



The Complete Wellness Guide

*Your personal roadmap to balanced living --
explore every service we offer and find
the path that's right for you.*

- 01 — About Allora Modern Wellness
 - 02 — Core Services
 - 03 — ShiftWave
 - 04 — Aescape AI Assisted Massage System
 - 05 — Medical Services
 - 06 — Aesthetics Services
 - 07 — Pain Management
 - 08 — Assisted Stretching
 - 09 — Core Memberships & Packages
 - 10 — Your First Step
-

WELCOME

About Allora Modern Wellness

Allora Modern Wellness is Starkville's destination for cutting-edge, non-invasive wellness therapies. Located at 821-C Hwy 12, we bring together **physician-led, clinical, and wellness professionals** under one roof to help you feel better, perform better, and look better.

Whether you're an athlete chasing peak recovery, managing chronic pain, seeking stress relief, or looking to enhance your we offer modern services designed around your goals.

"Rejuvenate Your Body. Refresh Your Mind. Redefine Your Wellness."

WHY ALLORA?

■ Non-Invasive Therapies

Safe, effective treatments with no downtime required.

■ Modern Approaches

St Thoughtfully selected technologies and services.

■ Expert Staff

Physicians, nurses, and wellness specialists under one roof.

■ Personalized Care Plans

Every visit is tailored to your unique health goals.

■ NASM Approved Facility

Certified and trusted by leading wellness organizations.

OUR HOURS

Mon – Fri	10:00 am – 6:00 pm
Saturday	10:00 am – 5:00 pm
Sunday	1:00 pm – 5:00 pm

Phone: (662) 268-9255

Website: www.alloramodernwellness.com

FOLLOW US

Facebook: facebook.com/alloramodernwellness

Instagram: [@alloramodernwellness](https://www.instagram.com/alloramodernwellness)

Twitter / X: [@alloraMW](https://twitter.com/alloraMW)

YouTube: youtube.com/@alloramodernwellness

Welcome Gift - As a new email subscriber, enjoy your first Core Service at a discounted rate.
Mention this guide when you book.

INNOVATION-DRIVEN WELLNESS

Core Services

All core services are available individually or as part of a package or membership. Sessions are quick, convenient, and designed to fit your schedule.

**Prices shown are for a single session*

ARRC LED Photobiomodulation Bed

\$39*

■ 20–30 min

Full-body red, green, and infrared light therapy in one powerful session

- Supports comfort and recovery
- Improves skin health and appearance
- Supports athletic performance and recovery
- Promotes relaxation and better sleep

Cryobuilt Whole Body Cryotherapy

\$39*

■ 3 min

Step into -150°F for 3 minutes and feel the difference instantly

- Accelerates muscle recovery
- Supports relaxation after demanding days
- May help ease temporary soreness
- Helps you feel refreshed and recharged

Infrared Sauna

\$39*

■ 30-45 min

Deep-penetrating infrared heat designed to relax and recharge

- Supports relaxation and a consistent wellness routine
- Provides a warming, restorative experience
- Encourages sweating during the session
- Helps ease muscle tension and stress

Normatec Compression Therapy

\$29*

■ 30 min

Dynamic air compression that supports circulation and post-workout recovery

- May help ease temporary muscle soreness and swelling
- Supports post-workout recovery
- Supports healthy circulation and lymphatic movement
- Great for athletes and frequent travelers

Celluma LED Light Therapy

\$29*

■ 30 min

Targeted LED panel for skin appearance and localized comfort support

- Designed to support clearer-looking skin
- Helps improve the look of fine lines and wrinkles
- May help ease localized discomfort and stiffness
- Supports collagen production

Electronic Muscle Stimulation (EMS)

\$29*

■ 20-30 min

Electrical pulses that activate muscles to support recovery and comfort

- Supports muscle recovery after activity
- May help ease temporary muscle discomfort
- Supports muscle activation and tone
- Enhances neuromuscular performance

Fit3D Body Scanning

\$19*

■ 10 min

A 3D avatar of your body to track progress with precision

- Full 3D body composition analysis
- Track changes in shape, not just weight
- Set smarter, data-driven goals
- Included with all membership tiers

Vibration Table

\$29*

■ 10-20 min

Whole-body vibration designed to support muscle activation, circulation, and recovery

- Supports muscle activation with minimal effort
- Supports circulation and lymphatic movement
- May help ease soreness and support recovery
- Included with all core membership tiers

NERVOUS SYSTEM RESET

ShiftWave

ShiftWave is designed to help your body and mind shift from stress into a more relaxed, restorative state. Using precisely controlled whole-body vibration, guided breathing, and immersive audio, ShiftWave supports your autonomic nervous system to promote relaxation, recovery, and resilience.

