

Your Journey & Pricing

Client Type	Options Available	Description	Price
All Clients	Initial 15 mins Chat (optional)	A discovery call to explore how I can support you and help you decide which programme, if any, feels right for you—no pressure, just clarity.	FREE
New Clients (Anyone who hasn't had a session with me before)	Initial Consultation (Required)	A deep dive into your health concerns, including kinesiology testing, goal setting, and report on all advice including next steps. After this, you become an existing client and can book follow-ups or programmes.	£115
Existing Clients (Anyone who has completed an initial consultation)	3-Month Programme	Structured support over time to embed changes and address ongoing challenges. This is generally for clients who have few minor, need clarity and adjustments to get back on track	£205
	6-Month Programme	Comprehensive support for deeper transformation, long-standing issues, multiple or complex health concerns.	£405
	Single Follow-Up Session (60 min)	A catch-up session to adjust, refine, and continue progress. Can also be used for one-off problem solving or an annual review.	£75
	Single Follow-Up Session (90 min)	A longer session for deeper work and additional testing. Ideal for a 6–12-month review or extra time needed after a programme.	£115

After your health assessment, I will be able to guide you on which programme or single follow-up session may best support your goals. If necessary, I will recommend further help, such as GP tests or consultations with another professional. Your outcome is my focus, and I am here to help you achieve the best possible results.

Get in Touch

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