

Our skilled providers are proud to offer a variety of services to meet your needs.

Services include:

- Chiropractic
- Acupuncture
- Massage
- Chinese Herbs & Supplements
- Custom Fit Orthotics
- And much more!

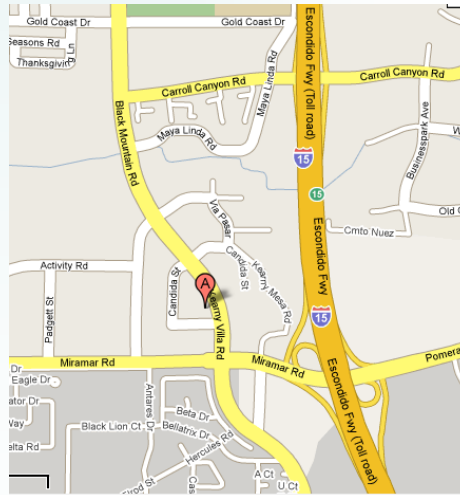
All in one location conveniently located off I-15 and Miramar Road. Contact us to set-up an appointment and to hear about our monthly special.



Office Hours and Location

Tuesday and Thursday 9:30-6:00pm
Friday 9:30-4:00pm
Saturday 9:30-2:30pm
Closed Sunday, Monday & Wednesday

**On call for emergency assistance*



Heal By Hand Wellness Center
9474 Kearny Villa Road, #113
San Diego, California 92126

Phone: 858-578-2070
Fax: 858-578-2722
E-mail: leachchiro@gmail.com



Michelle Leach, DC
858.578.2070



Wellness For All

No insurance? Or have health insurance that does not cover some of our services? Join our Wellness Plan!

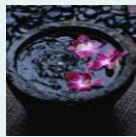
The affordable way to benefit from alternative healing treatments.
One time Administration Fee \$20
Monthly Wellness Plan Fee \$70

Wellness Plan fee also includes your choice of one of the following:

- One 1 hour Swedish Massage
- Two 1/2 hour Swedish Massages
- One Acupuncture Treatment
- Two Chiropractic Adjustments
- One Chiropractic Treatment & 30 minute massage

Our wellness plan entitles you to reduced prices on additional treatments of your choice and a \$5 credit for every referral that becomes a Wellness Plan Participant.

Call us today for details!
858-578-2070



Chiropractic & Acupuncture

(Wellness Plan / Per visit Rate)

Chiropractic Exam with Treatment
\$70 / \$100 or *Insurance/co-pay apply

Chiropractic Adjustment
\$30 / \$45 or *Insurance/ co-pay apply

Chiropractic plus Therapy
\$40 / \$60 or *Insurance/ co-pay apply



Acupuncture Exam & Treatment
\$70 / \$100 or *Insurance/co-pay apply

Acupuncture Treatment
\$60 / \$90 or *Insurance/co-pay apply

**Co-pay and services may vary depending on individual's insurance provider.*



Massage Treatments

1 Hour Treatments

\$45 / \$75 Swedish/Circulatory*
\$55 / \$85 Deep Tissue*
\$55 / \$85 Hawaiian Lomi Lomi*
\$60 / \$90 Trigger Point
\$45 / \$75 Relaxation/Parasympathetic*
\$45 / \$75 Pregnancy/Side-lying*

30 Minute Treatments

\$30 / \$40 Swedish/Circulatory
\$30 / \$40 Relaxation/Parasympathetic
\$30 / \$40 Pregnancy/Side-lying

1 1/2 Hour Treatments

\$80 / \$105 Swedish Massage
\$85 / \$100 Dry Brush Massage
\$90 / \$110 Hot Stone Massage

Reiki – Allow up to 1 1/2 hours
\$75 / \$105

Add Aromatherapy to any massage
\$ 5 / \$10

*Wellness Plan participants may upgrade from a Swedish massage by paying the difference for another massage of their choice. These treatments may also be scheduled for 1/2 hour sessions.

