Groton Wellness

Menu of Services

Cultivate your unique healing journey through prevention and treatment of the root cause. Nourish your physical and emotional well-being. Collaborate with our functional medicine practitioners, awaken natural healing abilities, and restore your whole health.
A COMFORTABLE, FRIENDLY, SAFE SPACE

As you enter Groton Wellness you will immediately notice the warm, relaxing atmosphere, the abundance of plants and beautiful feng shui design. Our friendly, knowledgeable team truly embody health and wellness and want to ensure that you have a wonderful experience.

PLEASE REFRAIN FROM WEARING FRAGRANCES ~ WE ARE A FRAGRANCE-FREE FACILITY

Dental anxiety effects a number of people causing them to avoid regular dental visits. We aim to remedy that ~ our team of providers deeply understand this apprehension.

We make every effort to make you feel comfortable and at ease during your visit. Enjoy a host of calming services during your appointment to keep you relaxed and worry-free.

ABOUT US

Groton Wellness may change the way you think about health care. In 2004, Dr. Jean Marie Nordin and Dr. Bob Evans, both holistic dentists and visionaries, knew that after removing environmental toxins, such as mercury, from the mouth, a patient’s body needed more detoxification. So they developed the Medical, Spa, and Café at Groton Wellness to further nurture a vibrant healthy community.

Together with our Clinical Director, Dr. Henri Balaguera, MD and a large team of providers we help others understand, practice and maintain a joyful and healthy life.

THE BENEFITS

Expect to be supported every step of the way at our one-of-a-kind wellness center just outside of Boston MA. We offer holistic, Family Dentistry, Orthodontics, and Functional Medicine using cutting-edge treatments that can tackle chronic conditions. Along with a Detoxification Spa supporting removal of toxins from the body, and a Wellness Café serving fresh, nutrient-rich, Non-GMO, local/organic, personally customized food to round out our whole health approach. Our team working in partnership with you to help meet your total health goals.
DENTAL CARE FOR YOUR WHOLE BODY

SMILE ~ IT’S A WHOLE NEW WAY TO HEALTHY

At Groton Wellness oral health isn’t limited to your mouth. Biological Dentistry brings a holistic philosophy to the practice. As such, it enlists the body and mind to care for and maintain your mouth ~ the gateway to your whole body. We can determine a great deal about your general health by examining your mouth. After assessing your overall health, we utilize cutting-edge treatments, individually designed plans, and state-of-the-art technology to bring your whole body into balance.

Your oral health may involve more than your dentist and that’s what makes Groton Wellness so unique. Our center combines dental and medical into one team and offers the treatments you need to get well and stay well. Our approach to your total well-being is going to make you smile.

SETTING US APART FROM OTHER DENTAL PRACTICES AND WELLNESS CENTERS

OUR COMMITMENT TO SAFE MATERIALS

PRACTICING SAFE MERCURY REMOVAL FOR OVER 30 YEARS ~ THE FIRST STEP IN DETOXIFICATION

Our Mercury Amalgam Removal Program is designed to remove toxic dental material including mercury and other fillings, crowns, or bridges that prove to be biologically incompatible with the patient, while keeping the patient safe from the toxic by-products generated during the removal process.

COMPATIBILITY IS A VERY INDIVIDUAL THING ~ IT’S ALL IN THE CHEMISTRY

What makes your health vital and strong isn’t necessarily what will make the next person’s. What goes in or around you can have a major impact on you. We recommend material compatibility testing for patients prior to dental treatment, particularly patients with multiple allergies or chemical sensitivities. This can determine what materials are compatible, or not, with your body.

THE SAFE MATERIALS WE CHOOSE

We use only metal-free materials. White fillings are made of a strong composite resin, cosmetically match your natural teeth (stronger and safer than “silver” fillings) and are healthier for your body. A dental implant made of a Zirconium Oxide, provides a healthy replacement for a missing tooth and look just like the real thing.

LOW RADIATION DIGITAL X-RAYS

One of our many Eco-friendly tests ~ no chemicals are used to develop the images and they are better for you ~ exposing you to 80-90% less radiation than conventional x-rays!
Good Habits Start Young! We teach the importance of forming healthy habits early. Proper nutrition, brushing and flossing are essential to a lifetime of well-being.

Researchers have studied the growth and development of the face in an attempt to correct poor growth trends that may cause serious health conditions. We offer Dentofacial Orthopedics to children at an early age to positively influence facial formation. This also works wonders for teens and adults. Enjoy a Complimentary Consultation.

