



Treatment & Therapy Price List

Acupuncture

Initial consultation (up to 1hr and 30 mins) £75

Bach flowers £10

Prescription given as part of Acupuncture or Herbal consultation

Cupping/Moxa standalone treatments (up to 1hr) £60

Western Herbalism consultation £75

(up to 1hr and 30 mins)

Prescriptions are charged separately and work out £10 to £15 per week

Follow up appointments for either acupuncture or herbal

(up to 40 mins) prescriptions charged separately £60

Angelic Reiki (up to 1hr) £55

Aromatherapy* Starting at £45

Ayurveda

Initial consultation (up to 1hr) £75

Includes full consultation summary and diet plan

Follow up consultation (up to 45min) £50

Herbal Medicines 4-6 week supply £30-£65

(depending on personal requirements)

Bach Flower

1hr Consultation and Bespoke Essence Mix £50

Further Prescription Essences £10

Bowen Therapy

Initial Consultation & Treatment (up to 1hr 15 mins) £75

Adults (1hr) £67

Children 3—16 years (45 mins) £50

Babies 0-3 years (up to 20 mins) £25

Babies 0-3 years (up to 45 mins) £45

Counselling & Psychotherapy

Adult Starting at £60

Couple (hour 90 min session) Starting at £100

Under 18s Starting at £45

Esoteric Knowledge*

Harmonious Balance £50

Hopi Ear Candling £50

Hypnotherapy Starting at £50

Life Coaching

1hr Coaching Session Starting at £60

LED Light Facial £100

Lymphatic Massage	£85
Massage*	Starting at £45
(inc, Aromatherapy, Back Massage, Indian Head Massage, Marma Point, Swedish Massage)	
Pellowah Healing	£70
Psychotherapeutic Counselling	
1 hour	£60
90 minutes counselling incorporating Vortex healing	£90
1 hour counselling session incorporating 1hr Vortex Healing	£110
Reflexology*	Starting at £50
Reiki	Starting at £50
Reiki Training (One to One)	
Reiki 1st Degree	£180
Reiki 2nd Degree	£240
Reiki Master	£550
Silver Ray Energy Healing	
Energy healing, chakra balancing, clearing and release of blockages using Reiki, Sekhem, Psychic Surgery or Theta Healing™. (1hr)	
	Starting at £60
Healing + coaching or a reading (90 mins)	£90
Soul Plan Readings	£75
Sound Healing	£40
Sports Injury Clinic	
Acupuncture, Bowen Therapy, Cupping, Massage, and/or Taping.	
	See Individual Prices*
Monday Night Special Group Bookings 4pm-10pm	
	20 mins - £20 per person
3D Full Body Scan	£50
Vortex Healing (1 hr)	£60

* Please see our website for more information on therapists, therapies & costs.

For further information do not hesitate to contact us.

T: 07909 005446
 E: contact@heartofholistic.com
 135-137 High Street, Chipping Ongar
 Essex, CM5 9JA

www.heartofholistic.com



Lymphatic Massage	£85
Massage*	Starting at £45