


investment

initial consult	DISCOVER	90 minutes
 <p>jen \$350</p>		

After the 90 min initial consultation we will meet for 8 sessions to strategically unravel imbalance, build atomic new habits and celebrate milestones of transformation. A roadmap of care will given to you 48 hours after the initial session showcasing progression of care [outlining what we will work on in succession]. Once we have met for 8 sessions [approximately 4 months] we will decide together what remaining care [if any] is needed in order to graduate you into a space of vibrant independence.

[initial 90 min consult includes a micronutrient lab panel to be drawn within first month of care – details to be discussed during initial consult]

INITIAL CARE PLAN + PACKAGE

8 consults booked every 1-2 weeks	TRANSFORM	1 hour consults
\$1500		

FOLLOW UP CARE PLANS + PACKAGES

6 consults booked every 3-4 weeks	REINFORCE	1 hour consults
\$1300		
4 consults booked every 5-6 weeks or seasonally	REFRESH	1 hour consults
\$1000		

20 MIN CONSULTS AVAILABLE AS NEEDED – \$80

... and here is what you can expect