BREATHE EASY & SLEEP WELL

Identifying root causes of poor growth patterns is our focus at Groton Wellness. Early oral habits like thumb sucking, overuse of pacifiers, diet, allergies, and injuries can result in chronic nasal airway obstruction and may have a devastating impact on jaw and facial growth. Breathing obstructions that affect growth can have serious health consequences such as Obstructive Sleep Apnea (OSA), Temporomandibular Disorders (TMD), chronic sinus infections, high blood pressure, heart arrhythmias, fatigue, depression, and ADHD.

THE WAY A CHILD ACTS, LEARNS, & PERFORMS MENTALLY & PHYSICALLY DEPENDS ON HOW WELL THEY ARE BREATHING AND SLEEPING

Speed of recognition and treatment are the keys to success. Most critical facial growth is completed before a child is 10 years old. Traditional orthodontics treats teenage children with the aim of straightening teeth and “fixing” the bite. Early Dentofacial Orthopedics is performed on children as young as 4 years old with the aim of proper jaw development. This approach creates more room in the jaw for proper tongue placement and opens nasal airways. When corrected early, breathing, sleep and speech patterns can be normal and permanent teeth have a better chance of coming in straight, decreasing the need for intervention later in life.

OUR APPROACH

Start with a thorough examination, dental/bite impressions, facial/dental photographs, low radiation x-rays, and a detailed computer-aided assessment of key structures of the face, jaws and teeth. We treat with a combination of procedures, therapies and exercises. Lightwire Functional Appliances exert gentle pressure and are shown to be very effective at promoting proper jaw growth. Trainers and Myofunctional Appliances are removable, and succeed in repositioning jaws, especially for children with a receding lower jaw. Myofascial Release (ALF) and Orofacial Myofunctional Therapy are other corrective measures.

OUR HIGH TECH ITERO SCANNER ALLOWS YOU TO SEE RESULTS BEFORE WE START
ORAL HEALTH

We are a preferred Delta Dental Premier Provider allowing our patients to receive the maximum benefit of their plan.

TALK TO A DENTIST Schedule a phone consultation.

MATERIALS TESTING Find out what’s best for your body.

SAFE MERCURY AMALGAM REMOVAL Our patients have been visiting us for decades from all around world for Mercury Removal. Our program is designed to safely remove toxic dental materials from your mouth utilizing our exclusive protection protocol which prevents you from ingesting or inhaling any mercury or toxic vapors.

IMPLANTS ~ BIOCOMPATIBLE MATERIALS Implants are a permanent solution and very important to overall health. Both functional and esthetically pleasing, they can profoundly change people’s lives by returning strength and beauty to their smile.

DENTURES Our dentists use biocompatibility testing to determine the best material for your partials or dentures.

WHITE FILLINGS Cosmetically matched to look like your natural tooth, they are stronger, safer, and healthier than “silver” fillings.

PERIODONTICS We offer several comprehensive, effective non-surgical gum treatments for most stages of gum disease. The key to the cure is early detection and prevention. Destroyed tissue and bone cannot be restored.

ORAL CONSCIOUS SEDATION Sometimes referred to as “relaxation” dentistry, allowing us to work more effectively by helping you become as comfortable as possible using orally administered sedatives.

ORAL SURGERY A number of conditions can require surgery. We pride ourselves on our expertise and making you comfortable.

ROOT CANAL EDUCATION In health-focused dentistry, root canals are avoided whenever possible. They represent a stress on the immune system that can manifest in many negative ways throughout the body.

ALF ~ ADVANCED LIGHTWIRE FUNCTIONALS Appliance to expand and create more space in the mouth for the teeth, tongue, and proper breathing.

SLEEP & BREATHING SOLUTIONS Treating breathing disorders with cutting-edge therapies. To correct the root cause, we must address both the breathing disorder and the conditions that result from it. Some of these oral habits are present at birth, and some develop in the first few years of life.

- Sleep Consultation
- Home Sleep Study
- Customized Oral Appliance
- And More

DENTAL ORAL APPLIANCES Treating Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy to increase energy, sleep, and clarity while achieving better overall health and preventing future problems.

OROFACIAL MYOFUNCTIONAL THERAPY Eliminate causes of improper tongue posture & swallowing with simple, painless, consistent exercises. Activates facial muscles so they begin to function properly, then other muscles follow suit until correct coordination is attained. Improving breathing & preventing more serious health conditions.

MYOFASCIAL RELEASE Applying pressure to fascia can help break up adhesions & soften up scar tissue in turn initiating nerves to start firing again and increase mobility.

FRENECTOMY Treating infants, toddlers, children & adults who suffer from tongue or lip tie. Releasing ties can correct speech and swallowing problems, gut imbalance, sleep issues, reflux, scoliosis, orthopedic issues, birthing injuries, head trauma, cerebral palsy, neurological & movement dysfunctions.

