



## Getting Started

This is a breakdown of what's included in each option to start our work together, the investment involved, and who each option is best suited for.

	Express Initial Consultation	Mānuka Package
Session Length	45-minute focused session	Initial consultation + 3 x 60-minute follow-ups
Focus	1-2 main health concerns (e.g., fatigue, stress, hormones)	Comprehensive, whole-health approach over 90+ days
Wellness Plan	Targeted, practical nutrition & lifestyle strategies	In-depth personalised wellness plan including supplements/herbs*
Follow-Up	1 x email check-in	Detailed follow-up notes and action steps after each session
Additional Support	Clear next steps to continue or pause care	Access to Calyx Health recipe e-books
Investment	\$250 one-off	\$300 deposit + 2 x instalments of \$275
Ideal For	Those wanting personalised support without a big time or financial commitment	Clients ready to commit to lasting, sustainable change with ongoing support

\*Supplements and further herbal formulas recommended as needed at additional cost.

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## **Why choose the Mānuka Package?**

Mānuka plants are the first to grow in cleared native forest areas, creating the environment for lasting growth and health. This package is designed to support you over the crucial 90+ days it takes to make meaningful, sustainable health changes.

## **Next Steps**

If you're ready to begin or want to discuss payment options, please let me know.

## **Boundaries & Support**

I understand time and budget are important considerations, and I'm happy to work with you to find the best fit for your health journey.

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