ENTÔ

# WELLNESS FROM WITHIN

Ento is a multi-level wellness destination designed for recovery, restoration, and whole-body optimization. Our second floor is powered by City Hydration, Philadelphia's pioneering IV wellness provider. Since 2017, City Hydration has helped redefine proactive care through advanced therapies designed to support healing, performance, and longevity.

RITUALS OF WELLNESS SERVED DAILY

BY CITY HYDRATION

| 1919 WALNUT STREET | PHILADELPHIA |
| --- | --- |

# OUR SERVICES

(01)

## Contrast Therapy



(02)

## Immersive Therapy



(03)

## Bodywork Therapies



(04)

## Infusion Therapy



# OUR SERVICES



| | |
|---|---|
| **(01)** | CONTRAST THERAPY |
| (02) | IMMERSIVE THERAPY |
| (03) | BODYWORK THERAPIES |
| (04) | INFUSION THERAPY |

# CONTRAST THERAPY

Cold Plunge

Hot Tub Soak

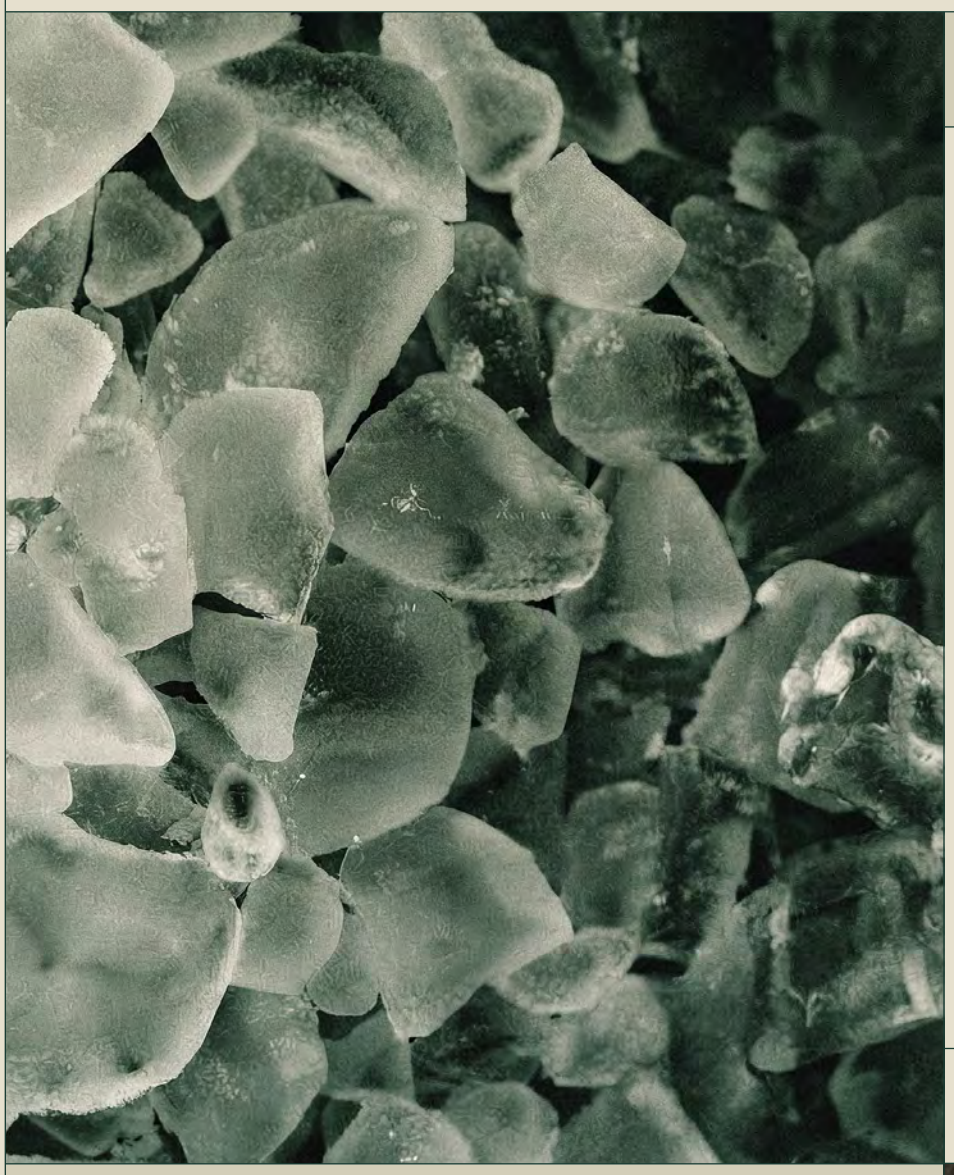
Infrared Sauna

Steam Room

**1919 WALNUT STREET**

**PHILADELPHIA**

# CONTRAST THERAPY



## COLD PLUNGE

Cold immersion therapy supporting recovery, reducing inflammation, improving circulation response, and enhancing resilience.

TBD

## HOT TUB SOAK

Hydrotherapy experience designed to soothe muscles, promote circulation, and encourage full-body relaxation.

TBD



# CONTRAST THERAPY



## INFRARED SAUNA

Therapeutic heat experience promoting circulation, reducing inflammation, supporting detoxification, and encouraging relaxation.

