THE RESET / PRIVATE STUDIO IN VANCOUVER

Feel SAFE. Feel good.

Private care with me, Christina Michael. Time to listen, space to rest and a session shaped around your comfort, preferences and suitability.

Sound RESET

60 minutes / from $149 + GST

Crystal and Tibetan singing bowls, gong and quiet. Gentle vibroacoustic vibration is available by agreement.

Restorative Energy RESET

From $149 + GST

Reiki-informed energy work with sound and gentle vibration. Any light touch or hands held above the body is guided by your preferences.

Lymphatic RESET

From $149 + GST

Gentle lymphatic drainage for face, body or both, tailored to your preferences and suitability. Optional sound.

SKIN / FEEL GOOD ON THE OUTSIDE, TOO

Facial RESET

60 minutes / from $149 + GST

Facial + Sound RESET

90 minutes / from $175 + GST

Face + Body RESET

90 minutes / from $199 + GST

Microneedling RESET

75 minutes / from $333 + GST / introductory

Brow care: brow lamination by inquiry. MISENCIL Korean Brow Lift add-on: **$60 + GST**; brow shaping is not included.

Skincare: ask about EPICUTIS, TSOS, SKINEDITION, ESTHEMAX and Crème, and products for your care at home. Explore skin care.

Your session. Your RESET. Ask about a combination of sound, restorative energy, lymphatic care or skin experiences. You can request a change, pause or stop at any time.

All prices are CAD; GST is additional. Prices, duration, enhancements and suitability are confirmed before booking. Sound is included unless you prefer to decline it. Microneedling preparation and aftercare are discussed individually.

Request your RESET.

Choose an experience - or ask me to help you choose.

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LIVE INTELLIGENTLY / VANCOUVER + ONLINE

Understand yourself. Build self-trust.



Personal education, coaching and mentorship to explore your patterns, feel safer in yourself and find practical ways forward in your life, relationships and work.

Start with your Personal RESET

60 minutes / CAD $195 + GST / Vancouver or online.

Focus on one priority, explore a pattern and choose one or two everyday anchors. Leave with a short written recap of the plan we agree on. Explore your session.

Choose ongoing mentorship

Explore a six-week mentorship, with room to continue by agreement. We practise, reflect and adjust together around your goals, boundaries and choices. Frequency, format, inclusions and fees are agreed before you begin.

Support through hormonal change

Make room for perimenopause, menopause, postmenopause and the wider life alongside them: identity, relationships, work and self-trust. Explore women's health and the educational stage quiz.

Why I do this

I'm a mother, entrepreneur, educator and mentor, now in postmenopause. My work brings together sociology, psychology studies, business experience and training in coaching and integrative wellness.

Mentorship is education and practical reflection, not medical care, psychotherapy or diagnosis. Any appointments with Dr. Teresa Wood, Melissa Johansson or other professionals are arranged separately. A single session does not require an ongoing commitment.

Find your place to begin.

Ask about a Personal RESET or ongoing mentorship.

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