



# Custom Wellness Plan – Taxable

Build your own customized wellness plan, and browse the listings below for common items.

## Alternative Practitioner

- Aromatherapy
- Craniosacral
- Holistic (alternative) medicine or practitioner
- Meditation classes
- Reflexology
- Reiki

## Cosmetic

- Cosmetic Dentistry
- Cosmetic Dermatology
- Cosmetic Procedures
- Hair replacement
- Teeth whitening

## Fitness & Sporting Goods

- Dance Lessons
- Ergonomic Office Equipment
- Fitness equipment
- Fitness trackers
- Floatation therapy (float tank)
- Golf (green fees)
- Gym membership
- Horseback riding
- Kids Sports Fees
- Personal training
- Self-defense course
- Ski passes
- Sporting goods
- Yoga, Pilates, Barre

## Health

- Massage units
- Medic Alert bracelet/neck chain
- Smoking cessation programs
- Suncare
- Vitamins and Supplements
- Weight Loss Program

## Other

- Accessible Parking Permit
- Camping Fees
- Cleaning services
- Doula services
- Elder Care
- Lactation Consulting
- Non-prescription glasses/sunglasses
- Pet daycare
- Pet Insurance
- Prenatal Education Classes
- Safety glasses
- Spa Services
- Treatment centre/spas
- Veterinary Fees

## Personal

- Cell phone
- Child daycare services
- CPR Training
- Financial Advisor Fees
- Language program
- Legal Fees
- Life Coach
- Parking
- Personal development course
- Personal RRSP/RESP Contribution Reimbursement
- Professional Membership
- Transportation expense such as bus passes, city transit, ride-share