



## Nikkoly Stanley

B.A. Education

Certified Biofeedback Specialist (CBS)  
Certified Stress Management Specialist (CSMS)  
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## Really Live Wellness, LLC List of Services

### **Service Name: Quantum Biofeedback**

**Service Cost:** \$250 for initial 2 hour session \$100 for 1 hour and 15 minute session

**Description:** This is the ultimate in stress reduction for the mind, body, and spirit. It is an energetic and holistic approach to a person. Using frequencies sent via waveforms to the brain and central nervous system and throughout the body can help your mind, body, and spirit harmonize, vocalize, optimize, and actualize. You will learn techniques to help you reduce stress when you are not in biofeedback to gain more control over your own thoughts, body function, and actions. This all happens while you are in a relaxed state and with grace and ease and with your permission. If you have never experienced this, now is the time. One session is spectacular, but depending on what you need to bring balance back into your life and your unique situation you may need 6 or more sessions. Often clients use biofeedback as one of their tools in the wellness tool belt.

### **Service Name: Remote Harmonics**

**Service Cost:** \$150 for initial 2 hour session, \$135 for 2 hour session, \$100 for 1.5 hour session, or \$85 for 1 hour and 15 minutes. Quanta Insight Health App \$55 one time fee with unlimited use.

**Description:** This is a remote service using gotomeeting.com, Quanta Insight Health App, and Genius Insight Biofeedback device, which uses patented voice analysis algorithms. Genius Insight reveals weaknesses and imbalances in your energy field. Your unique voice signature is compared to thousands of energetic signatures ranging from herbs, emotions, homeopathics, virus activity, biofield disturbances, endocrine & acupuncture imbalances, just to name a few.

Reports are displayed in easy to read charts and graphs with a numerical value scoring system to help you track body systems in need of the most support.

I use a shared screen so you can watch me create a playlist to be sent to your app for you to listen to 2x a day for 15 minutes. We also interact with the information and I teach ways to empower you to take charge of your own health and vitality.

Binaural beat signals help the body to absorb rebalancing frequencies to restore harmony in your body's energy field.

### **Service Name: Remote Harmonics Subscription**

**Service Cost:** \$147 for one person, \$197 for two, and \$247 for three, after that \$25 additional per person per month for four remote weekly sessions. Must have Quanta Capsule app to participate in subscription. Cost is \$55 one time fee with unlimited use.

**Additional Remote Harmonics Playlist:** \$25 each

**Description:** Using Genius Insight Biofeedback and Quanta Insight Health App each client uploads their voice and face to me at [reallylivewellness@gmail.com](mailto:reallylivewellness@gmail.com) once a week. I do a 30 minute session on you and create a

harmonic playlist to be sent to your app for you to listen to for 15 minutes 2x a day. I suggest purchasing bone conduction headphones to get the most out of this mind-body balancing training.

**Service Name: Regenerative Detoxification**

**Service Cost:** initial two-hour session is \$250, which includes biofeedback and a detox plan. Follow-up coaching sessions are every 4-8 weeks at \$1 per minute.

**Description:** Are you ready to go from Hellville to Wellville? This method of reaching vitality goes to the root of the issue: what we eat, how we eat, what we think, what we believe, and how we behave. It is the most holistic approach to health and wellness I have ever experienced or have shared with others. This is for the person who doesn't want to chase symptoms, but find the root and pull it out. Go here for more information:

<http://www.reallylivewellness.com/detox-coaching/>

**Service Name: Essential Oils Wellness Consult**

**Service Cost:** Free 1 hour consult with sign up membership with Really Live Wellness.

**Description:** We will go over a Wellness Plan to discover what areas you would like to target and which oils might best meet your particular wellness goals.

**Service Name: Digitized Water**

**Service Cost:** \$10 add on to your already scheduled biofeedback session

**Description:** You bring in your own water in either a stainless steel or plastic bottle. You place this on the tray of the biofeedback device during your session and I place a probe in the water in order to digitize the frequencies from your session into your water. You pick it up off the tray and take it home and drink throughout the week to continue to support and hold your session.