


# investment

<p><b>initial consult</b></p>	<p><b>DISCOVER</b></p>  <p><b>ellie</b> <b>\$500</b></p>	<p><b>90 minutes</b></p>
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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 CARE PLAN + PACKAGE

<p><b>8 consults booked every 1-2 weeks</b></p>	<p><b>TRANSFORM</b></p> <p><b>\$2500</b></p>	<p><b>1 hour consults</b></p>
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## FOLLOW UP CARE PLANS + PACKAGES

<p><b>6 consults booked every 3-4 weeks</b></p>	<p><b>REINFORCE</b></p> <p><b>\$2000</b></p>	<p><b>1 hour consults</b></p>
<p><b>4 consults booked every 5-6 weeks or seasonally</b></p>	<p><b>REFRESH</b></p> <p><b>\$1600</b></p>	<p><b>1 hour consults</b></p>

**20 MIN CONSULTS AVAILABLE AS NEEDED - \$80**