

# PRESTIGE HYPERBARIC

Wellness Center · Membership & Session Pricing Guide · Holiday, FL

SERVICE	TIER	FREQUENCY	SESSIONS / MONTH	MONTHLY PRICE	PER SESSION	INCLUDES	BEST FOR
SOFT SHELL 1.3–1.5 ATA   À La Carte: \$125 / session							
Soft Shell 1.3–1.5 ATA	Casual Wellness	2× / week	8	\$699	~\$87	Unlimited Red Light + Sauna + Cold Plunge	General wellness, first-time users
	Maintenance	3× / week	12	\$999	~\$83	Unlimited Red Light + Sauna + Cold Plunge	Ongoing recovery & long-term maintenance
	Therapeutic	4× / week	16	\$1,299	~\$81	Unlimited Red Light + Sauna + Cold Plunge	Active treatment, chronic conditions
	Full Protocol*	5× / week	20	\$1,499	~\$75	Unlimited Red Light + Sauna + Cold Plunge	40-dive protocols, acute recovery
HARD SHELL SIT-DOWN 2.0 ATA   À La Carte: \$200 / session							
Hard Shell Sit-Down 2.0 ATA	Casual Wellness	2× / week	8	\$1,099	~\$137	Unlimited Red Light + Sauna + Cold Plunge	Clinical-level entry, performance wellness
	Maintenance	3× / week	12	\$1,699	~\$141	Unlimited Red Light + Sauna + Cold Plunge	Ongoing clinical maintenance
	Therapeutic	4× / week	16	\$2,099	~\$131	Unlimited Red Light + Sauna + Cold Plunge	Active clinical treatment
	Full Protocol*	5× / week	20	\$2,499	~\$125	Unlimited Red Light + Sauna + Cold Plunge	Serious clinical protocols
HARD SHELL LAY-DOWN 2.5 ATA (Rx Required)   À La Carte: \$275 / session							
Hard Shell Lay-Down 2.5 ATA (Rx Required)	Maintenance	3× / week	12	\$2,199	~\$183	Unlimited Red Light + Sauna + Cold Plunge	Post-protocol maintenance
	Therapeutic	4× / week	16	\$2,799	~\$175	Unlimited Red Light + Sauna + Cold Plunge	Prescribed active treatment
	Full Protocol*	5× / week	20	\$3,299	~\$165	Unlimited Red Light + Sauna + Cold Plunge	Maximum clinical intensity
MODALITIES ONLY (No Hyperbaric)   Drop-In: Red Light \$45 · Cold Plunge \$35 · Sauna \$40							
Red Light + Sauna + Cold Plunge	Access Membership	Unlimited	Unlimited	\$199	—	Unlimited Red Light Sauna + Cold Plunge	Recovery adjunct, no hyperbaric
PREPAY DISCOUNT	3-Month Prepay	—	—	5% off	—	Any hyperbaric membership tier	Commit to a protocol
	6-Month Prepay	—	—	10% off	—	Any hyperbaric membership tier	Long-term healing commitment

\* Full Protocol recommended for all serious therapeutic outcomes (TBI, Lyme, Long COVID, wound healing, etc.) — minimum 40 dives at 5× per week. 2.5 ATA requires a valid physician prescription. Our Medical Consulting Package (\$950/year) includes Rx support, prescribed protocols, and home-use hyperbaric training. All hyperbaric memberships include unlimited Red Light, Infrared Sauna & Cold Plunge. Prepay discounts: 3-month = 5% off · 6-month = 10% off. À la carte modalities: Red Light \$45 · Cold Plunge \$35 · Sauna \$40 per session. Equipment purchase credit available — ask about our Buy-vs-Session comparison.