



Nutritional Therapy Pricelist

Bronze £450

If you have an understanding of nutrition and are looking for a little extra support to reach your health goals (such as overcoming low energy), this is the programme for you.

Includes monthly one-to-one sessions.

Silver £630

Perfect if you've been struggling with symptoms for some time. You'll have an enhanced level of support and a deeper dive into the root cause of your health concerns. If weight loss is one of your main goals, I recommend Silver or Gold as the extra level of one-to-one support – particularly having someone to be accountable to – is important.

Includes fortnightly one-to-one sessions.

Gold £1050

If you have complex health concerns, I can give you an intense level of support to encourage you to stay on track and discover why you're not feeling your best. This programme provides the fastest route towards your goals, such as balancing your hormones and gut issues.

Includes weekly one-to-one sessions.