

SoBe Well opens in Coral Gables

Wellness center offers a variety of services from acupuncture to chiropractic to nutrition



Above: Dr. Patrece Frisbee

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SoBe Well, a comprehensive wellness center, announced on Oct. 16, that it has opened its doors in Coral Gables. Located at 3121 Ponce De Leon Blvd., SoBe Well's services include chiropractic, acupuncture and nutrition, as well as massage, physical therapy and spinal decompression.

Led by practitioner, author and educator Dr. Patrece Frisbee, who boasts more than 20 years of healthcare management, SoBe Well operates under the motto "where wellness meets wellbeing." To enhance the wellness experience, Dr. Frisbee has incorporated a green approach to her center by trading in a traditional doctor-office setup for an earth-friendly, upscale spa environment complete with recycled furnishings, organic textiles and towels and linens made of organic materials.

"As a veteran healthcare provider I saw a void in the way that we provide healthcare. Patients are accustomed to uncomfortable doctors' offices that sometimes increase tension and anxiety. I created SoBe Well out of a belief that wellness is nurtured through all five senses, so our space is calming, not clinical," says Dr. Frisbee.

In addition to its tranquil environment, SoBe Well is focused on personalization. SoBe Well's services are available a la carte or as part of a customized, multi-pronged treatment program designed for each individual patient to address a full range of health and wellness issues. In fact, during a new patient's initial consultation and body evaluation, Dr. Frisbee employs advanced scientific technology to address each individual's issues.

Once such technology is the Zyto, which tests patients' overall health by having them place their hand on a hand cradle (similar to a mouse) for several minutes while it measures fluctuations in electrical conductivity of the skin. The test reveals a variety of personal wellbeing details, such as vitamin deficiencies and food allergies.

Complimenting the Zyto evaluation is the Foot Leveler test, which evaluates the body's overall balance by looking at where an individual places pressure on his or her feet while in a normal standing position. The test can indicate the sources of imbalance due to poor posture and spinal alignment problems.

"I take special care with new patients spending between one to two hours on their full body evaluation," adds Dr. Frisbee. "Not all health problems present symptoms, but most can be traced to improper alignment. This is why I start evaluations with tests like the Zyto and the Foot Leveler to help me identify alignment issues. Proper adjustments overtime can lead to improvement in the quality of life for patients and prevent further problems from developing."

SoBe Well is currently offering a complimentary full-body evaluation for first-time visitors. Appointments may be scheduled by calling (305) 598-6767.

SoBe Well's office hours are Tuesday and Thursday from 9 a.m. to 1 p.m. and 3 p.m. to 7 p.m.; Saturday from 10 a.m. to 2 p.m.; and Monday, Wednesday and Friday by appointment only. For more information, visit www.sobewell.com.

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Licensed Massage Therapist

Submitted by [tango48](#) on October 27, 2009.

Dear SoBe Well,

I was wondering is your establishment was in search of a part time massage therapist for Tuesday and Thursday afternoon. Please let me know so that I can forward to you my work history and experience.

Thank you.

Respectfully,
Maribel Yartu

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