



# 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)

<b>Acupuncture</b>	
<b>Initial consultation</b> (up to 1hr and 30 mins)	£75
<b>Bach flowers</b>	
<i>Prescription given as part of Acupuncture or Herbal consultation</i>	£10
<b>Cupping/Moxa standalone treatments</b> (up to 1hr)	£60
<b>Western Herbalism consultation</b> (up to 1hr and 30 mins)	£75
Prescriptions are charged separately and work out £10 to £15 per week	
<b>Follow up appointments for either acupuncture or herbal</b>	£60
(up to 45 mins) prescriptions charged separately	
<b>Facial Rejuvenation Acupuncture</b> (1hr)	£75
<b>Angelic Reiki Healing</b> (up to 1hr)	£65
<b>Aromatherapy*</b>	Starting at £50
<b>Bach Flower</b>	
<b>1hr Consultation and Bespoke Essence Mix</b>	£50
<b>Further Prescription Essences</b>	£10
<b>Beauty Treatments With Nikki</b>	See Website
<b>Bioresonance</b>	
<b>Inner Voice Scan (inc Audio File) with Reiki and Bioresonance</b> (1hr 30 mins)	£75
<b>Inner Voice Scan (inc Audio File)</b> (approx. 30-45 mins)	£30
<b>MindSync (Personalised Affirmations)</b>	Starting at £30
<b>Blood Testing &amp; Vitamin Injections/ Infusions</b>	See Website
<b>Bowen Therapy</b>	Starting at
<b>Adults</b> (1hr)	£70
<b>Children 3—16 years</b> (45 mins)	£50
<b>Babies 0-3 years</b> (up to 20 mins)	£25
<b>Babies 0-3 years</b> (up to 45 mins)	£45
<b>Brain Working Recursive Therapy (BWRT)</b>	£65
<b>Children's Mentoring &amp; Holistic Practices 1:1</b>	£65
<b>Counselling*</b>	Starting at £50
<b>Drum Meditation</b>	
<b>45min 1:1</b>	£60
<b>Groups</b>	£12pp
<b>Esoteric Knowledge*</b>	See Website
<b>Fit 3d Body Scan</b>	See Website
<b>Homeopathy</b>	
<b>1st Consultation - 90 Minutes</b>	£90
<b>Follow ups 30-45 Minutes</b>	£55

Acute Prescriptions 20-30 minutes	<b>£35</b>
Acute Prescriptions evenings (after 6pm) and weekends	<b>£45</b>
Main remedy is included in the above	
Additional remedies, tissue salts or tinctures will be extra.	
<b>Hopi Ear Candling</b>	<b>£50</b>
<b>Hypnotherapy with Mary</b>	
First session (90 mins)	<b>£125</b>
Follow-Up sessions (60 mins)	<b>£85</b>
<i>Discount packages also available</i>	
<b>Hypnotherapy with Janis</b>	<b>£70</b>
<b>Intuitive Life Guidance Readings</b>	<b>£55</b>
<b>Kinesiology</b>	<b>See Website</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>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>
<b>Reiki</b>	<b>Starting at £55</b>
<b>Shiatsu Massage</b>	<b>£50</b>
<b>Soma Breath</b>	
1hr 1:1 personalised	<b>£70</b>
Groups	<b>£15 pp</b>
<b>Soul Plan Readings</b>	<b>£85</b>
<b>Sound Healing</b>	<b>Starting at £50</b>
<b>Spinal Flow</b>	
First Session	<b>£75</b>
Follow up Sessions	<b>£60</b>
<b>Sports Injury Clinic</b>	
<b>Acupuncture, Bowen Therapy, Cupping, Massage, and/or Taping</b>	<b>From £30</b>
<b>Womb Hara Massage</b>	<b>£180</b>

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*