$30 30 min | $45 40 min

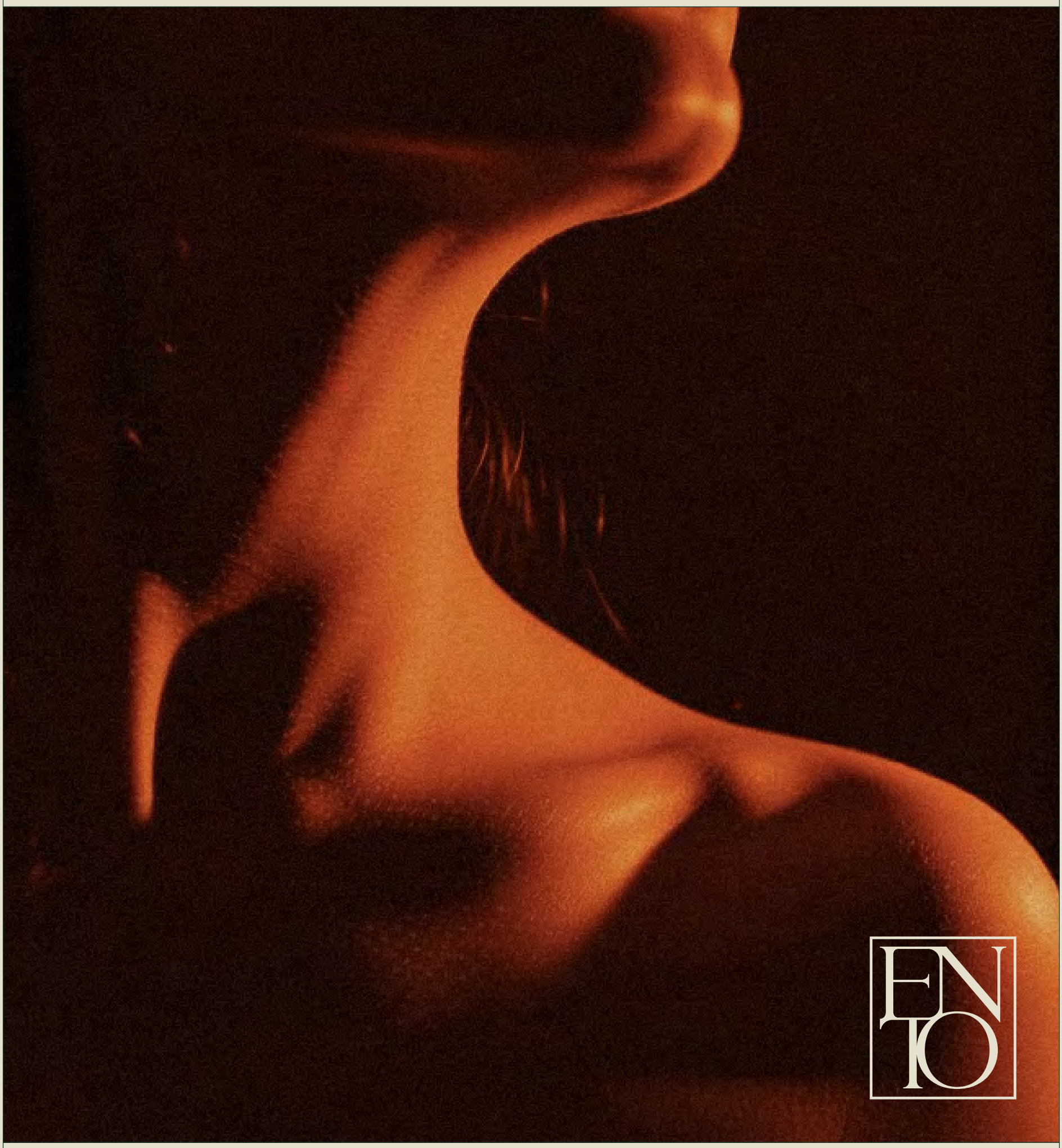
## STEAM ROOM

Humid heat therapy intended to support relaxation, circulation, respiratory comfort, and post-workout recovery.

TBD



# OUR SERVICES



(01) CONTRAST THERAPY

**(02) IMMERSIVE THERAPY**

(03) BODYWORK THERAPIES

(04) INFUSION THERAPY

# IMMERSIVE THERAPY

Ammortal Chamber

Hyperbaric Oxygen Therapy (HBOT)

Salt Room

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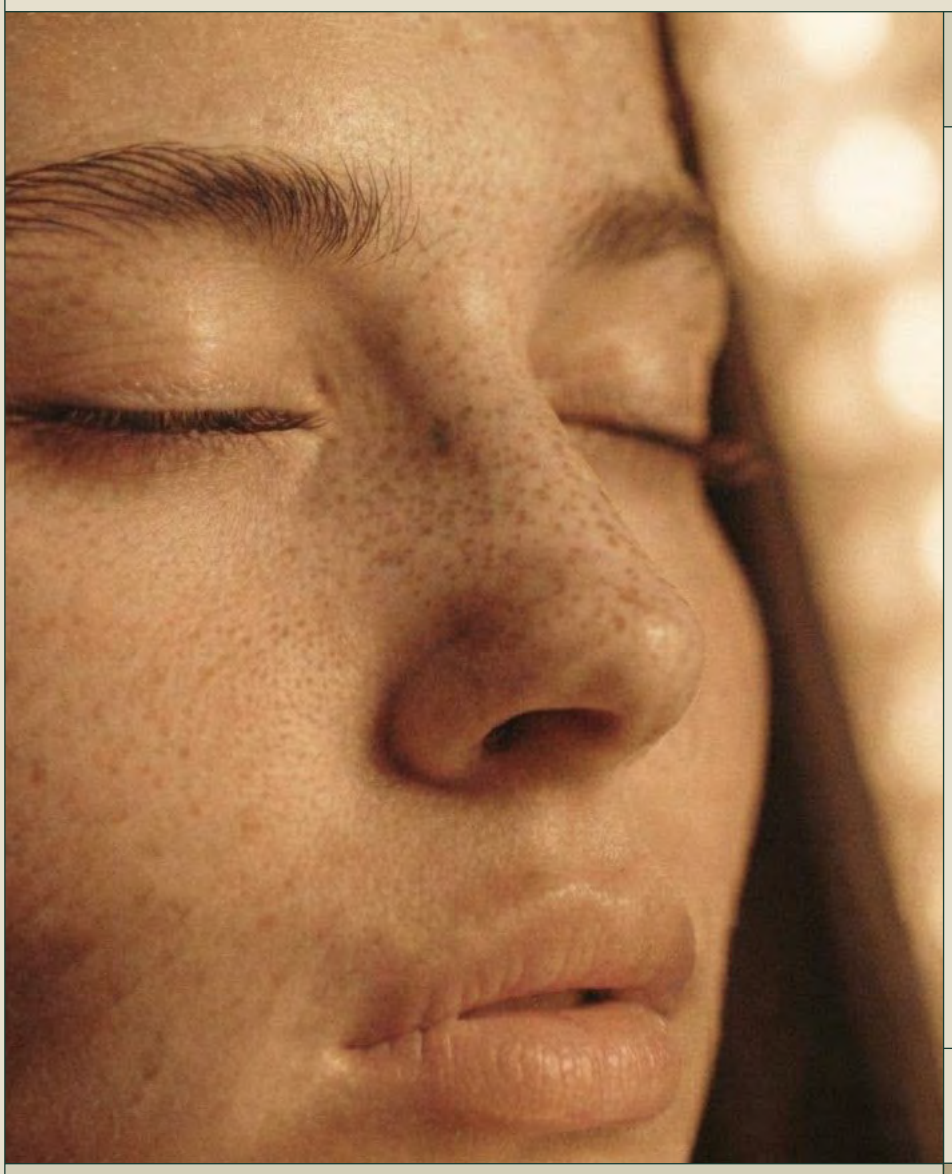
# IMMERSIVE THERAPY



