



Alternative & Holistic Medicine Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Lakewood

Healing Unleashed Health Services

303-986-0492

3900 S. Wadsworth Blvd. Suite 435, Lakewood, CO 80235

<http://healingunleashed.com/>

- Open Tuesday-Fridays 8:00am-5:00pm (closed Mondays and Holidays)
- Offers functional medicine, “lifestyle health,” neurofeedback, medical massage, craniosacral therapy, and more.
- Accepts United Healthcare, Cigna, MultiPlan Network, Aetna, and TriCare
 - The cost of any services which are not included in the episode of care fee will be billed to you directly.

Massage Envy

303-922-3689

7033 W. Alaska Drive Lakewood, CO 80226

<http://www.massageenvy.com>

- Open Monday-Sunday 8:00am-10:00pm by appointment
- Offers massage therapy, facials, hot stone and aromatherapy services
- Introductory offer price for 1-hr massage or 1-hr facial: \$75.00

Tree of Life Wellness Center

303-969-3052

<https://www.tolwellness.com/>

- Open Monday - Thursday 8:00am-3:45pm
- 100% virtual
- Schedule a free consultation online at website listed above
- Services include gut health, chronic health issues, mental wellness and women’s health

Blossoming Mind

303-570-5661

651 Garrison St., Ste. 130-D, Lakewood, CO 80215

<http://www.theblossomingmind.com>

- Services provided include: Hypnotherapy, EFT Tapping, Life Alignment Coaching and Access Consciousness Bars Sessions, which help to calm the nervous system, release trauma and subconscious blocks

Applewood Acupuncture and Wellness Center

303-202-5808

2550 Youngfield St. Lakewood, CO 80215

<http://www.applewoodacupuncture.com/>

Contents:

The following is a list of resources that is grouped into the following categories:

Lakewood -page 1

Denver -page 2

Aurora -page 3

Arvada -page 3

***Check Groupon for deals on massages, acupuncture, and other alternative medicine**

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

- Provides care including acupuncture, acupressure, herbal medicine, other therapies, and Tai Chi and Qi Gong classes

Denver

Kadampa Meditation Center Colorado

<http://meditationincolorado.org>

303-813-9551

4840 W 29th Ave. Denver, CO 80212

- \$15.00 for most general program classes, no one is turned away for lack of funds
- Workshops and Retreats available
- Modern Buddhism in action, offering inner peace and the methods for finding great happiness to people in all walks of life

Reiki with Yarra

720-495-2525

2916 Irving St., Denver, CO 80211

<http://reikiwithyarra.com/>

- Call the number above or visit the website to schedule an appointment
- Reiki energy healing is a gentle and powerful tool for relaxation and stress reduction. It promotes healing on all levels of your being; physical, emotional, energetic and spiritual.

Yoga for the People

720-295-7792

P.O. Box 18592

<http://www.yogaforthepople.org>

- Yoga for the People's (YFP) mission is to create free, safe, accessible yoga classes for people of all faiths, sexual orientations, genders, ages, races, cultures, physical and financial abilities, while also building a network of service opportunities and support for yoga teachers.
- Held at various locations around the metro area.

Courageous Yoga

1280 Sherman St. Denver, 80203

<https://www.courageousyoga.us/>

- Courageous Yoga is a practice space and community led by Queer and Indigenous folks who are advised by BIPOC folks.
- Specific pricing for BIPOC individuals, as well as the Pay It Forward Fund, make yoga more accessible
- Purchase classes and report cancellation needs through the Mindbody app.

Wellspring Natural Health

303-717-3221

789 Sherman St. #650 Denver, CO 80203

<http://www.denverwellspring.com/>

- Offers a combination of Chinese herbs, cupping, traditional acupuncture, and a unique trigger point therapy, that allows us to uncover the root cause of distress.
- Scheduling completed online

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Aurora

Affordable Massage Company

720-675-8987

11111 E Mississippi Ave. #203, Aurora, CO 80012

<https://www.vagaro.com/affordablemassage>

- A network of massage therapists seeking to keep services affordable. Services include massage, prenatal massage, scrubs, and add-ons such as essential oils.
- Disabled access and kid friendly

Arvada

Boundless Body and Wellness

720-203-0239

5400 Ward Rd. Building 3, L80, Arvada, CO 80002

<https://www.youareboundless.com/>

- Offers massage therapy, health coaching, acupuncture, and energy therapy, as well as classes and events.

Calm Spirit Acupuncture and Wellness

303-467-5337

11890 W 64th Ave. Arvada, CO 80004

<https://www.calmspiritacupuncture.com/>

- Offers acupuncture, massage, skin care, chiropractic, and sports recovery therapy.
- In-network with UMR, United Healthcare, Kaiser, and some Blue Cross Blue Shield/Anthem plans. Calm Spirit is also in-network with some VA benefits.

One Yoga Center

720-583-1207

6935 W 60th Ave. Arvada, CO 80003

<https://www.oneyogaandhealing.com/>

- Offers yoga and various healing modalities, such as aroma touch therapy, reiki, biomat sessions, and private sound healing.
- Workshops and special events are also offered, including Harmony Circle, Reiki Circle, partner yoga, Sacred Soul women's program and more.