

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.	£95
Existing Clients (Anyone who has completed an initial consultation)	3-Month Programme (Save £40)	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 (Save £75)	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.	£80
	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.	£110

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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