



WELCOME TO YOUR JOURNEY

GLP-1 Patient Welcome Packet

Everything you need to know about the therapies, supplements, and supportive services that will help you look and feel your best at every stage of your transformation.

KEYSTONE WELLNESS & WEIGHT LOSS CENTER

Reading, Pennsylvania • 610-340-GLOW (4569)

WELCOME

Welcome to Your Transformational Journey

Thank you for trusting Keystone Wellness & Weight Loss Center with your health. We're truly honored to walk beside you as you reclaim energy, confidence, vibrant health, and the body you've always wanted.

OUR MISSION

To empower total wellness — mind, body, and spirit. Sustainable, life-changing results happen when every part of you is supported. That's why we've built a true one-stop wellness destination offering medical weight-loss expertise alongside restorative, aesthetic, and holistic therapies — so you look and feel incredible at every stage.

YOUR COMPREHENSIVE GLP-1 PROGRAM INCLUDES

- Provider-supervised care with personalized dosing & adjustments
- Monthly wellness visits & body composition analysis
- Nutrition and hydration coaching
- Access to therapies proven to enhance GLP-1 results (detailed in this packet)

WHAT'S INSIDE THIS PACKET

- **Red Light Therapy (LLLT)** — skin elasticity, fat metabolism & energy
- **Hyperbaric Oxygen Therapy (HBOT)** — recovery, inflammation & cognitive clarity
- **Reiki Energy Healing** — stress relief, emotional balance & sleep support
- **Esthetician Services** — customized facials and advanced skincare
- **Simply Pilates** — private, duo, post-rehab, and group mat classes
- **Thorne Research Supplements** — curated for gut health, sleep, metabolic support & nutrient gaps
- **Vitamin Injections & IV Therapy** — targeted nutrition delivered intravenously
- **Premium Skincare & Hair Care** — Nutrafol, SkinCeuticals & Circadia

HOLISTIC THERAPY · 01

Red Light Therapy

Red Light Therapy (also called Low-Level Light Therapy, or LLLT) uses specific wavelengths of light to penetrate the skin and stimulate cellular energy production at the mitochondrial level. It's relaxing, non-invasive, and requires zero downtime — making it one of the easiest and most enjoyable ways to support your GLP-1 journey.

WHY IT MATTERS DURING WEIGHT LOSS

As your body changes rapidly on GLP-1 therapy, Red Light Therapy helps your skin keep up. It's clinically shown to improve skin firmness and elasticity, boost cellular energy, support fat metabolism, and accelerate recovery from exercise — all of which complement and amplify your weight-loss results.

BENEFITS

- Improves skin tone, firmness, and elasticity
- Stimulates collagen production
- Reduces joint pain and inflammation
- Enhances muscle recovery after workouts
- Supports mood, sleep, and overall energy
- Aids in fat metabolism during rapid weight loss

SESSION LENGTH 10 – 20 minutes

FREQUENCY 2 – 4 times per week for optimal results

PRICING Single session \$40 · Unlimited Monthly Pass \$150 (once daily, M–F during office hours)

GOOD TO KNOW Goggles included. Fully clothed or treatment area exposed.

Pair it with your GLP-1 visit

Red Light pairs beautifully with your monthly wellness visit. Ask the front desk about adding a session before or after your appointment.

HOLISTIC THERAPY · 02

Hyperbaric Oxygen Therapy (HBOT)

Hyperbaric Oxygen Therapy involves breathing oxygen-rich air inside a gently pressurized 1.4 ATA soft chamber. The increased pressure dissolves more oxygen into your bloodstream, plasma, and tissues — delivering it deep into the places where healing, energy production, and cellular repair happen most.

WHY IT MATTERS DURING WEIGHT LOSS

GLP-1 therapy is powerful, but rapid metabolic change can leave you feeling fatigued, foggy, or sore. HBOT supports faster recovery, deeper sleep, sharper mental clarity, and reduced systemic inflammation — helping you feel as good on the inside as you're starting to look on the outside.

BENEFITS

- Accelerated tissue repair and recovery
- Reduced systemic inflammation
- Immune system support
- Improved cognitive clarity and mental focus
- Deeper, more restorative sleep
- Skin health and collagen support
- Excellent post-surgical recovery aid

SESSION LENGTH 60 – 90 minutes

FREQUENCY Weekly or bi-weekly — bundles available for post-op & chronic conditions

PRICING Single session \$80 · Multi-session bundles available

GOOD TO KNOW Comfortable, lie-down chamber. Bring a podcast, music, or just rest.