10-Minute Session

\$19

A quick reset to calm the nervous system and restore mental clarity mid-day

- A brief, guided opportunity to reset and recharge
- Whole-body vibration synced with guided breathing
- Ideal between appointments or workouts

20-Minute Session

\$29

A deeper reset combining vibration, breathing, and immersive audio

- Designed to support relaxation and a sense of calm
- Pairs guided breathing with a relaxing sensory experience
- Great for daily stress management

30-Minute Session

\$39

A restorative session for fuller recovery and mental recalibration

- Promotes relaxation, recovery, and resilience
- Immersive audio enhances the mind-body connection
- Recommended for post-workout or high-stress days

60-Minute Session

\$49

An extended ShiftWave experience for relaxation and recovery

- Offers an extended whole-body vibration experience
- Extended guided breathing and audio journey
- Ideal for weekly recovery and stress resilience

AI-ASSISTED MESSAGE

Aescape AI Assisted Massage System

Step into the future of stress relief and recovery. Available exclusively at Allora Modern Wellness in Starkville, the Aescape AI Assisted Massage System combines advanced technology with personalized programming to deliver a restorative, consistent experience every time.

Before your session, a precision 3D body scan maps your muscle structure across 1.2 million data points. The system then delivers targeted bodywork through Aerpoints -- seven precision-crafted surfaces replicating skilled hands -- while you stay **fully clothed** in provided Aerwear. No oils, no awkwardness, complete control via the Aerview touchscreen.

Supports Comfort	Improves Blood Flow	Supports Relaxation	Boosts Sleep	Lifts Mood
------------------	---------------------	---------------------	--------------	------------

WHO IS IT FOR?

■ Athletes & Fitness Enthusiasts

Accelerate recovery, release muscle tension, and maintain peak performance.

■ Busy Professionals

Reset body and mind with restorative sessions that enhance energy and focus.

■ Muscle Tension Support

AdTarget the back, glutes, and lower body with adjustable, precision-calibrated techniques.

■ Tech & Innovation Seekers

Experience next-generation wellness technology trusted by early adopters worldwide.

You must be 18+ to use the Aescape AI Assisted Massage System

SESSION PRICING

30-Minute Session	\$40
60-Minute Session	\$70

SESSION MENU

30-Minute Sessions

Full Body	A restorative 30-minute session covering your entire body from shoulders to calves. The perfect pause for a busy schedule.
Upper & Mid Back	Ease shoulder discomfort and upper-back tension with targeted deep-knot and adhesion release.
Lower Body Focus	Address tension in the hamstrings, glutes, and lower back with lengthening strokes and decompressions.
Glute Reboot	Unlock the deepest levels of relief for the largest, most overlooked muscle group in your body.

60-Minute Sessions

Total Body	A full hour of balanced recovery for your back, glutes, hamstrings, and calves -- the ultimate recovery experience.
Total Back & Glutes	Full hour of long strokes and deep compressions to ease knots and soothe muscles in the hips, shoulders, and back.

AESCAPE MEMBERSHIPS

All Aescape memberships require a 3-month commitment. Each membership includes Allora Core Services and ShiftWave sessions, as listed below.

Recover	\$59/mo
1 x 30-min massage + \$10 off additional 30-min massages + 1 Allora Core Service + 1 ShiftWave session + 10% off additional Core Services. 3-month commitment.	
Recharge	\$109/mo
2 x 30-min massages + \$10 off additional 30-min massages + 2 Allora Core Services + 2 ShiftWave sessions + 15% off additional Core Services. 3-month commitment.	
Recover PLUS	\$89/mo
1 x 60-min massage + \$10 off additional 60-min massages + 1 Allora Core Service + 1 ShiftWave session + 10% off additional Core Services. 3-month commitment.	
Recharge PLUS	\$169/mo
2 x 60-min massages + \$10 off additional 60-min massages + 2 Allora Core Services + 2 ShiftWave sessions + 15% off additional Core Services. 3-month commitment.	

AESCAPE PACKAGES

Non-recurring packages, use at any time.

30-Minute Packages	
5 sessions	\$175 \$35/massage
10 sessions	\$325 \$32.50/massage
60-Minute Packages	
5 sessions	\$325 \$65/massage
10 sessions	\$625 \$62.50/massage

You must be 18+ to use Aescape. Review contraindications at aescape.com/contraindications before booking.

