

Price & Policy

Standard 3 Session Package

Step 1: Pre consultation

Before we have a nutrition consultation, we like to have a free 15 minute chat with prospective patients to ensure that our services are appropriate to their needs.

After arranging the consultation, you will be emailed a questionnaire and food diary to fill out and email me back in advance of our session. The completed questionnaire should be emailed back at least **48 hours** before our session. This enables us to build a preliminary picture of your health and also gives us an opportunity to research any specific points raised on the forms where appropriate. Due to demand of appointments, payment is required in advance of the appointment.

Step 2: Initial consultation - Face to Face or via Zoom

The first consultation lasts 60-90 minutes. During the initial consultation we will gather a detailed picture of your health by asking various questions. Once areas of imbalance and deficiency have been identified, we will jointly agree upon a bespoke nutritional protocol with accompanying food plan.

The protocol will include the following:

- An explanation of how your dietary and lifestyle habits may be contributing to your symptoms
- A bespoke dietary and lifestyle program designed specifically to your needs.
- Personalised dietary supplement programme

Step 3: Follow up Consultations Face to face or via Skype

Follow up consultations are booked in at the end of your initial consultation and last up to 40 minutes. These are used to check on progress, make adjustments where necessary and evaluate test results.

Initial consultations and first 2 follow ups are paid for at time of booking.

Packages (prices as at Jan 2026)

Standard 3 session package: to include initial consultation, report, investigatory diagnostics and 2 follow ups.

This is our base level package includes 3 consultations recommended for all clients.
£550.00 + VAT

We offer further ongoing follow up single consultations (60 minutes) priced at £250.00 + VAT – This includes pre-appointment case research and your Dietary Protocol and Recommendation report.

Functional Tests

The functional tests that are used by Nutritional Therapists may include:

- Comprehensive stool analysis
 - Adrenal Stress (Cortisol/DHEA) Profile
 - Female hormone panels
 - Urinary organic acid analysis
 - Digestive function investigations
 - Blood chemistries
 - Food intolerance/sensitivity to food tests – these can be posted direct to your home or taken in clinic
- ..and others as required.

All laboratory tests will be charged separately. If any testing is recommended or required, your Nutritional therapist will inform you of the costs prior to ordering. **We do not conduct testing without a full initial consultation first, except in the case of Food Intolerance tests.**

Cancellation & No-Show Policy

Appointments & Cancellations

When you book a consultation with one of our clinicians, that time is reserved exclusively for you. We cannot offer that time to another client at short notice. To be fair to all clients, the following cancellation policy applies to **all consultations**, including **face-to-face and online (Zoom) sessions**.

1. Notice Period

- A minimum of **48 hours' notice** is required to cancel or reschedule an appointment.

- Cancellations made with **more than 48 hours' notice** will not be charged.

2. Late Cancellations

- Appointments cancelled with **less than 48 hours' notice** will be charged at **100% of the consultation fee**.
- This includes cancellations due to personal circumstances, work commitments, or technical issues.

3. No-Shows

- **Failure to attend** a scheduled appointment (including not attending a Zoom consultation without notice) will be charged at **100% of the consultation fee**.
- For Zoom consultations, the session will be considered a no-show if the client has not joined within **15 minutes** of the scheduled start time.

4. Repeated Non-Attendance

- If a client fails to attend **two appointments without notice**, we reserve the right to:
 - Require **full payment in advance** for all future appointments, or
 - Decline to offer further appointments.

5. Payment

- All late cancellation and no-show fees are **payable in full** and are not refundable.
- Outstanding fees must be settled before any further appointments can be booked.

6. Practitioner Cancellations

- In the unlikely event that I need to cancel your appointment, you will be offered:
 - A full refund, or
 - An alternative appointment at no additional charge.

7. Acceptance of Terms

- By booking an appointment, you confirm that you have read, understood, and agreed to this cancellation policy.

How can I pay for my sessions?

When making your booking payment is taken in advance of your appointment. This process is required as the clinician will carry out pre-appointment work on your case. We will email you an invoice through our Stripe payment gateway at the time of booking. If payment is not received within 24 hours of booking, the appointment will automatically be cancelled.

Disclaimer

Success of our recommendations depend entirely on an individual's commitment to attending sessions and following action plans agreed between the practitioner and client. In the specific case of clinical hypnosis, susceptibility can be varied and this will be tested prior to any hypnosis sessions taking place. Nutritional Therapy is not a replacement for medical advice. We will always recommend that you consult with your GP for a serious health condition. Nutritional Therapy can and is frequently used along side conventional medical treatment, either to support treatment or to alleviate some of the side effects.