

PRICING 2017-2018

PAYMENT TERMS



	Nutritional Consultations	Duration	Includes dedicated pre and post consultation support	Price*
LEVEL 1 EDUCATION	1-to-1 Personalised webinars Ask the Nutritionist – Book a personalised online webinar on your chosen area of health	30 mins	<ul style="list-style-type: none"> Private 1-to-1 webinar on chosen health area 	£25 / €30*
LEVEL 2 PREVENTION	Health Prevention Check Body Composition and Dietary Analysis and review of existing health status	60 mins	<ul style="list-style-type: none"> Tanita Body Composition Analysis; BMI, fat mass, muscle mass, bone mass, body water, Nutritics Dietary analysis (using 3 day food diary) Dietary & Lifestyle guidance 	£65 / €70*
LEVEL 3 ACTION & INTERVENTION	Nutritional Therapy Consultation	60 mins	<ul style="list-style-type: none"> Review of health history & current symptoms Collection of Biometric data; Tanita Body composition, height, weight, BMI, & blood pressure. Dietary & Lifestyle guidance Supplement & testing recommendations 	£95 / €100
	<u>30 day Health programme</u> 1 x First consultation 4 x weekly skype reviews 1 x Follow-up consultation	90 mins 3x20 mins 45 mins	<ul style="list-style-type: none"> As above for 30 day period Ongoing weekly support via tel/email/skype Follow-up consultation and review biometric data 	£285 / €295*
	<u>60 day Health programme</u> 1 x First consultation 6 x weekly skype reviews 2 x Follow-up consultation	90 mins 6x20 mins 2x45 mins	<ul style="list-style-type: none"> As above for 60 day period 	£525 / €550*
	<u>90 day Health Programme</u> 1 x First consultation 9 x weekly skype reviews 3 x Follow-up consultation	90 mins 9x20 mins 3x45 mins	<ul style="list-style-type: none"> As above for 90 day period 	£700 / €725*

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CORPORATE	Corporate Wellness packages	Half Day	Event details tailored to company brief	£400 /€425*
	Dedicated seminars & workshops to encourage employee health and wellness incl. <ul style="list-style-type: none"> • 10 minute mini mot using Tanita body composition scales per employee (<15 people) • Group coaching sessions • Bespoke seminars & workshops 	Full Day		£750 /€785*
PERSONAL DEVELOPMENT	Coaching Session Personalised health coaching session tailored to address individual needs. Can be helpful for reviewing health objectives, identifying potential barriers to change, addressing nervous or psychological dietary habits, understanding lifestyle stressors, and finding strategies to support health changes.	60 minutes	Health Coaching Session to help provide clients with the tools and support to make behavioural changes that will enable them to self-manage their own health outcomes.	£65 /€70*

***Prices are quoted before the addition of VAT (20%) and/or other obligatory contributions**

***Gli onorari non includono il contributo obbligatorio INPS (4%) e l'imposta di bollo di €2.00**

Payment Terms & Conditions:

All consultations are to be paid in advance via bank transfer. I kindly request that should you need to cancel or reschedule your appointment that you do so no later than 48 hours prior to the consultation. Failure to do so will result in 100% cancellation fee except in extenuating circumstances. Appointments cancelled in good time can be rescheduled at your earliest convenience or refunded. If you arrive late for your consultation, your consultation time may be shortened to accommodate.

£ Stirling Payments

Account Name: Miss C H Bailey
First Direct Bank
Account Number 90007021
Sort Code 40-47-81
IBAN:GB75HBUK40478190007021

€ Euro Payments

Account name: Bailey Claire Helen
ING Direct
Account Number 316990415
IBAN: IT32L0316901600000316990415

Payment REF: Please quote "(Your surname)" as the payment reference