

## CONSULTATION RATES:

### FIRST CONSULTATION (75 MINS): R1200

In order to tailor specific nutrition recommendations to meet your health & wellness goals, the initial consultation with the dietitian consists of a detailed & comprehensive assessment of your diet, medical history, and Inbody scan assessment as well as a personalised meal plan. Virtual and in-person consultations are available.

### SECOND CONSULTATION (30-60 MINS): R550 - R750

Scheduled 2 - 3 days after your first consultation, the dietitian will present you with a personalised eating plan to suit your lifestyle, along with relevant recipes, grocery lists, & nutrition-related information sheets. Nutrition education will take place throughout your journey with the dietitian. Virtual and in-person consultations are available.

### FOLLOW UP CONSULTATION (30 MINS): R550

Follow up sessions the dietitian will help you overcome barriers & educate on nutrition. The frequency of follow ups can be discussed with your dietitian.

### INBODY SCAN ASSESSMENT (15 MINS): R350

A detailed breakdown of your body composition, including muscle mass, fat percentage, and hydration levels. This precise analysis will help us create a tailored nutrition and fitness plan to support your specific health goals.

### SUPPLEMENT ASSESSMENT (30 MINS): R700

This service provides expert guidance on your supplement routine. We assess your current supplements, review your health history, and conduct blood tests to identify nutrient deficiencies. From there, we create a personalized supplement plan, prioritizing a food-first approach and using supplements only when necessary to support optimal health.

## BOOKINGS AND CANCELLATION

Appointments not kept or cancelled within 24 hours will be billed.

## PAYMENTS:

We are a cash-based practice with credit card facilities available. On payment a statement will be emailed to submit to your medical aid. Upfront payment is requested to confirm virtual consultations

## EFT DETAILS:

Bank: Capitec Bank  
Ms K Lambooy  
Acc Number: 1667426476