INVISALIGN Enjoy a complimentary consultation with our Orthodontist. Invisalign is “invisible” making it esthetically pleasing as well as being more stable in the correction of TMD (Temporomandibular Joint Disorders) and TMJ due to their “mouth-guard protection effect” on the jaw.

BRACES Light wire bonded braces have a light continuous level of force, which is biologically effective for teeth and supporting tissues, more comfortable and requires a shorter treatment time. Customized Insignia Ceramic Braces, offer a combination of aesthetics and performance.

DENTAL DREAM DAY Choose from these 30-50 minute services
- Acupuncture
- Colon Hydrotherapy
- Facial
- Reiki
- Massage
- Clay Bath
- Cranio Sacral
Add to any Dental cleaning or treatment ~ Only $80
FUNCTIONAL MEDICINE

NURTURING YOUR WHOLE HEALTH
TREATING PAIN, CHRONIC DISEASE, AUTO IMMUNE DISORDERS & MORE AT OUR DESTINATION HEALTH CENTER

Our approach is from a holisitc ecosystem perspective. Our goal is to provide non-toxic, non-pharmaceutical, effective treatments that will address directly and indirectly root causes as well as symptoms of health concerns. We provide many innovative, conventional and alternative modalities supporting and assisting your healing journey. Our multi-disciplinary practitioners will customize a treatment plan including the most effective modalities to support your individual health goals.

FUNCTIONAL MEDICINE

Doctor of Medicine, Functional Medicine Trained
Chronic Disease, Autoimmune Disorders, Infection, Hormone Imbalance, & Environmental Toxicity

Adult Initial 90 MINUTES 464
Adult Follow-Up 60 MINUTES 361
Adult Follow-Up 30 MINUTES 206
Ozone Consultation 60 MINUTES 361
Chelation Consultation 60 MINUTES 361
IV Consultation 60 MINUTES 361
IV Consultation with RX (referral MD) 30 MIN 206
Functional Medicine Coaching (Included in appointment)

NATUROPATHIC MEDICINE

Naturopathic Doctor Treating Children, Teens & Adults
Detox, Heart Health, Endocrine, Hormone, Nutrition, Lyme & Chronic Diseases, Preventative

Adult Initial 90 MINUTES 309
Adult Follow-Up 60-90 MINUTES 309
Adult Follow-Up 30 MINUTES 181
Child Initial 90 MINUTES 258
Child Follow-Up 60 MINUTES 206
Child Follow-Up 30 MINUTES 155
Cranio Sacral/Bowen Therapy Initial 232
Cranio Sacral/Bowen Follow-Up 60 MIN 181
Cranio Sacral/Bowen Follow-Up 30 MIN 129

IV THERAPY

IV Therapy requires an initial appointment.
IV Therapy starts at 93+ (Myers)

ACUPUNCTURE & CHINESE HERBAL MEDICINE

Ancient Chinese Medicine Therapies that encourage the body to heal naturally and are used for a wide variety of conditions. Chinese Herbal Medicine treats with ground up plant’s seeds, roots, bark, berries, leaves, and/or flowers. Acupuncture uses hair thin needles along specific meridian points of the body. This combination creates powerful healing agents that support the body naturally in the prevention and treatment of everything from simple ailments & pain to chronic conditions.*

120 MIN. INITIAL/90 MIN. 119/88

DIAGNOSTIC TESTING & SCREENING

• Genetic Testing
• Allergy Testing
• Lyme Testing
• Skin Analysis
• Nutritional Analysis
• Hair Analysis
• Thermography
• Hormone Testing
• Heavy Metal Testing
• Oral Cancer Testing
• Dental 3-D Imaging
• Dental Low-Radiation X-Rays
• Microbiome Testing
• Muscle Testing

BOOKINGS & CANCELLATIONS

Please contact Groton Wellness at 978.449.9919 to make an appointment. Complimentary 15-minute phone consultations available with Medical and Spa Providers. Kindly observe the 48-hour cancellation policy in order to avoid a cancellation charge.

*Medical and Spa series pricing available upon request. Medical and Spa prices subject to change.
DETOXIFICATION SPA

RELAXATION & DETOXIFICATION

Please arrive 15 to 30 minutes prior to your scheduled appointment and unwind in our Tranquility Area with a warm neck wrap and filtered water. This complimentary pampering prepares you for a relaxing and enjoyable spa treatment. As a courtesy to all of our guests, treatments will start and end on time. Our spa guests come to escape, relax and recharge. Please turn your cell phones and laptops off so that you, and everyone around you, are able to enjoy the peacefulness of our Spa. We provide robes and slippers for use while you are our guest.

