical Evaluation followed by an Integrative Stress Consultation

S P A C H A K R A , C O N R A D I N D I A N A P O L I S

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conradhotels.com spachakra.com

LIFESTYLE ASSESSMENT PROGRAM

Initial Consultation: 60 – 90 minutes

Follow-up Assessment: 60 minutes

Price: \$450

Additional Consultative Appointments

30 minutes: \$105

45 minutes: \$125

60 minutes: \$150

PROGRAM UPGRADES

Two 60-minute Personal Training sessions: \$130

Undergo a thorough examination of pre-exercise medical status and history, body composition, anthropometric measurements, and cardiovascular and musculoskeletal fitness by a certified Personal Trainer.

Two 60-minute Nutritional Coaching sessions: \$300

Experience a comprehensive analysis of dietary habits with a Registered Dietitian.

Two 90-minute Spa Therapies: \$325

Inquire about access to a-la-carte options such as customized spa therapies, cooking lessons, weekly menu plans, telephone follow-up consultations, at-home nutritional seminars, and specialized weight loss programs.

Dr. Nicolai is also available for group audiences to speak on various topics of health and integrative medicine by prior arrangement.

Topics include but are not limited to the following.

- Examining Integrative Medicine
- Optimal Health for the Executive
- Stress Management in the Work Place
- Executive Nutrition

To begin your Lifestyle Assessment Program, please contact 317 524 2576.

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