Recovery bundles available

Ask about **The Rebuild Protocol** — 10 HBOT sessions plus a recovery IV and Thorne supplement stack — designed for post-surgical and high-recovery needs.

HOLISTIC THERAPY · 03

Reiki Energy Healing

Reiki is a gentle, non-invasive healing technique that promotes deep relaxation, reduces stress, and supports the body's natural ability to heal. Through light touch or hands placed just above the body, Reiki encourages energetic balance and emotional well-being — meeting you exactly where you are.

WHY IT MATTERS DURING WEIGHT LOSS

Weight loss isn't just physical. Stress, emotional eating, and the mental weight of changing your body can all show up during this journey. Reiki offers a calm, restorative space to release stress, reset your nervous system, and find emotional balance — especially helpful during dose adjustments or plateaus.

BENEFITS

- Deep stress relief and nervous system reset
- Emotional balance and reduced anxiety
- Improved sleep quality
- Support for emotional eating patterns
- Calming during medication adjustments
- Enhanced sense of grounding and self-connection

SESSION LENGTH 30 – 60 minutes

FREQUENCY Every 2 – 4 weeks recommended

PRICING Single Rebalance Session \$80 · Renewal Package (3 Sessions) \$195

GOOD TO KNOW Fully clothed on a massage table. Personalized intention setting included.

AESTHETICS · 04

Esthetician Services & Skincare

As your body transforms, your skin deserves expert care. Our licensed estheticians offer customized facials and advanced skincare treatments using medical-grade product lines — tailored to your unique skin type and concerns at every stage of your journey.

CUSTOMIZED FACIALS

Each facial is built around *your* skin — whether that's hydration, anti-aging, acne, or brightening. Add-ons including high-frequency treatment, LED face therapy, and microdermabrasion let us go even deeper.

MEN'S FACIALS

Great skin isn't just for the ladies. We offer customized facials designed for men's skin concerns including razor irritation, enlarged pores, and sun damage.

DUO FACIALS

Book side by side with a friend, partner, or family member for a fun, relaxing experience together.

ADDITIONAL ESTHETICS SERVICES

- **Microdermabrasion** — gentle exfoliation for brighter, smoother skin
- **Chemical Peels** — light to medium peels for acne, sun damage, fine lines, and pigmentation (administered by Jessica Trythall, RN)
- **LED & High-Frequency Add-Ons** — boost any facial treatment

Ask about “Ozempic Face” prevention

Rapid weight loss can sometimes change facial volume. Our nurse injectors offer treatments — including dermal fillers and natural-volume alternatives like EZ Gel — to keep your face looking as confident and refreshed as the rest of you.

MOVEMENT · 05

Simply Pilates

Located right inside Keystone Wellness & Weight Loss Center, Simply Pilates is your in-house movement studio — offering everything from private sessions to group mat classes. It's the perfect complement to your GLP-1 program, helping you build strength, protect your joints, and preserve lean muscle as the weight comes off.

WHY IT MATTERS DURING WEIGHT LOSS

Maintaining (and building) muscle is one of the most important things you can do during GLP-1 therapy. Pilates is low-impact, joint-friendly, and incredibly effective for core strength, posture, balance, and flexibility — making it ideal at any fitness level, including post-rehab.

WHAT WE OFFER

- **Private Sessions** — one-on-one attention, fully customized
- **Duo Fitness** — bring a friend and split the session
- **Post-Rehab Pilates** — gentle, restorative work after surgery or injury
- **Group Mat Classes** — community-focused, all levels welcome

YOUR INSTRUCTORS

Simply Pilates is led by **Kathryn Marr, DPT** — a Doctor of Physical Therapy who brings rehabilitation expertise to every session — and **Alyssa Viola, RN**, a registered nurse and Pilates instructor who blends clinical knowledge with movement.

PRICING Private session \$80 · Semi-private (duo) \$40 / person · Mat class \$22

SCHEDULE Visit simplypilatespa.com or ask the front desk

GOOD TO KNOW Wear comfortable, fitted clothing. Grip socks recommended.