PLEASE REFRAIN FROM WEARING FRAGRANCES ON YOUR VISIT ~ WE ARE A FRAGRANCE-FREE FACILITY.


SPA PACKAGES

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spa Retreat</td>
<td>210 MINUTES</td>
<td>273</td>
</tr>
<tr>
<td>Dr. Hauschka clay bath, 1 hr. full-body massage, Dr. Hauschka Rejuvenating facial and a light lunch.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blissful Escape</td>
<td>180 MINUTES</td>
<td>243</td>
</tr>
<tr>
<td>Full-body, 1 hr. massage, Classic Dr. Hauschka facial, &amp; lunch.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Lovin'</td>
<td>90 MINUTES</td>
<td>124</td>
</tr>
<tr>
<td>NEEM oil scalp &amp; neck massage, full-body skin brushing, Epsom Salt &amp; Lemon Bath, &amp; skin bathed in organic Lemongrass Lotion.</td>
<td></td>
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</tr>
<tr>
<td>Colon Cleansing Day</td>
<td>120 MINUTES</td>
<td>202</td>
</tr>
<tr>
<td>Castor Oil Pack, Colon Hydro, probiotic, Magnesium Bath &amp; lunch.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Detoxifying Clay Treatment</td>
<td>120 MINUTES</td>
<td>195</td>
</tr>
<tr>
<td>Full-body skin brush, Far Infrared Sauna, clay wrap, Dr. Hauschka face mask, luxurious clay bath, sip herbal tea, nourishing Magnesium Oil Rub, &amp; a smoothie.</td>
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<td></td>
</tr>
<tr>
<td>Full-Body Radiance</td>
<td>90 MINUTES</td>
<td>160</td>
</tr>
<tr>
<td>Skin brushing, Body Scrub, Essence bath, body lotion, lymph stimulation massage &amp; take home Birch Body Scrub.</td>
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</tbody>
</table>

HOLISTIC FACIALS

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Hauschka Classic Facial</td>
<td>120 MINUTES</td>
<td>181</td>
</tr>
<tr>
<td>Warm sage foot bath, gentle stretching, Lavender-infused compresses, 2 nourishing masks, Soft brushes lymph stimulation ~ a radiant complexion &amp; inner balance.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Hauschka Rejuvenating Facial</td>
<td>90 MIN.</td>
<td>134</td>
</tr>
<tr>
<td>Shorter but similar to above and add aromatherapy.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Hauschka Clarifying Facial</td>
<td>75 MINUTES</td>
<td>114</td>
</tr>
<tr>
<td>For inflamed skin or acne, draws out impurities and calms inflammation to encourage healthy looking skin.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Hauschka Back Facial</td>
<td>60 MINUTES</td>
<td>96</td>
</tr>
<tr>
<td>Back Facial, aromatherapy, purifying mask &amp; lotion massage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>European Facial</td>
<td>60 MINUTES</td>
<td>98</td>
</tr>
<tr>
<td>Skin care analysis, Dr. Hauschka or John Masters mask, extractions, soothing facial massage for clean skin.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Facial</td>
<td>45 MINUTES</td>
<td>62</td>
</tr>
<tr>
<td>Deep-cleansing facial balances &amp; revitalizes young, overactive skin. Take home custom skin care instructions.</td>
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</tr>
</tbody>
</table>

GROUPS & SPECIAL PARTIES

Please contact Groton Wellness at 978.449.9919 (SPA) to plan your special event or company retreat.

BATH THERAPIES

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapeutic Clay Bath*</td>
<td>60 MINUTES</td>
<td>85</td>
</tr>
<tr>
<td>Clay Foot Bath</td>
<td>40 MINUTES</td>
<td>70</td>
</tr>
<tr>
<td>Dead Sea Salt Bath</td>
<td>30 MINUTES</td>
<td>54</td>
</tr>
<tr>
<td>Magnesium Bath*</td>
<td>30 MINUTES</td>
<td>54</td>
</tr>
<tr>
<td>Dr. Hauschka Essential Oil Bath</td>
<td>30 MIN.</td>
<td>26</td>
</tr>
<tr>
<td>Premium Epsom Salt Bath*</td>
<td>30 MINUTES</td>
<td>38</td>
</tr>
</tbody>
</table>

