



## TREATMENTS AND THERAPIES

### PRICE LIST

[www.heartofholistic.com](http://www.heartofholistic.com)

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

T: 01277 366030 or 07909 005446.

E: [contact@heartofholistic.com](mailto:contact@heartofholistic.com)

## Treatments and Therapies Price List

<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 Healing (Reiki)</b> (up to 1hr)	<b>£60</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>Bioresonance</b>	
<b>Inner Voice Scan (inc Audio File) with Reiki and Bioresonance Treatments</b> (1hr 30 mins)	<b>£80</b>
<b>Inner Voice Scan (inc Audio File)</b> (approx. 30-45 mins)	<b>£35</b>
<b>MindSync (Personalised Affirmations)</b> (price per hour)	<b>£55</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>

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<b>Counselling*</b>	<b>Starting at £50</b>
<b>Esoteric Knowledge*</b>	<b>See Website</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>Human Design Readings</b>	<b>£65</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>Lymphatic Massage</b> <b>Lymphoedema, Detox and Scar Tissue Release Contour</b>	<b>£98</b>
<b>Massage*</b> <b>(inc, Aromatherapy, Back Massage, Indian Head Massage, Marma Point, Swedish Massage)</b>	<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>£55</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>

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Reiki	Starting at £55
Shiatsu Massage	£50
Soul Plan Readings	£85
Sound Healing	Starting at £50
Spinal Flow	
First Session	£75
Follow up Sessions	£60
Sports Injury Clinic Acupuncture, Bowen Therapy, Cupping, Massage, and/or Taping	From £30

Here at The Heart of Holistic Health we pride ourselves on the holistic approach to life, considering the whole person and how they interact with their environment. Therefore, we focus on you as a whole, not just on the presenting issues or set of symptoms. We look for the root cause, enhancing the body's own ability to heal itself. If one area of your body is compromised, most likely other areas will be too. Treating holistically is effective for both acute and chronic illnesses and injuries, therapeutic in preventing and treating chronic disease, essential in creating optimal health. This is your health journey; the path to lifelong wellbeing; and we are here to help because we care.

For further information do not hesitate to contact us.

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*Amanda McGregor*