## HYPERBARIC OXYGEN THERAPY (HBOT)

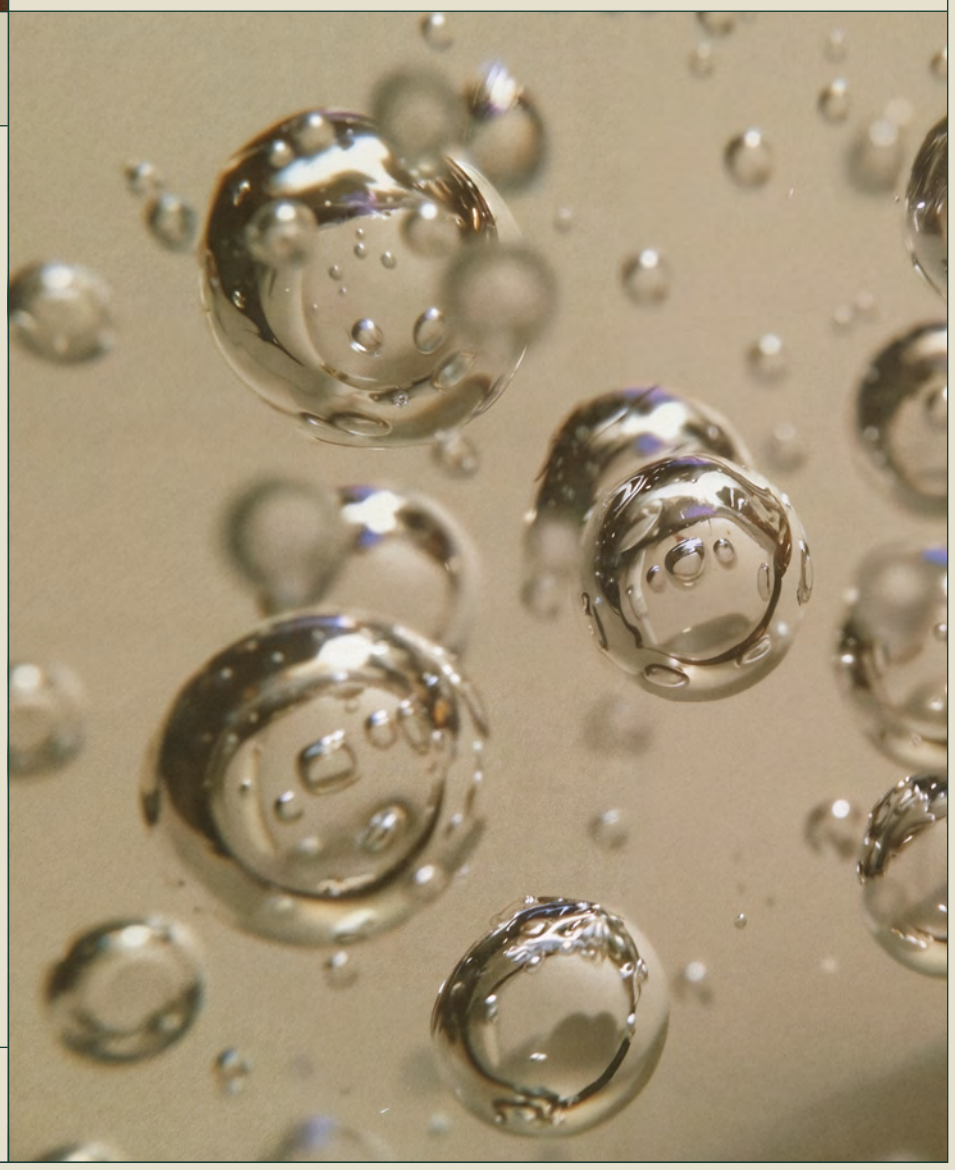
Pressurized oxygen therapy designed to maximize oxygen delivery to tissues, supporting healing, recovery, cellular repair, and overall wellness.

$150 · 60 minutes | $200 · 90 minutes | $250 · 120 minutes

## AMMORTAL CHAMBER

All-in-one, holistic wellness and biohacking capsule

TBD



# IMMERSIVE THERAPY



## SALT ROOM

Restorative wellness experience promoting relaxation and supporting respiratory wellness in a calming environment.

TBD

# OUR SERVICES



(01) CONTRAST THERAPY

(02) IMMERSIVE THERAPY

(03) BODYWORK THERAPIES

(04) INFUSION THERAPY

# BODYWORK THERAPIES

Massage

Acupuncture

Normatec Compression Boots

Advanced Facials

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# BODYWORK THERAPIES



## MASSAGE

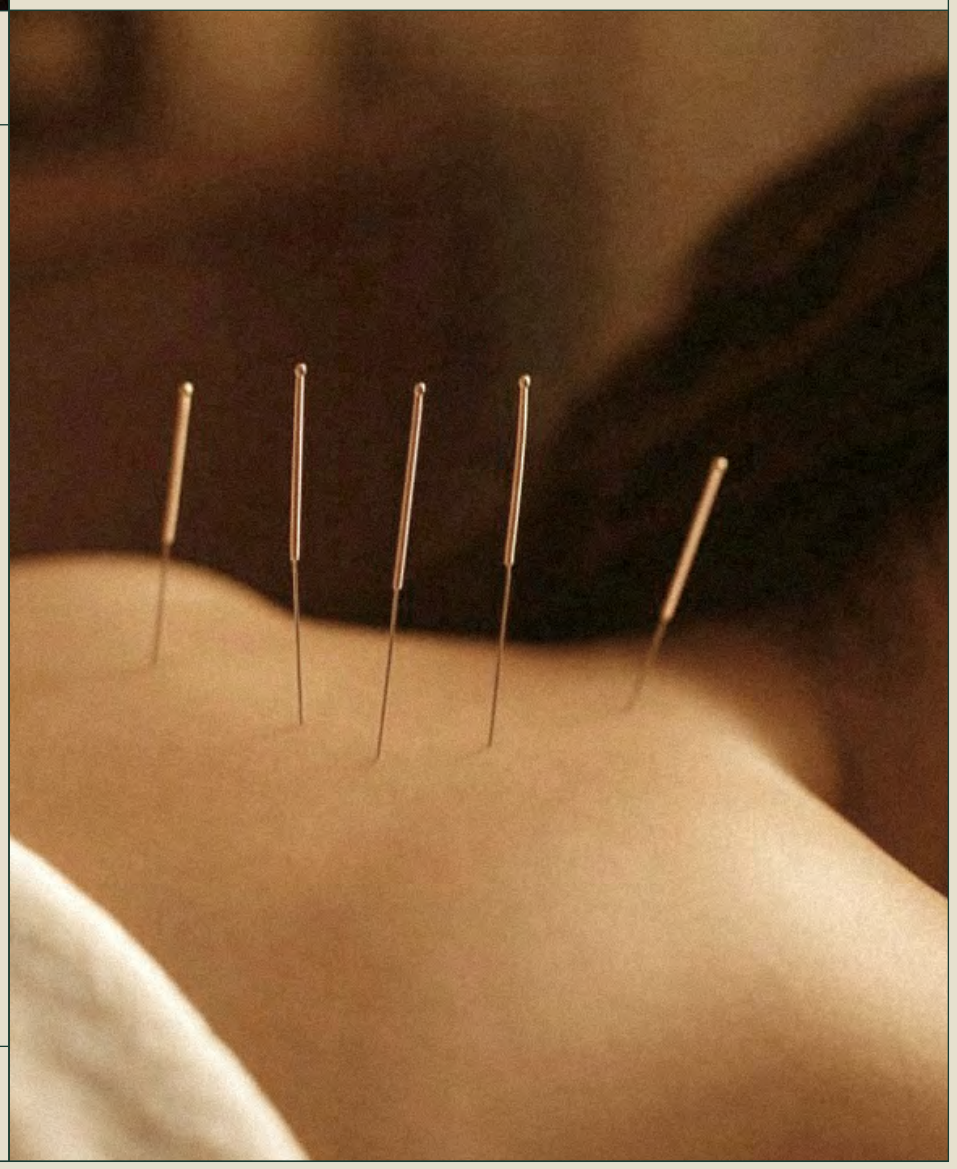
Hands-on therapeutic bodywork intended to reduce tension, improve circulation, support recovery, and encourage relaxation.

