

The Julian Fitness Center

Featuring: Cardio equipment, which includes treadmills, bikes, (upright and recumbent) and ellipticals. Top of the line free motion fitness equipment, free weights, incline benches and smith rack
Staff on site full time
\$10 for a day pass
2216 Main Street
760-765-1576

White Buffalo Co. Shoppe & Aesthetics

2000 Main St. Suite 106
760-519-7489
White Buffalo Co. Shoppe & Aesthetics is A luxury boutique and skincare studio in historic Julian, California. It's a cozy space blending western charm with professional facials, waxing and curated goods. Everything is thoughtfully chosen. We carry jewelry, woman's apparel, professional skin care lines and featuring Hydrafacial treatments . It's polished but welcoming and a bit old saloon, romantic.

ZUMBA with Gaynor Behan

gaynorbehan@hotmail.com
619-540-7212
ZUMBA at Julian Town Hall Mondays
Class time for adults 5:00pm
Please check with Gaynor to confirm dates

Julian's Mind, Body, Spirit Offerings



Historic Julian California

Tel: 760-765-1857
www.VisitJulian.com

Alpine Physical Therapy and Wellness Center, Inc.

Personal and attentive rehabilitation for orthopedic injuries, neurological deficits, balance issues, sports injuries, and post-surgical recovery. Most insurance accepted.

Matt Kraemer, PT

2216 Main Street

760-765-0806

julianfitnesscenter@gmail.com

Emerge Well Holistics, LLC

619-348-5627

Discover the transformative power of nature with our immersive healing experiences. We offer 1:1 healing sessions (online or in-person), and small group guided journeys into serene natural settings, where you can reconnect with the earth, rejuvenate your spirit, and promote holistic well-being through mindfulness, wildcrafting, and eco-therapy.

Join us to embrace the healing magic of nature and find your path to inner peace and vitality allowing you to emerge well daily.

www.emergewellholistics.com

Backcountry Wellness

ReGenerate - ReEnvision - ReEngage

We offer a wide array of relaxation and wellness services: massage, acupuncture, and energy work.

We are massage therapists and acupuncturists practicing being well, so we can share that goodness with you. We are located in Santa Ysabel, right next to the Nature Center, with plenty of parking.

21979 CA-79

(760) 896-4049

julianwellnesscenter.com

Julian Healing Collective

2015 Main St, Suite F

We are a healing collective located in the heart of Julian, California on Main Street. It is our mission to provide a safe, supportive and healing atmosphere to put you at ease. We have a variety of individualized services and group classes to support your health and well-being.

We look forward to serving you.

760-527-3273

julianhealingcollective.com

Moonshine Magic

Your place for: Crystals, rocks and minerals, herbal blessed candles, and handcrafted essential oil blends, beaded jewelry, and more.

*Exclusive San Diego County location for Coventry Creations Candles and Rosarium Blends Essential Oils

2608 B Street

619-846-0163

moonshinemagicjulian@gmail.com

Mountain Healing Acupuncture

I've been dedicated practitioner of holistic medicine since 2008. I love empowering patients to understand their bodies and discover the power of healing arts. As part of my practice and philosophy, I strive to both educate and heal my patients, empowering them to live better and healthier lives.

Lara Koljonen

2015 Main St. Suite B

619-980-0745

mountainhealing.com

Mountain Top Tai Chi and Kung Fu Academy

We offer Tai Chi and Kung Fu for all ages.

Zero enrollment fees +1 free class

Julian, CA

619-862-3522

Native Touch Acupuncture & Healing Arts

@ The View Point!

~Acupuncture

~Therapeutic Bodywork

~Nutrition

~Functional Medicine & Movement

~Mountain Equinity (noun: horse-like nature)

Equine Guided Education

The View Point has a wall-tent set up with amazing views of Volcan Mountain. Complete with compost toilet, solar shower. All modalities listed above are available along with access to swimming pool, weather permitting.

nativetouch1@gmail.com

760-445-3035

Red Root Wellness

Serving this community through the practices of Structural Integration, manual therapy, herbalism and nutrition.

760-644-2380

redrootwellness@gmail.com

Rooted Living Wellness

Supporting you to feel Calm, Centered and Grounded. Liz Myers is an Author, Sound Healer, Teacher, and a Certified Mindfulness Coach who is passionate about making a positive impact on people. She is available to support you in person, over the phone or zoom.

Liz Myers

619-415-9118

San Ysidro Health

San Ysidro Health is a non-profit organization committed to providing high quality, compassionate, accessible, and affordable health care services for the entire family.

2717 A Street

(760) 765-1223