

# Wellness Consult- Pricing

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**BALANCE**  
Massage & Wellness  
Resources for the  
Body ~ Mind ~ Spirit  
262-573-9594  
[www.thejourneytobalance.com](http://www.thejourneytobalance.com)

## LEVEL 1- Wellness Brainstorm Session

This Program is designed to briefly review your situation, answer questions & give you some recommendations & resources to help you in your Journey!

### What's Included

Your Program includes: **(One Time)**

- Intake Forms (Health History, Food Journal, Self-Screens etc)
- 1 Hour Consult to discuss main complaint
- Life Style Review
- Emailed Resources (may include articles, recipes, DIY etc)

**Keep in mind that every recommendation is merely a guideline to help you succeed in your journey towards Balanced Health...but it's up to you to implement.**

### How It Works & The Steps To Take

1. Call me to schedule your Consult & provide me your email address for Intake Forms & Resource communication.
2. Intake Forms  
**Receive** several **forms**, by email from me, **fill them out** and **bring a copy** for my files, with you to the Consult. (keep one copy for your files as well). Forms may include: Health History, Informed consent, various self-screens, 7-day Food Journal etc. (If you have any troubles filling out the forms, please feel free to call me.)
3. 1 Hour Consult  
Your consult should already be scheduled, if not, call me to schedule. In the consult, we will go over and discuss all the forms that you filled out as well as your main complaint and any other pertinent information.
4. Life Style Review  
I will go over all of the information we discussed in the consult and come up with several recommendations that you can implement.  
**Note:** Should we decide **at this time** that you need a more comprehensive approach with extensive work up, you may use the \$125.00 fee towards the price of another program.
5. Emailed Resources  
I will email you along with additional resources (articles, recipes, DIY etc). These recommendations are designed for easy implementation into your daily routine.

**Brainstorm Session** Price- \$125.00 **(Fee is due in full at the time of Consult.)**

### Additional Fees To Consider

**Supplements-** Supplements may be necessary if there are deficiencies, infections or if they are needed for special support. You can check out my online nutritional dispensary at <https://us.fullscript.com/welcome/slaux> and receive a 10% discount.

### **Continued Investigation**

There are times when the body has been pushed too far out of balance. In that case, it is necessary to look beyond the diet in order to uncover the underlying causes of certain health issues. Your Practitioner may recommend additional diagnostic tests (at an extra cost) to identify malfunctions in the body's digestive, detoxification, hormonal + immune system in order to uncover the root cause of your symptoms.

**When You CONSISTENTLY CONSUME THE RIGHT FUEL MIXTURE, you provide your body with the raw materials it needs to REGULATE, REPAIR and REGENERATE and you allow yourself to move forward in your Journey Toward Balanced Health!**