



RESOURCES FOR WOMEN

Healthcare for Women

Vibrant Health of Colorado
Nicco Long, Melanie Cross

Purely Menopause
Dr. Rochelle Bernstein

Colorado Mountain Medical
Dr. Jennifer Bettenhausen

Acupuncture / TCM

Laughing Buddha Acupuncture
Susan Engle, MSOM, LAc

La Femme Wellness
Michele Lavire, MSTOM

Bodywork/Skincare

Massage & Myofascial Release
Sofia Chay

Integrative Massage/
PureBody Wellness
Kristi Ryan

Brain Health/Brain Training & Biofeedback

Amazing Brains
Performance Center

Sound Healing

Aquarian Uprising + Mayan
Susanne Waibel Abdominal
Therapy & More

Vitality Eagle

Chiropractic/Superhuman Protocol/StemWave/PNOE Hyperbaric Chamber

Higher Octave
Luke Cobb

Nervous System Regulation

Resilient Minds Course
Mindfulness

The Tapping Solution
EFT

HeartMath Techniques
Coherence

Other Stress Busters

4-7-8 Breathing

**Walk/Connect
with a friend, pet,
in nature :-)
~You've got this~**

Strength Training

Synergy Center For Wellness
Pilates

Other Vail Valley

The Belden Witch Store
Jocelyn Laferriere

Blue Goat
Apothecary

Clean Living

EWG Skin Deep, Home,
Food, Water

One Skin targets
cellular senescence

Honestly Phresh
Prebiotic Deodorant

Clean Living cont'd

Meliora
Dishsoap bar, laundry, cleaner

Clean People
Laundry Sheets Det.

Puracy
Laundry & Cleaning

Non-Toxic Cookware

Lodge Cookware
Cast Iron & Enameled

Stainless Steel
Cookware

Alva premium-grade
steel + non-toxic non-
stick