



Consultations

Health Consultation

A holistic assessment of the patient's current state of health and well-being that may include:

- Detailed medical, social, nutritional, and lifestyle history.
- Mindful exploration of the patient's emotional and spiritual well-being.
- If applicable, non-invasive external physical examination (i.e. blood pressure, lungs or heart auscultations, mouth inspection, etc).



Treatment may include:

- Customized nutritional & lifestyle adjustments.
- The use of natural products (i.e. vitamins, minerals, homeopathic remedies, flower essences, etc.).
- Customized herbal formulas (i.e. teas, liquid extracts, creams, salves, massage oils, etc).
- Mind treatments and visualization.
- Adjunct therapies.
- Empowering through the sharing of information on health and the use of our mind to promote inner harmony and well-being.



Nutrition/Lifestyle

A health consultation that focuses mainly on nutrition and lifestyle to promote health and well-being.



Bach Flower Essences

A health consultation that focuses mainly on the use of flower essences to promote the healing of mental, emotional, and spiritual issues which are considered the underlying cause of physical illnesses.



Mind Treatment and Visualization:

Mindful explorations combined with Reiki and visualization to promote the healing of emotional issues and/or events in a person's life. Each visualization is based on the current patient's mental, emotional, spiritual views, or memories, hence, unique to each person and each visit.



Reiki

A type of energy treatment that works with life energy to promote health and well-being.



Energy Healing

Combines life energy, sacred geometry, chakra healing, sound and vibration, to promote health and well-being.



Reflexology

A treatment consists of stimulating reflex points on the feet, by using compression techniques and massage to promote health and well-being.

Consultations (by appointment only):

1. **Wellness Trading Post Clinic** – 11161 – 160 St., Surrey
2. **Oasis Wellness Center** – 1111 Austin Ave. Coquitlam
3. **Head to Toes Spa** – 618 – 6th St., New Westminster
4. Home and/or Remote Consultations also available

Duration	Cost
<ul style="list-style-type: none"> • First visit: 1.5 to 2.5 hrs. • Follow-up visits: 1 to 2.5 hr. 	\$125.00 *

* **\$25.00** discount on consultations performed at the *Wellness Trading Post* clinic in Surrey.

- The duration of a session depends on the individual needs of each patient and the type of therapies/treatments included in the session.
- **Local Consultations** are performed by appointment at our Surrey, Coquitlam, or New Westminster practice locations (listed above).
- **Home consultations** are performed at the convenience of the patient's home. **Travel charges on home visits:** \$15.00 for residences within 20-Km from the *Wellness Trading Post* clinic; for residence farther away, please ask for a quote.
- **Remote Consultations** (not applicable to Reflexology) are done via telephone, online connection, and/or email. The patient is responsible for any distance phone charges (if any), and shipping/handling of any natural remedies.

Annual Health Packages

Silver Package: \$550.00

Includes 5 consultations (\$110.00/visit) performed at the Coquitlam or New Westminster locations; or as a **Home or Remote Consultations** (travel charges apply on home visits) during the course of a year.

Gold Package: \$425.00

Includes 5 consultations (\$85.00/visit) performed at the *Wellness Trading Post Clinic* in Surrey during the course of a year.

Health Packages include:

- An additional 10% off on natural remedy used as part of the treatment.
- 20% off on home visit's travel-fees.
- Free rental of health videos, audios, and books.

The Wellness Trading Post reserves the right to change prices without prior notice.