TBD

## ACUPUNCTURE

Holistic treatment designed to support balance, recovery, stress reduction, and overall wellness.

TBD



# BODYWORK THERAPIES



**THE ENTÒ SIGNATURE FACIAL**

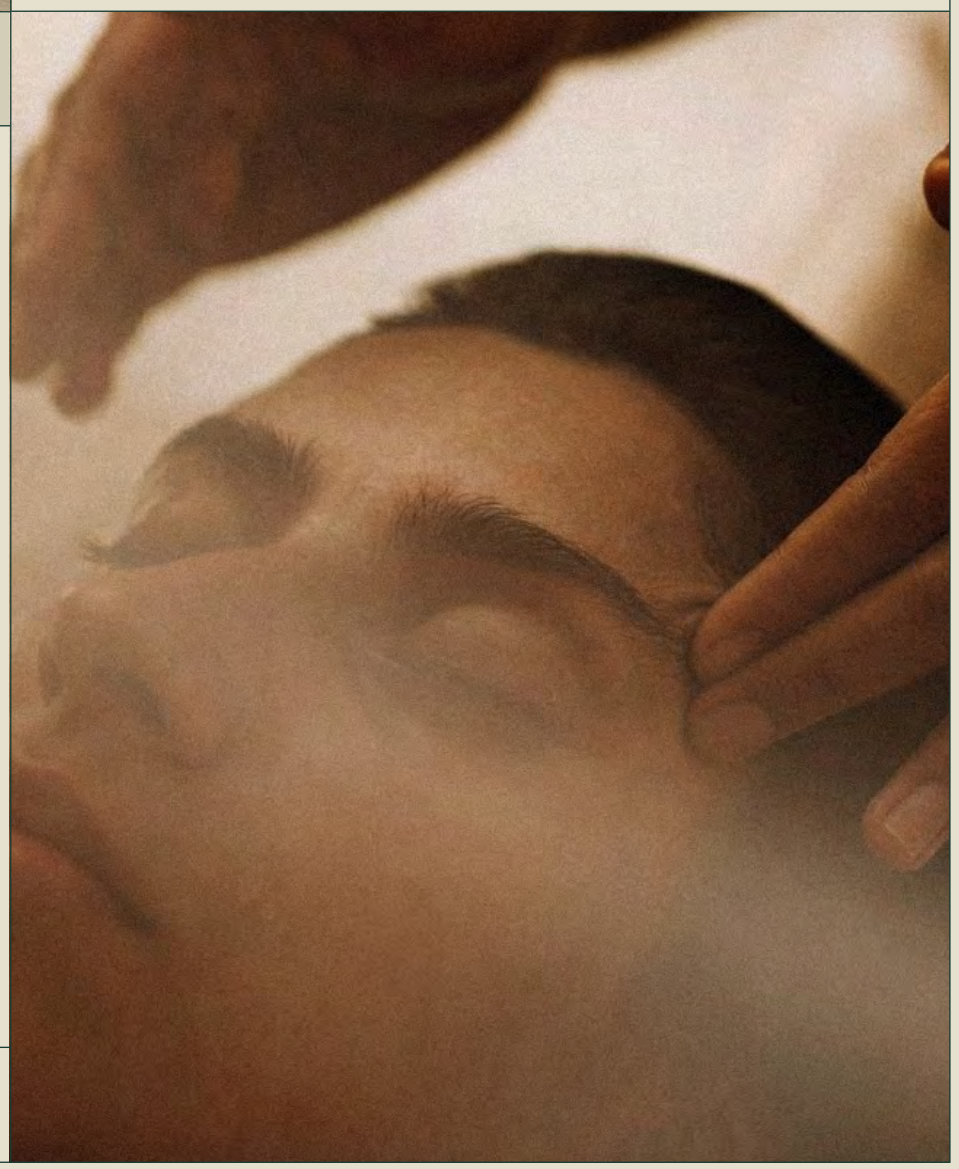
A restorative facial that begins with cleansing, toning and exfoliation, followed by warm steam, facial massage and a treatment mask. LED light therapy and the alternating warmth and coolness of facial globes complete the experience.

$300

**NORMATEC COMPRESSION BOOTS**

Dynamic compression therapy used to massage the legs, mobilize fluid, and speed recovery. Available standalone or as an IV add-on.

TBD



# SKIN THERAPY

| DERMAPLANING | EXPRESS DERMAPLANING |
| --- | --- |
| A gentle, non-chemical exfoliation that sweeps away dead skin cells and fine facial hair, leaving skin soft, smooth and luminous. A lovely choice before a wedding or special occasion. | A 30-minute treatment for smooth, freshly exfoliated skin. Includes cleansing, dermaplaning and enzyme exfoliation, followed by moisturizer and SPF. |
| $200 | $150 · 30 minutes |
| **HYDRAFACIAL** | **EXPRESS HYDRAFACIAL** |
| A deep cleanse and gentle exfoliation are followed by extractions and an infusion of hydrating serums. Ideal for skin that feels dry or congested, or looks dull. | A condensed HydraFacial for a fresh, hydrated glow in 30 minutes. |
| $325 | $250 · 30 minutes |
| **MICRONEEDLING** | **BBL® BROADBAND LIGHT** |
| Fine needles create tiny channels in the skin to stimulate its natural collagen and elastin response. This treatment can soften the appearance of acne scars, fine lines and enlarged pores while refining uneven texture. | A light-based treatment that targets visible redness, sun spots and uneven pigmentation for a clearer, more even-looking complexion. |
| $450 · Series of three $1,200 | $550 |
| **MOXI® LASER** | **VI PEEL®** |
| A non-ablative laser treatment designed to refine uneven tone and texture. Suited to skin showing early signs of sun damage or looking dull and uneven. | A professional chemical peel designed to reveal a brighter, smoother-looking complexion and improve the appearance of uneven tone and texture. |
| $800 | Starting at $300 |

