



Green  
Garden

ANTI-AGING & WELLNESS CENTER

# Services Menu

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WELLNESS CENTER



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# Massages

## Relaxing Massages

### Relaxing Massage Serene Garden

It relaxes muscles and revitalizes the skin in a single session, leaving a feeling of total well-being.

#### Price

RD\$2,200

#### Time

50 minutes

### Reflexology Massage Nature Touch

Relaxing massage inspired by nature that combines gentle movements to release tension, reduce stress and balance body and mind.

#### Price

RD\$1,200

#### Time

30 Minutes

### Masaje Relajante y Exfoliación Oasis Dream

Relaxing massage. Designed to relieve stress and muscle tension, this massage uses gentle, rhythmic movements that promote mental and physical relaxation.

#### Price

RD\$3,500

#### Time

50 Minutes

# Therapeutic Massages

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## Deep Tissue Massage

Intensive therapy that works deep muscle layers, relieving chronic pain, severe muscle tension, and improving circulation. Ideal for those who need deep relaxation.

### Price

RD\$1,400

### Time

30 Minutes

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## Lymphatic Drainage Massage Leafy

Lymphatic massage. Stimulates the lymphatic system, promoting the elimination of toxins and retained fluids. Ideal for reducing inflammation and improving circulation.

### Price

RD\$2,000

### Time

50 Minutes

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## Sports Recovery Massage

Specializing in preventing and treating sports injuries, this massage combines deep pressure techniques and stretching. It increases flexibility, accelerates muscle recovery, and reduces stiffness, making it ideal for athletes or people with intense physical activity.

### Price

RD\$2,000

### Time

50 Minutes

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## Hot Stone Ritual Massage

Therapeutic massage with hot stones that relaxes muscles, improves circulation and promotes energetic harmony.

### Price

RD\$2,800

### Time

50 Minutes

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# Facials

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## Essential Facials

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### Express Facial Fresh Start

Express Facial. A quick and effective treatment that cleanses, hydrates, and revitalizes the skin in no time. It's perfect for those looking to improve their complexion immediately before an important event or activity.

**Price**  
RD\$1,800

**Time**  
50 Minutes

### Moisturizing Facial Green Oasis

Hydrating Facial. This treatment provides deep hydration, ideal for dry or dehydrated skin. It improves elasticity, smoothness, and overall appearance of the face, leaving a feeling of freshness and comfort.

**Price**  
RD\$2,500

**Time**  
50 Minutes

## Advanced Facials

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### Detox Ritual

An advanced facial that combines cleansing, exfoliation, extraction, and hydration in a single procedure. It's ideal for deeply rejuvenating and purifying the skin.

**Price**  
RD\$4,000

## Pro-Collagen Anti-Wrinkle Ritual

Firming facial treatment that stimulates collagen production, improves elasticity and redefines facial contours.

**Price**

RD\$7,000

## Intense Hydration Ritual

Intensive deep hydration treatment that fills fine lines and leaves skin soft, luminous and fresh.

**Price**

RD\$5,000

## Anti-Aging Facials

### Botanical Rejuvenation

Anti-aging facial. Designed to reduce the signs of aging, this treatment uses specialized products to minimize fine lines, firm the skin, and promote collagen production. It provides a more youthful and radiant complexion.

**Price**

RD\$3,000

### Garden Glow

Illuminating treatment that revitalizes dull skin, evens skin tone and provides an immediate glow effect.

**Price**

RD\$2,000



# Exfoliation and Wraps

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## Chocolate Wrap For Relaxation + Nourished Skin

Nourishing and antioxidant body treatment that moisturizes the skin, relaxes the body and improves mood.

**Price**  
RD\$5,000

**Time**  
55 Minutes

## Body Exfoliation: Cell Renewal + Circulation Stimulation

Removal of dead cells that leaves the skin soft, renewed and ready to better absorb treatments.

**Price**  
RD\$2,500



# Laser Hair Removal

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## Full Face Laser

### Benefits

Less hair, less irritation, progressive results

### Price

RD\$2,000

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## Laser Bikini

Bikini area hair removal that eliminates hair permanently and safely. Leaves skin smooth and irritation-free, perfect for maintaining a flawless appearance.