TARGETED NUTRITION · 06

Vitamin Injections & IV Therapy

When you're eating less, getting the right nutrients in becomes more important than ever. Vitamin injections and IV therapy deliver targeted nutrition directly into your bloodstream — bypassing the digestive tract for fast, efficient absorption.

VITAMIN INJECTION MENU

- **Lipo-Stat Plus** — supports fat metabolism and energy
- **B-Complex** — energy, mood, and metabolic support
- **Vitamin D3** — immune, bone, and mood support
- **NAD+** — cellular energy, mental clarity, and anti-aging

IV THERAPY MENU

- **Recovery & Performance** — hydration, amino acids, and electrolytes for energy, endurance, and post-workout recovery
- **Immunity** — vitamin C, zinc, and hydration to strengthen your body's natural defenses
- **Timeless** — a glow-boosting infusion packed with antioxidants for hydration, radiance, and rejuvenation
- **Alleviate** — a soothing blend formulated for comfort, hydration, and balance during physical or emotional stress
- **Myers' Cocktail** — the classic wellness infusion for energy, immune support, and whole-body vitality

Not sure what's right for you?

Ask your provider during your monthly visit. We'll recommend the injections or IVs that align with how you're feeling and where you are in your journey.

CURATED SUPPLEMENTS · 07

Thorne Research Supplements

Thorne is one of the most trusted, science-backed supplement brands in the industry — used by professional sports teams, the Mayo Clinic, and thousands of integrative providers nationwide. We've hand-selected the Thorne products that pair best with GLP-1 therapy to help eliminate deficiencies, ease side effects, and accelerate your results.

WHAT WE CARRY IN-OFFICE

- **FloraMend Prime Probiotic** — daily probiotic for gut health and digestive comfort
- **Metabolic Health** — supports healthy blood sugar regulation and metabolic function
- **Quercetin Phytosome** — powerful antioxidant and anti-inflammatory support
- **Melaton-3** — 3 mg melatonin for occasional sleep support
- **Melaton-5** — 5 mg melatonin for deeper or more difficult sleep needs
- **ResveraCel** — cellular energy, healthy aging, and metabolic support
- **Creatine** — supports lean muscle, strength, and cognitive function during weight loss

Ask for a personalized recommendation

Not every patient needs every supplement. During your monthly visit, your provider will help you build a stack that's specific to your goals, labs, and where you are in your GLP-1 journey.

RETAIL · 08

Premium Skincare & Hair Care

Beyond our in-office services, we're proud to carry three of the most respected, results-driven brands in skincare and hair wellness. Each is physician- or science-backed, and our team can help you build a personalized at-home routine that supports the changes happening on the inside.

NUTRAFOL · HAIR WELLNESS

100% drug-free, physician-formulated nutraceuticals that combat shedding and the hormonal hair changes that can come with rapid weight loss. Different formulas are available for women, men, postpartum, and life-stage-specific needs — ask us which is right for you.

SKINCEUTICALS · ADVANCED SKINCARE

A medical-grade skincare line trusted by dermatologists worldwide. SkinCeuticals specializes in clinically proven antioxidants, sunscreens, and corrective serums — ideal for protecting and strengthening your skin as you transform.

CIRCADIA · PROFESSIONAL SKINCARE

A chronobiology-based skincare line that works with your skin's natural circadian rhythm. Circadia products feature peptides, growth factors, and advanced botanicals — the same line we use in many of our facial treatments, available for take-home use.

All available in-office

All three product lines are stocked at Keystone. Ask your esthetician or provider for a personalized recommendation during your visit — we'll help you choose products that fit your skin, your goals, and your routine.

WE'RE WITH YOU

Every Step of the Way

Questions about side effects? Hitting a plateau? Need a dosing adjustment, or just a pep talk? We're here. Text, call, or send us a portal message anytime — your success is our entire mission.

CALL OR TEXT **610-340-GLOW (4569)**

WEBSITE keystonewellnessandweightloss.com

LOCATION 11 Fairlane Rd (Lower Level)
Reading, PA 19606

HOURS Mon 10–6 · Tue 8–5 · Wed 8–4 · Thu 8–5
Fri 8–12 · Sat by appointment

Welcome to the family. You're about to feel better than you ever thought possible.

*With gratitude & excitement,
The Keystone Wellness Team*