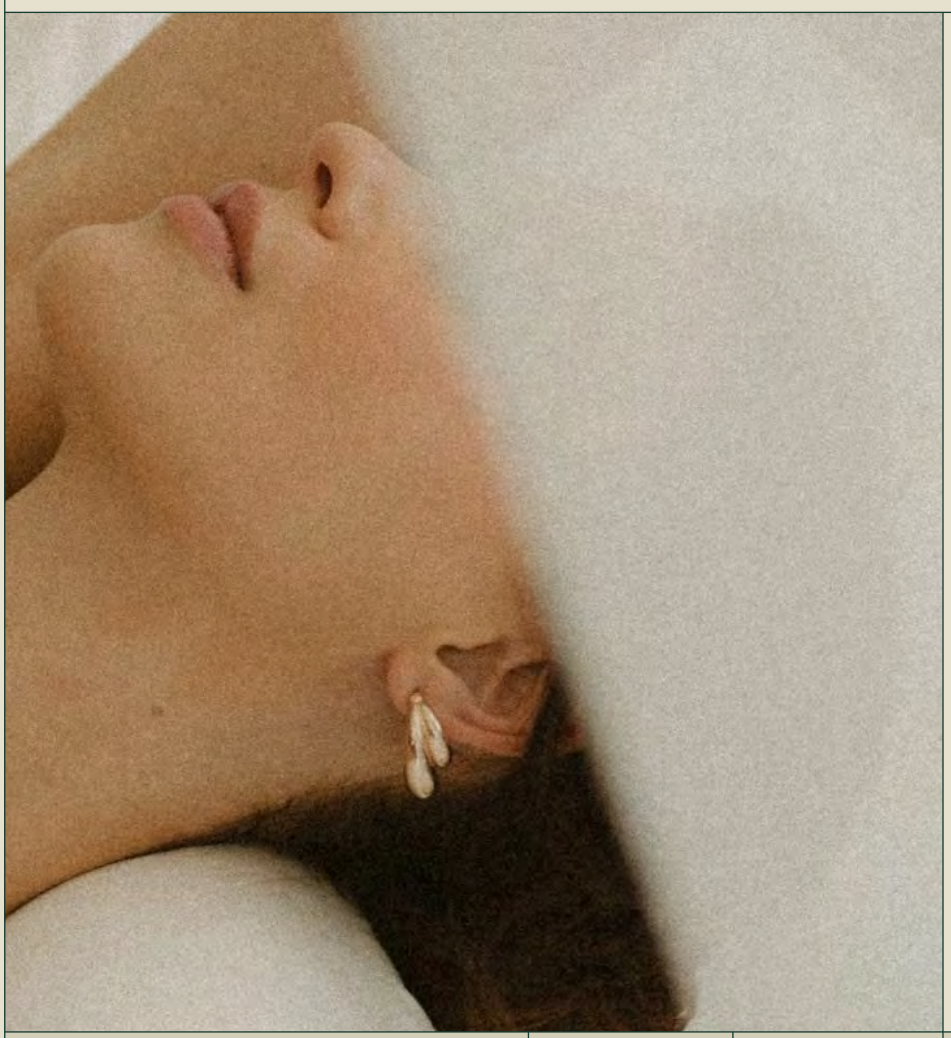
# SKIN THERAPY



## HYDRAFACIAL ADD-ON SERVICES

| | | |
|---|---|---|
| **PERK LIP** | | $30 |
| **PERK EYE** | | $40 |
| **PERK LIP/EYE COMBO** | | $50 |
| **15 % PEEL** | | $20 |
| **30 % PEEL** | | $25 |
| **DERMAPLANING ADD-ON** | | $50 |
| **ESTHETICS** | | |
| **AQUAGOLD / PRP** | Advanced microneedling treatment depositing hyaluronic acid, fillers, PRP, and other actives into the upper skin layers to improve texture and reduce pore size. | $55 |
| **KERAVIVE SCALP TREATMENT** | Scalp-focused treatment designed to cleanse, exfoliate, nourish, and stimulate the scalp and hair follicles. | $45 |

# SKIN THERAPY



## SKINCARE PRODUCTS

| | | | | | |
|---|---|---|---|---|---|
| **ACNE GEL** | $60 | TBDg | **ELTA STICK** | $30 | TBDg |
| **B3 BRIGHTENING** | $120 | TBDg | **PCA DEFENSE MIST** | $49 | TBDg |
| **VITAMIN C&E** | $125 | TBDg | **PCA BODY SPRAY** | $44 | TBDg |
| **HYALURONIC ACID** | $120 | TBDg | **POST-PROCEDURE KIT** | $50 | TBDg |
| **HYALURONIC LIP** | $47 | TBDg | **CONCIERGE ZONE 1** | $135 | 0.5-0mi |
| **EYE CREAM/GEL** | $94 | TBDg | **CONCIERGE ZONE 2** | $150 | 5-0.5mi |
| **CLEANSER** | $35 | TBDg | **CONCIERGE ZONE 3** | $175 | 10–5mi |
| **NUTRIENT TONER** | $42 | TBDg | **CONCIERGE ZONE 4** | $205 | 15–10m |
| **PCA MOISTURIZER** | $53 | TBDg | **CONCIERGE ZONE 5** | $235 | 20–15m |
| **ELTA LIP** | $15 | TBDg | **CONCIERGE ZONE 6** | $300 | 20+mi |

# OUR SERVICES



(01) CONTRAST THERAPY

(02) IMMERSIVE THERAPY

(03) BODYWORK THERAPIES

**(04) INFUSION THERAPY**

# INFUSION THERAPY

Vitamin & Mineral Infusions

Longevity Infusions

Shots & Boosts

Micronutrient Testing

**1919 WALNUT STREET**

**PHILADELPHIA**

# VITAMIN & MINERAL INFUSIONS



## IV INFUSIONS

| CUSTOM IV | COLD & FLU |
|---|---|
| Speak with the City Hydration medical team at your appointment, or call/text to discuss infusion options tailored to your needs.<br><br>*Vitamins / Ingredients:*<br>*Customized based on client needs* | A mixture of vitamins, minerals, and antioxidants to help prevent and fight the cold and flu.<br><br>*Vitamins / Ingredients:*<br>*Vitamin C (standard dose), Zinc, Glutathione* |
| Starting at $125 | $165 |
| **HEALTH MAINTENANCE (MYERS COCKTAIL)** | **JET LAG & FATIGUE** |
| A mixture of vitamins, minerals, and antioxidants formulated to maintain wellness.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Magnesium, Calcium, Vitamin C* | A mixture of B-vitamins and antioxidants formulated to support the immune system and sleep pattern of travelers.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, B12, Vitamin C* |
| $165 | $155 |

# VITAMIN & MINERAL INFUSIONS

| POSTOPERATIVE | ATHLETIC PERFORMANCE |
|---|---|
| A mixture of amino acids to support wound healing, plus anti-inflammatory medication for pain relief.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Zinc, Magnesium, Toradol, Amino Blend (x2)* | A mixture of amino acids shown to nourish muscles, antioxidants to help with muscle recovery, and vitamins/minerals to increase energy.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Glutathione, B12, Taurine, Amino Blend, Magnesium* |
| $235 | $195 |
| **ENHANCED RECOVERY** | **HIGH DOSE IMMUNE BOOST** |
| A specially designed high-dose amino acid blend with antioxidants, B-vitamins, and minerals to boost muscle recovery after intense activity.<br><br>*Vitamins / Ingredients:*<br>*Amino Blend (x3), Glutathione (x2), Taurine, Magnesium, B-Complex* | A mixture of high-dose vitamins and antioxidants formulated to keep your immune system in optimal shape.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Zinc, Glutathione (x2), Vitamin C (x3)* |
| $245 | $230 |
| **MIGRAINE RELIEF** | **STANDARD HYDRATION** |
| Speak with the City Hydration medical team at your appointment, or call/text to discuss infusion options tailored to your needs.<br><br>*Vitamins / Ingredients:*<br>*Customized based on client needs* | Hydration therapy using plain IV fluids. Available in 500mL or 1000mL bags.<br><br>*Vitamins / Ingredients:*<br>*Plain Saline or Lactated Ringers (no additives)* |
| $195 | Starting at $125 |
| **WONDER WOMAN** | **BEAUTY** |
| A mixture of vitamins, minerals, anti-inflammatory medication, and anti-nausea medication formulated for menstruation relief.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Magnesium, Toradol, Zofran* | A mixture of B-vitamins, antioxidants, and skin-nourishing additives to promote hair and nail growth while improving skin integrity.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Folic Acid, Glutathione, Zinc,* Biotin, Vitamin C |
| $195 | $205 |