### Price

RD\$2,000

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## Brazilian Laser

Hair removal in the intimate area that reduces hair growth safely, effectively and long-lastingly.

### Price

RD\$2,000

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## Laser treatment for legs and thighs

Removes thigh hair permanently, ideal for showing off smooth legs free from regular hair removal.

### Price

RD\$2,000

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# Aesthetic Medicine

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## Facial Rejuvenation

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### Botox

A high-precision medical-aesthetic treatment that relaxes the muscles responsible for expression lines, achieving a fresher, more rested and rejuvenated face without losing naturalness.

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### Deep Hydration with Hyaluronic Acid

Treatment that restores hydration, elasticity and luminosity to the skin, improving its overall appearance.

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### Radiesse

Radiesse is a facial filler used in aesthetic medicine to rejuvenate the face. It helps to fill wrinkles, restore volume to areas such as cheekbones or jawline and also stimulates collagen, that is, it helps the skin look firmer over time.

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### PROFHILO

Innovative ultra-pure hyaluronic acid treatment that intensely hydrates, improves elasticity and redefines the skin, providing a global and luminous rejuvenation effect.

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### Platelet-Rich Plasma

Regenerative therapy that uses the patient's own plasma, rich in growth factors, to revitalize the skin, stimulate cell regeneration and improve its appearance naturally and safely.

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## Exosomes

Advanced regenerative technology that stimulates cell repair and collagen production, improving skin texture, radiance, and firmness.

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## PDRN – Salmon Sperm

Polydeoxyribonucleotide is a dermal biostimulator composed of purified DNA fragments that promotes cell regeneration, stimulates collagen production and improves tissue repair, helping to revitalize, hydrate and improve skin quality.

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## Growth Factors

Growth factors are bioactive proteins that act as cellular messengers, stimulating cell regeneration, proliferation, and differentiation. They are used to accelerate skin repair processes and improve skin quality.

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## Peptides

Short chains of amino acids that act as biological signals in the skin, stimulating specific functions such as collagen production, cell repair, and regulation of skin firmness.

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## Skin Quality

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### Microneedling

This aesthetic treatment uses very fine microneedles to stimulate the skin, helping it produce collagen and elastin. It improves texture, fine lines, blemishes, and scars, leaving the skin firmer, brighter, and renewed.

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### Anti-aging Mesotherapy

Revitalizing treatment that provides essential active ingredients to the skin to improve firmness, radiance and skin quality from within.

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## Dermaplaning

Treatment aimed at improving skin tone, helping to lighten spots and unify skin color gradually.

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## Microdermabrasion

It is a non-invasive procedure that mechanically exfoliates the superficial layer of the skin using diamond tips or microcrystals, stimulating cell renewal and improving the texture, luminosity and appearance of fine spots, enlarged pores and superficial lines.

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## Peelings

Dermatological procedures that consist of the controlled application of exfoliating chemical agents to the skin, designed to cause controlled peeling and stimulate cell regeneration, improving texture, blemishes, acne and signs of aging.

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## Spots / Acne / Rosacea

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### NCTF

Polyrevitalizing complex with hyaluronic acid.

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### Mesotherapy for Spots

Treatment aimed at improving skin tone, helping to lighten spots and unify skin color gradually.

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# Photo Age

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## Acne Photo Age

A specialized treatment that combines photostimulation technology with LED light to control active acne, reduce inflammation, and regulate oil production.

It purifies, soothes, and promotes skin regeneration, leaving a clearer, more even, and healthier complexion.

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## Rosacea Photo Age

This protocol is designed for sensitive skin with redness or rosacea. It incorporates LED light to soothe inflammation, strengthen the skin barrier, and reduce the appearance of dilated blood vessels.

Visible results in comfort, balance and a more even tone.

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## Spots Photo Age

This treatment focuses on reducing hyperpigmentation and sun damage. With the support of LED light, it helps to even out skin tone, gradually lighten dark spots, and restore natural radiance to the face.

Clearer, more even and radiant skin from the first sessions.

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## Anti-aging Photo Age

A rejuvenating protocol that stimulates collagen production and improves skin firmness. Includes LED light to boost cell regeneration, smooth fine lines, and restore radiance.

A comprehensive treatment for firmer, fresher, and visibly younger-looking skin.

