



## 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**

### Esoteric Knowledge\*

**Harmonious Balance** **£50**

<b>Hopi Ear Candling</b>	<b>£50</b>
<b>Hypnotherapy</b>	<b>Starting at £50</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>	<b>Starting at £45</b>
<b>(inc, Aromatherapy, Back Massage, Indian Head Massage, Marma Point, Swedish Massage)</b>	
<b>Pellowah Healing</b>	<b>£70</b>
<b>Psychotherapeutic Counselling</b>	
<b>1 hour</b>	<b>£60</b>
<b>90 minutes counselling incorporating Vortex healing</b>	<b>£90</b>
<b>1 hour counselling session incorporating 1hr Vortex Healing</b>	<b>£110</b>
<b>Reflexology*</b>	<b>Starting at £50</b>
<b>Reiki</b>	<b>Starting at £50</b>
<b>Soul Plan Readings</b>	<b>£75</b>
<b>Sound Healing</b>	<b>£40</b>
<b>Sports Injury Clinic</b>	
<b>Acupuncture, Bowen Therapy, Cupping, Massage, and/or Taping.</b>	<b>See Individual Prices*</b>
<b>Tuesday Night Special Group Bookings 4pm-10pm</b>	
<b>20 mins - £20 per person</b>	
<b>3D Full Body Scan</b>	<b>£50</b>
<b>Vortex Healing (1 hr)</b>	<b>£60</b>

\* 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](mailto:contact@heartofholistic.com)**

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

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