PHYSICIAN-LED TREATMENTS

Medical Services & Medical Aesthetics

Our medical services are delivered by licensed physicians, physician assistants, nurse practitioners, RNs, and other medical professionals, providing personalized support and clinically supervised care.

GLP-1 Injections for Weight Management

[Inquire for pricing](#)

A clinician-supervised approach to weight management and metabolic wellness

- Helps manage appetite as part of a clinician-guided plan
- Complements a balanced nutrition plan
- Supports progress toward individualized weight-management goals
- Ongoing monitoring and support included

Botox & Dysport

Botox \$10/unit
Dysport \$4/unit

Softens the appearance of expression lines with individualized treatment

- Reduces forehead lines, crow's feet & frown lines
- Fast treatment with minimal downtime
- Administered by physicians, physician assistants, and nurse practitioners
- Treatment plans tailored to natural-looking results

IV Hydration Therapy

Starts at \$99, varies by type and size

Deliver fluids, vitamins, and nutrients directly into your bloodstream

- Rapid hydration and vitamin replenishment
- Options designed around hydration and individual wellness goals
- Formulas selected to support recovery and performance routines
- Delivered under the supervision of Allora's medical team

SkinPen Microneedling

[Inquire for pricing](#)

The first FDA-cleared microneedling device -- naturally remodels skin without heat or chemicals

- Stimulates collagen and elastin production for firmer, smoother skin
- Improves the appearance of acne scars, fine lines, and uneven texture
- Safe and effective for all skin tones and types with little to no downtime
- Results continue improving for 3-6 months following treatment

IM Vitamin Injections

\$30+ per injection

A quick, clinician-guided option for targeted nutrient support

- MC B12 - supports energy metabolism and wellness goals
- Glutathione - antioxidant support
- Amino Acid Boost - supports recovery and performance routines
- Vitamin D - supports bone, muscle, and immune health
- B Complex & B12 - supports normal energy metabolism

SKIN, BODY & BEAUTY

Aesthetics Services

Our aesthetics treatments use cutting-edge technology to help you look and feel your best -- with zero surgery, zero needles, and zero downtime.

**Sold individually or in packages*

Neveskin Cryofacial and Cryosculpting

[Inquire for pricing](#)

■ 30-60 min

Hot/cold alternating technology for facial and body-contouring services

- Helps reduce the appearance of puffiness
- Facial service pairs with Celluma LED therapy
- Supports circulation and lymphatic movement
- Designed to support body-contouring goals

Kaasen Cryosculpting

[Inquire for pricing](#)

■ 30-45 min

Non-surgical body-contouring treatment using targeted cold temperatures

- Targets specific areas of concern
- Non-invasive treatment with no needles
- No required downtime
- Best results may require a series of sessions

Frotox Kaasen Cryofacial

[Inquire for pricing](#)

■ 20-30 min

Cold-air facial designed to refresh and brighten the look of skin

- Helps reduce the appearance of puffiness
- Supports firmer-looking skin
- No required downtime
- Includes complementary Celluma LED therapy

More Aesthetics Services Coming Soon!

Stay tuned!

We're expanding our aesthetics menu with exciting new treatments to help you look and feel your best

- Custom facials tailored to your skin type and concerns
- Brow shaping, tinting, and design services
- Waxing and hair removal treatments
- Dermaplaning for silky-smooth skin and better product absorption
- Medical-grade skin care products

TARGETED RELIEF

Pain Management

Our pain-management services use targeted thermal technologies designed to support comfort, circulation, and recovery - with no needles, no surgery, and no required downtime.

Kaasen Local Cryotherapy

[Inquire for pricing](#)

Targeted cold therapy applied to specific areas to support comfort and recovery

- Uses alternating temperatures to support a restorative response
- Provides a localized cooling and warming experience
- May help ease temporary swelling and muscle soreness
- Supports circulation and recovery
- May complement a broader wellness or recovery plan

Neveskin Soothe

[Inquire for pricing](#)

Thermal Cycling technology alternates hot and cold to support comfort and recovery

- Alternates hot and cold for a targeted thermal experience
- Supports circulation and may help ease localized discomfort
- Supports local circulation
- No required downtime

MOVE BETTER, FEEL BETTER

Assisted Stretching

Performed by NASM-certified specialists, assisted stretching takes you deeper than you can go alone. Using precise body positioning, leverage, and adjustable tension, your specialist accesses muscles that are difficult to stretch independently -- calming the nervous system and releasing tension throughout your whole body. **Grip socks are required** (available for purchase at Allora).