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# Body and Face

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## Facial and Body Radiofrequency

A firming procedure that improves sagging and stimulates collagen, helping to redefine the facial contour and body silhouette.

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## Lipolytic Mesotherapy

Body treatment that helps reduce localized fat and improve body contour in a non-invasive way.

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## HIFU

Advanced treatment that tightens skin and reduces sagging using ultrasonic energy. It stimulates collagen production, ideal for non-surgical face and body lifting.

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## Dr. Raysa Perrone Sosa

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A graduate of PUCMM, Dr. Perrone also holds specializations in Clinical Nutrition (INTEC) and Aesthetic Medicine (UNPHU). With over 10 years of experience, Dr. Perrone has dedicated her practice to integrating science, wellness, and aesthetics to help her patients look and feel their best.

As the founder of Green Garden, she promotes a balance between health, self-care, and holistic well-being as the source of true beauty.

# Clinical Nutrition

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Improve your health and well-being with the guidance of a doctor specializing in nutrition. The consultation focuses on a comprehensive evaluation of your health, eating habits, lifestyle, and personal goals. Professional, personalized care focused on real and sustainable results.

## Price

RD\$4,000

## Dr. Rosanni Martínez

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Dr. Rosanni Martínez is a graduate of General Medicine from the Technological University of Santiago, with training in Human Relations and specialization in clinical and hospital nutrition and endocrinology. She holds a Master's degree in Clinical Nutrition and Endocrinology from the Catholic University of Murcia (Spain) and the Institute of Nutritional and Health Sciences (ICNS).



# Serum Therapy



## Deep Sleep Drip

**Ideal for:** Insomnia, people under high stress, jet lag.

### Benefits

Improves sleep quality, calms the nervous system, reduces anxiety and stress.

### Price

RD\$5,600

### Ingredients

Magnesium + B Complex + B12 + Trace Elements.

## Energy Boost

**Ideal for:** executives, athletes, and those suffering from chronic fatigue.  
Recharge from your mitochondria.

### Benefits

Sustained energy, mental clarity, less fatigue, better physical performance.

### Price

RD\$6,000

### Ingredients

Coenzyme Q10 + Magnesium + B Complex.

## Glow & Detox

**Ideal for:** dull skin, smokers, people with oxidative stress. Glow from within, cleanse your body.

### Benefits

Powerful antioxidant, liver detox, luminous skin, anti-aging.

### Price

RD\$6,500

### Ingredients

Vitamin C + Glutathione + Coenzyme Q10 + Alpha Lipoic Acid

## Cell Repair

**Ideal for:** post-surgery recovery, hair loss, devitalized skin.

Repair, regenerate and strengthen your tissues.

### Benefits

Cell regeneration, improved healing, strengthens hair and skin.

### Price

RD\$6,000

### Ingredients

Placenta extract + Amino acids + Trace elements + B12

## Mind & Focus

**Ideal for:** executives, athletes, chronic fatigue.

Recharge from your mitochondria.

### Benefits

Sustained energy, mental clarity, less fatigue, better physical performance.

### Price

RD\$6,000

### Ingredients

Coenzyme Q10 +  
Magnesium + B  
Complex.

## Immune Shield

**Ideal for:** weather changes, virus seasons, immunocompromised people.

Your inner armor all year round.

### Benefits

Strengthens defenses, prevents infections, accelerates recovery.

### Price

RD\$5,500

### Ingredients

Vitamin C + Glutathione  
+ B Complex + Trace  
Elements.

## Longevity Elixir

**Ideal for:** patients seeking longevity and overall well-being.

More years, better quality of life.

### Benefits

Deep anti-aging, cellular repair, vital energy.

### Price

RD\$6,000

### Ingredients

Glutathione + Vitamin C +  
Coenzyme Q10.

## Extras (Boosters IM o push):

- **Skin Glow Shot:** Glutathione + Vitamin C (radiant skin)
- **Happy Mood Shot:** Magnesium + B6 (relaxation & mood)
- **Energy Shot:** B12 + Coenzyme Q10 (fast energy)
- **VitD:** healthy bones, muscles and nerves and to support the immune system.
- **NIACINA IM B3:** It helps convert food into energy, maintain healthy skin, nervous system, and digestive system, and improve cholesterol levels by increasing HDL ("good") cholesterol and decreasing LDL ("bad") cholesterol and triglycerides. It also plays a role in DNA repair, sex hormone production, and improving brain function and cardiovascular health.

