

## Treatment and Therapies Price List

For further information do not hesitate to contact us.

T: 01277 366030 or 07909 005446. E: [contact@heartofholistic.com](mailto:contact@heartofholistic.com)

135-137 High Street, Chipping Ongar, Essex, CM5 9JA

<b>Acupuncture</b>	
<b>Initial consultation</b> (up to 1hr and 30 mins)	<b>£75</b>
<b>Bach flowers</b>	
<i>Prescription given as part of Acupuncture or Herbal consultation</i>	<b>£10</b>
<b>Cupping/Moxa standalone treatments</b> (up to 1hr)	<b>£60</b>
<b>Western Herbalism consultation</b> (up to 1hr and 30 mins)	<b>£75</b>
Prescriptions are charged separately and work out £10 to £15 per week	
<b>Follow up appointments for either acupuncture or herbal</b> (up to 45 mins) prescriptions charged separately	<b>£60</b>
<b>Angelic Reiki</b> (up to 1hr)	<b>£55</b>
<b>Aromatherapy*</b>	<b>Starting at £50</b>
<b>Bach Flower</b>	
<b>1hr Consultation and Bespoke Essence Mix</b>	<b>£50</b>
<b>Further Prescription Essences</b>	<b>£10</b>
<b>Belief Coding</b>	
<b>Up to 2 hour session</b>	<b>£135</b>
<b>Block sessions of 3 or more £111 ( 3 sessions £333 etc )</b>	
<b>Bowen Therapy</b>	
<b>Adults</b> (1hr)	<b>Starting at £70</b>
<b>Children 3—16 years</b> (45 mins)	<b>£50</b>
<b>Babies 0-3 years</b> (up to 20 mins)	<b>£25</b>
<b>Babies 0-3 years</b> (up to 45 mins)	<b>£45</b>
<b>Brain Working Recursive Therapy (BWRT)</b>	<b>£65</b>
<b>Counselling*</b>	<b>Starting at £50</b>
<b>Esoteric Knowledge*</b>	<b>See Website</b>
<b>Harmonious Balance</b>	<b>£50</b>

<b>Homeopathy</b> <b>1st Consultation - 90 Minutes</b> - Follow ups 30-45 Minutes - Acute Prescriptions 20-30 minutes - Acute Prescriptions evenings (after 6pm) and weekends - Main remedy is included in the above - Additional remedies, tissue salts or tinctures will be extra.	<b>£90</b> <b>£55</b> <b>£35</b> <b>£45</b>
<b>Hopi Ear Candling</b>	<b>£50</b>
<b>Hypnotherapy with Mary</b>	<b>Starting at £75</b>
<b>Hypnotherapy with Janis</b>	<b>£70</b>
<b>Intuitive Life Guidance Readings</b>	<b>£55</b>
<b>Life Coaching</b> <b>1hr Coaching Session</b>	<b>Starting at £60</b>
<b>LED Light Facial</b>	<b>£100</b>
<b>Lymphatic Massage</b>	<b>£85</b>
<b>Massage*</b> (inc, Aromatherapy, Back Massage, Indian Head Massage, Marma Point, Swedish Massage)	<b>Starting at £50</b>
<b>Neurological Change Therapy</b> 1 hour and 1hour 30 mins	<b>£65</b> <b>£85</b>
<b>Osteopathy with Tim</b>	<b>£50</b>
<b>Pellowah Healing</b>	<b>£70</b>
<b>Psychotherapeutic Counselling</b>	<b>Starting at £60</b>
<b>Reflexology*</b>	<b>Starting at £55</b>
<b>Reiki</b>	<b>Starting at £50</b>
<b>Shiatsu Massage</b>	<b>£50</b>
<b>Soul Plan Readings</b>	<b>£75</b>
<b>Sound Healing</b>	<b>£40</b>
<b>Spinal Flow</b> <b>First Assessment</b> <b>Further Appointments</b>	<b>£75</b> <b>£60</b>
<b>Sports Injury Clinic</b> <b>Acupuncture, Bowen Therapy, Cupping, Massage, and/or Taping</b>	<b>From £30</b>

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