Improves Flexibility	Better Posture	Increases Mobility	Range of Motion	Reduces Tension
----------------------	----------------	--------------------	-----------------	-----------------

WHO IS IT FOR?

- **Athletes & Active Individuals**
Support mobility, recovery, and physical performance.
- **Desk Workers & Sedentary Lifestyles**
Address tight hip flexors, rounded shoulders, and stiff lower back.
- **Post-Surgery & Injury Recovery**
Support mobility after medical clearance when recovering from surgery or injury.
- **All Fitness Levels**
No flexibility required. Specialists accommodate every ability level.

PRICING

■ Intro Special: 30-Min	\$29
30-Minute Session	\$40
50-Minute Session	\$75

ASSISTED STRETCHING MEMBERSHIPS

Starter <i>4 x 30-min stretches/month</i> Includes 1 Core Service + 1 ShiftWave session + 1 Fit3D body scan + 4 vibration table sessions per month + 10% off Core Services.	\$125/mo (\$31.25/session)
Standard <i>4 x 50-min stretches/month</i> Includes 2 Core Services + 2 ShiftWave sessions + 1 Fit3D body scan + 4 vibration table sessions per month + 15% off Core Services.	\$260/mo (\$65/session)
Premium	\$480/mo (\$60/session)

8 x 50-min stretches/month

Includes 2 Core Services + 2 ShiftWave sessions + 1 Fit3D body scan + 4 vibration table sessions per month

+ 15% off Core Services.

Core Combo

\$215/mo

(\$53.75/session)

4 x 30-min stretches/month

PLUS 5 Allora Core Services + 2 ShiftWave sessions + 1 Fit3D body scan + 4 vibration table sessions per month.

PACKAGES (NON-RECURRING)

30-Min Packages

4 stretches

\$150

\$37.50/stretch

8 stretches

\$280

\$35/stretch

50-Min Packages

4 stretches

\$280

\$70/stretch

8 stretches

\$540

\$67.50/stretch

FREQUENTLY ASKED

Do I need to be flexible?

Not at all. Those with limited flexibility often benefit most. Specialists accommodate all ability levels.

Is it painful?

No. You may feel a deep stretch, but never sharp pain. Tension is always adjusted to your comfort.

What should I wear?

Comfortable athletic clothing with full range of motion. Grip socks required -- available at Allora.

How often should I go?

1-2 sessions per week is ideal. Athletes may only need one 30-min session weekly for maintenance.

Who performs the sessions?

NASM-certified specialists including Jule Willis and Samuel Lopez.

Can I combine with other services?

Yes. Stretching can complement sauna, red light, or compression as part of a recovery routine.

SAVE MORE, FEEL MORE

Core Memberships & Packages

All Core memberships are **shareable** -- share sessions with a family member or friend. Every tier includes a monthly Fit3D scan and ShiftWave session. *Note: Unlimited memberships are not shareable.*

Bronze Membership	\$89/mo
5 core sessions/month Save \$106/mo vs. retail. Includes 1 Fit3D scan + 1 ShiftWave session + 4 vibration table sessions/mo.	
Silver Membership	\$189/mo
15 core sessions/month Save \$396/mo vs. retail. Includes 1 Fit3D scan + 2 ShiftWave sessions + 4 vibration table sessions/mo.	
Gold Membership	\$269/mo
20 core sessions/month Save \$511/mo vs. retail. Includes 1 Fit3D scan + 2 ShiftWave sessions + 6 vibration table sessions/mo.	
Platinum Membership	\$309/mo
40 core sessions/month Save \$1,251/mo vs. retail. Includes 1 Fit3D scan + 2 ShiftWave sessions + 8 vibration table sessions/mo.	
Unlimited Core Membership	\$299/mo
Unlimited core sessions/month Unlimited whole body cryo, LED therapy, infrared sauna, compression, Celluma, EMS, Fit3D, ShiftWave, and vibration therapy.	

CORE SERVICE PACKAGES

Pick 5	\$145 Save \$50 vs. retail
Any combination of core services: cryotherapy, ARRC LED, infrared sauna, compression, Celluma, EMS, or vibration table.	
Pick 10	\$270 Save \$120 vs. retail
Same options as Pick 5 -- just more sessions, more savings.	