### NAD+ Serum Therapy, 1st Dose

Start of the NAD+ protocol that supports cellular energy and overall well-being.

#### Benefits

**Ideal for:** patients seeking longevity and overall well-being.

Deep anti-aging, cellular repair, vital energy.

#### Ingredients

NAD+ Nicotinamide Adeine Dinocleotide

### NAD+ Serum Therapy, 2nd Dose

Continuation of treatment to reinforce cell regeneration and vitality.

### NAD+ Serum Therapy, 3rd Dose

Advanced dose that helps improve physical and mental performance.

### NAD+ Serum Therapy, 4th Dose

Closing the protocol to maximize anti-aging and cellular energy benefits.

## Serum with Trace Elements, Vitamin C and Glutathione

Antioxidant serum that strengthens the immune system, improves skin and combats oxidative stress.

**Price**

RD\$6,000

## Serum with Trace Elements, Vitamin C, Glutathione and B Complex

Revitalizing treatment that provides energy, improves cellular function and promotes overall well-being.

**Price**

RD\$6,000



# Overall well-being

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# Clinical Psychology

## Psychology Consultation

Price: RD\$4,500

A safe and confidential space where we help you understand your emotions and strengthen your mental well-being.



## Lic. Maria Alejandra Pla

María Alejandra Pla is a clinical psychologist with eight years of experience in mental health and a Master's degree from Barcelona. She works from a systemic and cognitive-behavioral approach, providing individual, couples, and family therapy to adolescents and adults. She supports individuals through processes related to anxiety, depression, self-esteem, eating disorders, and emotional and relational difficulties, with the goal of helping each person build a healthier relationship with themselves and their environment.



## Brenda Mateo Rodríguez

Clinical and health psychologist with 10 years of experience in mental health, including 5 years in forensic psychology and 2 years in educational psychology. She works as an individual, couples, and family therapist, focusing on emotional well-being and strengthening healthy and balanced relationships.

# Epigenetic Test

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## Epigenetic Test: Discover what your body needs today!

Your DNA is not your destiny.

What truly matters is how your habits are impacting your health right now. And that's precisely what an epigenetic test reveals.

This study analyzes how factors such as stress, diet, sleep, and lifestyle are affecting the expression of your genes. It doesn't change your genetics, but it does show you how your body is currently functioning.

### What can it tell you?

- If your body is under stress
- If you have inflammation
- What is your energy level like?
- How is your body aging?
- What does your body need to feel better?

This information is used to create a personalized plan for nutrition, supplements, and healthy habits.

### Why do it?

Because everyone is different.

What works for others may not work for you.

The Epigenetic Test gives you clear and specific answers so you can make informed decisions about your well-being. It's prevention, it's knowledge, and it's an investment in your quality of life.

**The future of healthcare is personalized. And it starts with knowing yourself from the inside out.**

# Electromagnetic Chair

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## EmSella Chair Electromagnetic Chair Treatment

Strengthen your pelvic floor with Dr. Arnold's non-invasive technology. In just 28 minutes per session, it simulates over 12,000 Kegel exercises. Ideal for cases of incontinence, muscle weakness, and postpartum recovery.

**Price per session: US \$120**  
**Package starting from 6 sessions: US \$100 each**

Visible, comfortable and clinically proven results.

Schedule your appointment today!





# Compression Boots

## AQUILO Compression Boots

Ideal for muscle recovery, this system combines cold and compression to reduce inflammation, relieve pain and accelerate regeneration in sports injuries or surgeries.

### Price

RD\$1,300

### Time

30 Minutes

## NORMATEC Compression Boot

This treatment uses sequential compression technology to improve blood and lymphatic circulation. It is ideal for reducing inflammation, relieving muscle fatigue, and accelerating recovery in athletes or people with fluid retention problems.

### Price

RD\$1,300



## Red Light Therapy

Non-invasive treatment that stimulates cell regeneration, improves skin, and helps reduce inflammation and pain.

### Price

RD\$2,000



# Contact us!

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BOOK YOUR APPOINTMENT

[www.Greengardenwellness.com](http://www.Greengardenwellness.com)