# VITAMIN & MINERAL INFUSIONS

| HANGOVER RELIEF | NEUROPATHIC PAIN RELIEF |
|---|---|
| A mixture of B-vitamins for nourishment, anti-nausea medication, pain relief, and antioxidants for detoxification.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Glutathione, Toradol, Zofran* | Designed to alleviate nerve pain with pain-relieving medication and antioxidants.<br><br>*Vitamins / Ingredients:*<br>*Alpha-lipoic Acid, Toradol, Vitamin C (x3)* |
| $195 | $210 |
| **WEIGHT LOSS SUPPORT** | **MOOD BAG COMBO** |
| A metabolism-support blend designed to assist with weight loss.<br><br>*Vitamins / Ingredients:*<br>*Alpha-lipoic Acid, B-12, B-Complex, Taurine* | A vitamin blend formulated to support serotonin production, stabilize mood, and help combat anxiety and depression symptoms.<br><br>*Vitamins / Ingredients:*<br>*B-Complex, Magnesium, Zinc, Standard Dose Vitamin D IM Shot* |
| $245 | $230 |
| **ELECTROLYTE REPLENISHMENT** | **GLUTATHIONE IV PUSH** |
| Plain IV fluids with added magnesium and calcium for optimal electrolyte replenishment.<br><br>*Vitamins / Ingredients: Calcium, Magnesium* | A triple dose of glutathione administered without IV fluids.<br><br>*Vitamins / Ingredients:*<br>*Glutathione (x3), no IV fluids* |
| TBD | $68 |

| HIGH DOSE VITAMIN C INFUSIONS |
|---|
| Supports immune function, skin health, cardiovascular wellness, and overall vitality. |
| $10 / 165g  $15 / 180g  $25 / 200g  $50 / 225g  $75 / 235g |

# LONGEVITY INFUSIONS



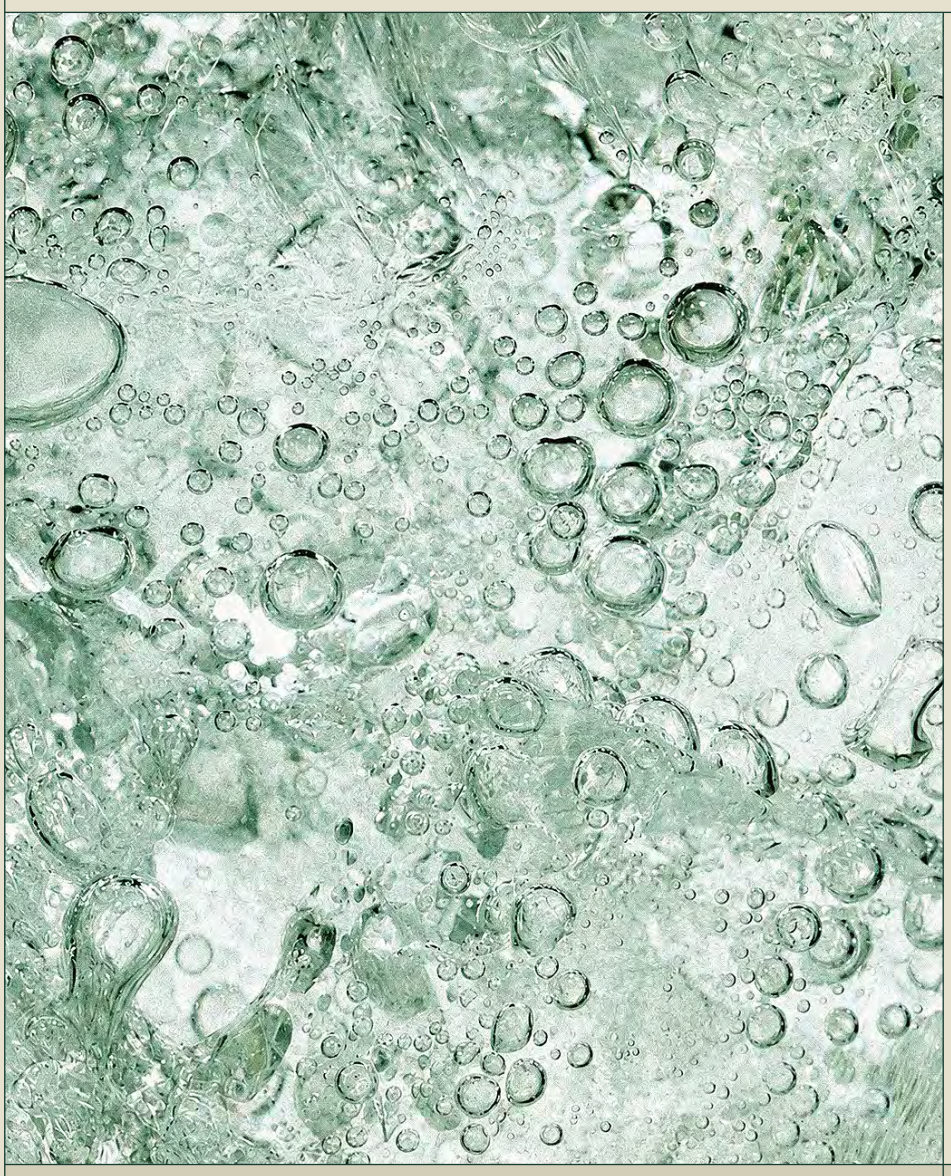
## NAD+ & NIAGEN IM SHOT

| INFUSIONS | | | PACKAGES | |
|---|---|---|---|---|
| **NAD+ 250MG** | **$250** | **1-2H** | 5 Week NAD+ 250mg<br>10 Week NAD+ 250mg<br>15 Week NAD+ 250mg | $1,125<br>$2,000<br>$2,625 |
| **NAD+ 500MG** | **$500** | **2-3H** | 5 Week NAD+ 250mg<br>10 Week NAD+ 250mg<br>15 Week NAD+ 250mg | $2,250<br>$4,000<br>$5,250 |
| **NAD+ 750MG** | **$750** | **3H** | 5 Week NAD+ 500mg<br>10 Week NAD+ 500mg<br>15 Week NAD+ 500mg | $1,125<br>$2,000<br>$2,625 |
| **NAD+ 1000MG** | **$1000** | **3-5H** | 5 Week NAD+ 750mg<br>10 Week NAD+ 750mg<br>15 Week NAD+ 750mg | $3,500<br>$6,000<br>$7,500 |
| **NIAGEN 500MG** | **$1000** | **1H** | Niagen 6-Infusions | $5,400 |

