



Fee guide



Nutritonal packages

NUTRIONAL THERAPY PACKAGE

20 minute online introductory call with Alexis
Optimal health blood test
90 minute initial consultation
45-minute follow-up consultation

 £708.50

HEALTH COACHING - THE 6-WEEK LONGEVITY RESET

6 x 45-minute weekly sessions focusing on
restoring equilibrium and address your
underlying health imbalances

Ongoing email support between sessions

 £1,040