MASSAGE THERAPY

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature Swedish Massage*</td>
<td>25/50/90 MIN</td>
<td>47/83/119</td>
</tr>
<tr>
<td>Deep Tissue Massage*</td>
<td>25/50/90 MIN</td>
<td>47/83/119</td>
</tr>
<tr>
<td>Pregnancy Massage*</td>
<td>25/50/90 MIN</td>
<td>47/83/119</td>
</tr>
<tr>
<td>Maya Abdominal Massage*</td>
<td>120 MIN.</td>
<td>186</td>
</tr>
<tr>
<td>Maya Abdominal*</td>
<td>55/90 MIN.</td>
<td>93/155</td>
</tr>
</tbody>
</table>

WELLNESS & DETOXIFICATION THERAPIES

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colon Hydrotherapy*</td>
<td>90 MIN. Initial/60 MIN Follow</td>
<td>114/98</td>
</tr>
<tr>
<td>Mineral Colon Hydrotherapy*</td>
<td>120 MINUTES</td>
<td>309</td>
</tr>
<tr>
<td>Myofascial Release</td>
<td>50/90 MINUTES</td>
<td>83/119</td>
</tr>
<tr>
<td>Coffee Implant</td>
<td>30 MIN. / ADD-ON / TAKE HOME</td>
<td>52/42/31</td>
</tr>
<tr>
<td>Reiki</td>
<td>30/50 MINUTES / CHILD</td>
<td>80/100/75</td>
</tr>
<tr>
<td>Skin Brushing</td>
<td>30 MINUTES</td>
<td>48</td>
</tr>
<tr>
<td>Far Infrared Sauna*</td>
<td>20 MIN. Initial/30 MIN. Follow</td>
<td>45/38</td>
</tr>
</tbody>
</table>

SPA SELF-CARE & SIDE DISHES

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Dream Day add to dental treatment price</td>
<td>80</td>
</tr>
<tr>
<td>Waxing ~ leg, arm, back, brow, lip, chin, face, bikini, brazilian</td>
<td>13-90</td>
</tr>
<tr>
<td>Skin Care Consultation applied to product purchase</td>
<td>26</td>
</tr>
<tr>
<td>Make-Up Application 30 MINUTES</td>
<td>47</td>
</tr>
<tr>
<td>Make-Up Application with Instruction 55 MINUTES</td>
<td>68</td>
</tr>
<tr>
<td>Bridal Custom Make-Up Application 55-75 MINUTES</td>
<td>88</td>
</tr>
<tr>
<td>Hand or Foot Shea Butter Treatment ALONE/ADD ON 16/11</td>
<td></td>
</tr>
<tr>
<td>Waterfall Shower ADD ON</td>
<td>13</td>
</tr>
<tr>
<td>Brow or Lash Tint / Both Brow &amp; Lash Tint</td>
<td>31/57</td>
</tr>
<tr>
<td>Neem Oil Scalp Massage ADD ON</td>
<td>16</td>
</tr>
<tr>
<td>Foot Bath</td>
<td>16</td>
</tr>
</tbody>
</table>

BEFORE YOUR APPOINTMENT

Please inform your therapist before your treatment if you . . .

- Are pregnant
- Have any allergies
- Recently experienced a car accident or other injury
- Have an infection, skin disease, rash or open wound
- Recently underwent chemo/radiation treatment
- Please remember we are a fragrance free facility
WELLNESS CAFÉ

LET YOUR MEDICINE BE YOUR FOOD ~ EAT TO THRIVE!

Our Café serves the freshest, finest quality organic and natural ingredients. We buy from local and sustainable farms whenever possible. We cook real food using no refined flours or sugars. Our Café team creates daily masterpieces using homemade condiments, nourishing bone broths, chemical free meats and produce. We take extra measures to ensure our meat, poultry and eggs are grass-fed, hormone free and pasture raised.

Our Café works closely with our Doctors to provide meals that meet the requirements of our customized medical food plans. Our utensils are compostable and our paper goods are recycled.

You will taste this thoughtfulness and care in every delicious bite!

The Café at Groton Wellness is located within the Medical/Spa Area of our Center and is open to everyone. Enjoy customized meals ~ breakfast, soups, sandwiches, wraps, salads, bowls, smoothies, organic coffee or tea and house-baked desserts. Finally a restaurant with delicious, nutritious, clean food.

VIEW OUR MENU & ORDER ONLINE:
GROTONWELLNESS.COM/PRACTICES/CAFÉ

MINDFUL MARKET

Groton Wellness offers top-of-the-line, all-natural, non-toxic products for truly exceptional health and wellness. Dentist, Doctor and Provider selected self-care items for oral, skin, and overall health including an extensive variety of organic groceries and food based nutritional supplements.

EDUCATIONAL EVENTS

VISIT OUR WEBSITE FOR HOURS & DETAILS