# NAD+ & NIAGEN QUESTIONS

| WHAT IS NAD+? | WHAT IS NIAGEN? |
| --- | --- |
| A powerful coenzyme that supports cellular energy, repair, brain function, and overall vitality. | An advanced longevity infusion using nicotinamide riboside (NR) to efficiently boost NAD+ levels. |
| **WHAT ARE THE BENEFITS?** | **WHY CHOOSE NIAGEN OVER NAD+?** |
| Supports energy, metabolism, mental clarity, cognitive performance, and healthy aging. | Niagen helps boost NAD+ levels efficiently with faster infusion times and improved comfort. |
| **HOW OFTEN SHOULD I RECEIVE TREATMENT?** | **WHAT IS NAD+ TESTING?** |
| Recommended: weekly for 4 weeks, followed by monthly maintenance based on your wellness goals. | A simple finger-prick blood test used to measure NAD+ levels and track progress. |
| **HOW LONG DO RESULTS TAKE?** | **WHEN SHOULD I TEST?** |
| Results are typically available within 2 to 3 weeks. | Before starting treatment for a baseline, then again after 1 to 2 months or as recommended. |

# SHOTS & BOOSTS



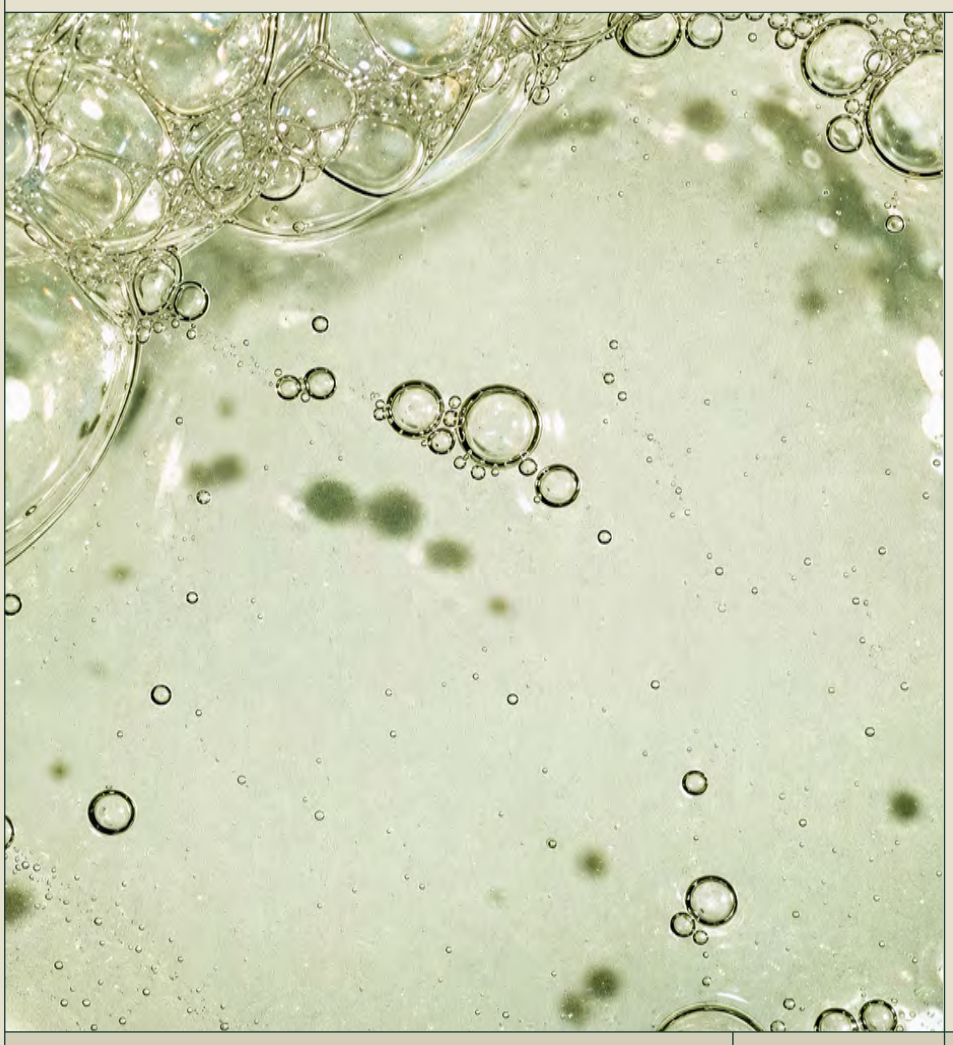
## IV SUPPLEMENTS

| ALPHA LIPOIC ACID (STANDARD) | ALPHA LIPOIC ACID (HIGH) |
|---|---|
| Supports weight loss, decreases nerve pain | Supports weight loss, decreases nerve pain |
| $100 | $200 |
| **B12** | **B-COMPLEX** |
| Boosts energy, improves nerve health, supports digestion | Mood stabilizer, nerve health, fights fatigue, cognitive function |
| $100 | $100 |
| **BIOTIN (STANDARD)** | **BIOTIN (HIGH)** |
| Fights hair loss, improves nail health, nourishes skin | Fights hair loss, improves nail health, nourishes skin |
| $40 | $60 |

# SHOTS & BOOSTS

| CALCIUM | FOLIC ACID |
|---|---|
| Heart and bone health | Fetal health, bone marrow aid |
| $30 | $30 |
| **ZOFRAN** | **GLUTATHIONE** |
| Anti-nausea medication | Destroys free radicals, repairs cellular damage, skin nourishment |
| $35 | $35 |
| **MAGNESIUM** | **TAURINE (AMINO)** |
| Mood stabilization, normalize body electrolytes, relaxation, sleep aid, relieves muscle cramps | Muscle repair, athletic boost, fat burning |
| $25 | $35 |
| **TORADOL** | **AMINO BLEND** |
| Pain reducing anti-inflammatory | Muscle support, naturally increases HGH, wound healing, heart health |
| $30-35 | $30 |
| **VITAMIN C** | **ZINC** |
| Immune boost, wound healing, reduces joint pain | Immune boost, skin support, may help your cell repel viruses |
| $35 | $40 |

# SHOTS & BOOSTS



## IV ADD-ONS

| | | | |
|---|---|---|---|
| **VITAMIN C** | $35 | **GLUTATHIONE** | $35 |
| **ZINC** | $40 | **MAGNESIUM** | $35 |
| **ZOFRAN** | $35 | **TAURINE (AMINO)** | $35 |
| **TORADOL** | $30-35 | **AMINO BLEND** | $30 |
| **B12** | $25 | **ALPHA LIPOIC ACID (STANDARD)** | $100 |
| **B-COMPLEX** | $25 | **ALPHA LIPOIC ACID (HIGH)** | $200 |
| **BIOTIN (STANDARD)** | $40 | **NAD+** | $250 |
| **BIOTIN (HIGH)** | $60 | **NIAGEN** | $1000 |
| **CALCIUM** | $30 | **EXTRA HYDRATION (1 LITER)** | $55 |
| **FOLIC ACID** | $30 | **EXTRA HYDRATION (1/2 LITER)** | $45 |

# SHOTS & BOOSTS



## IM SHOTS

| ALPHA LIPOIC ACID (ALA) | B12 |
|---|---|
| Weight loss support, nerve pain | Energy, nerve health, metabolism |
| $50 | $25 |
| **B-COMPLEX (1,2,3,5,6)** | **BIOTIN (STANDARD)** |
| Mood, cognitive function, fatigue | Hair, skin, nail health |
| $25 | $40 |
| **COQ10** | **FOLIC ACID** |
| Heart health, brain fog, muscle pain | Bone marrow, hair/ skin/nail health |
| $35 | $30 |

# SHOTS & BOOSTS

| GLUTATHIONE IM | LIPO-B |
|---|---|
| Antioxidant, cellular repair, skin | Metabolism, energy, weight loss |
| $35 | $35 |
| **NAD+ 50MG SHOT** | **NAD+ 100MG SHOT** |
| Energy, DNA repair, neuroprotection | Energy, DNA repair, neuroprotection |
| $50 | $100 |
| **NIAGEN 100MG SHOT** | **TAURINE (AMINO)** |
| Cellular energy, aging, clarity | Athletic performance, muscle repair |
| $200 | $25 |
| **AMINO BLEND** | **VITAMIN D3 (STANDARD)** |
| Muscle recovery, HGH support | Bone health, immune function |
| $50 | $30 |
| **VITAMIN D3 (HIGH)** | |
| Enhanced bone & immune support | |
| $40 | |

# MICRONUTRIENT TESTING



Comprehensive cellular nutritional analysis.

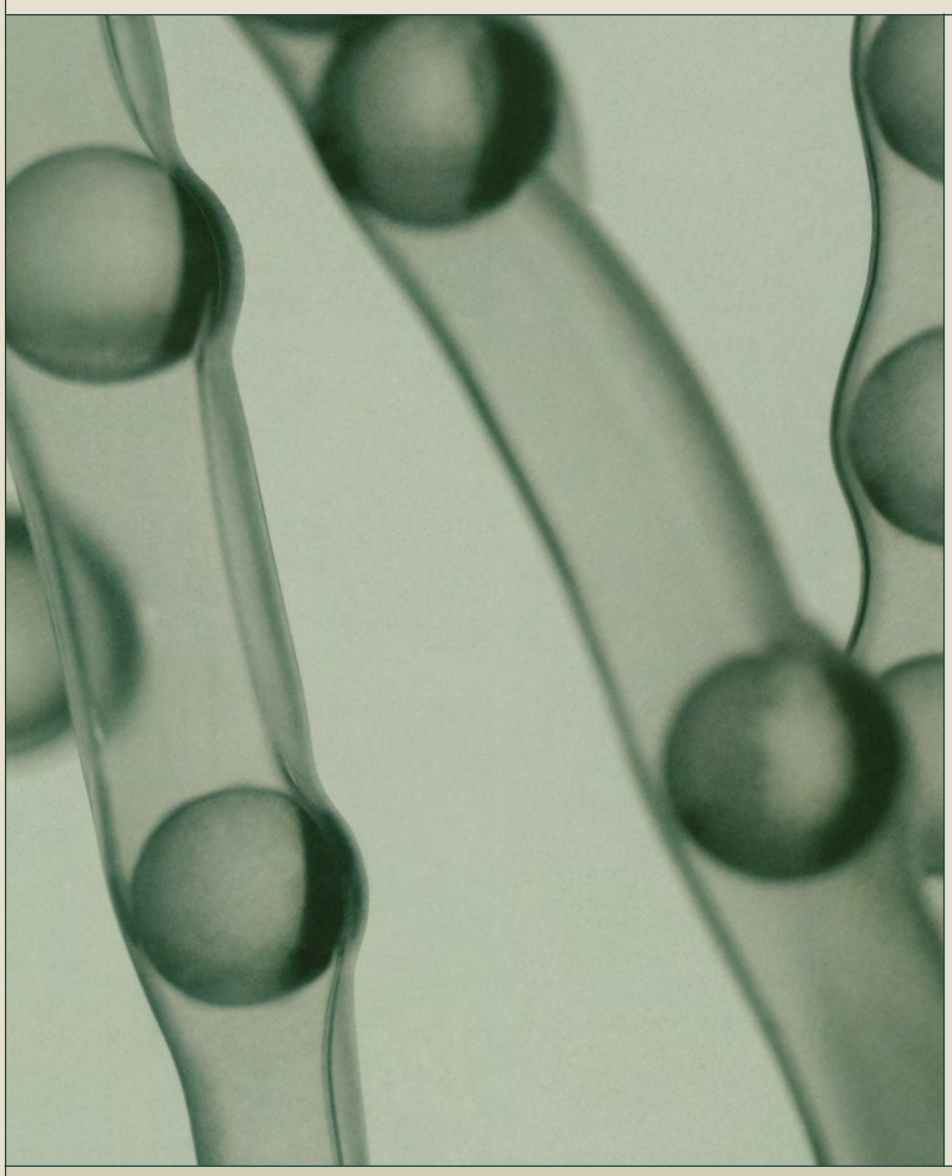
35 BIOMARKERS

RESULTS IN 2 TO 4 WEEKS

PANEL COST

$500

# LAB TESTING



Blood test to check vitamin levels.

| MICRONUTRIENT TESTING (35 BIOMARKERS) |
| --- |
| Comprehensive cellular nutritional analysis. Detailed panel list available. |
| $500 |

| VITAMIN C TESTING | G6PD LAB |
| --- | --- |
| Lab draw to check vitamin C levels. | Required blood test measuring glucose-6-phosphate dehydrogenase for clients seeking high-dose vitamin C infusions. |
| TBD | $100 |

# BIOMARKERS

| AMINO ACIDS | VITAMINS | METABOLIC MARKERS |
|---|---|---|
| Asparagine | Vitamin A | Fructose Sensitivity |
| Biotin | Vitamin B1 | Glucose–Insulin |
| Calcium | Vitamin B2 | Interaction |
| Carnitine | Vitamin B3 | Immunidex |
| Choline | Vitamin B6 | Spectrox® |
| Chromium | Vitamin B12 | |
| Coenzyme Q10 | Vitamin C | |
| Copper | Vitamin D3 | |
| Cysteine | Vitamin E | |
| Folate | Vitamin K2 | |
| Glutamine | | |
| Glutathione | | |
| Inositol | | |
| Lipoic Acid | | |
| Magnesium | | |
| Manganese | | |
| Oleic Acid | | |
| Pantothenate | | |
| Selenium | | |
| Serine | | |
| Zinc | | |

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