



NUTRITION
nourishing vitality

Consultation Packages & Pricing

*Service Overview of 1:1
Consultation Packages*



Health Nutritional Therapy

LØV Nutrition Services



LØV Nutrition offers a selection of consultation service styles to suit different budgets and needs. All consultations are held online.

- Diet MOT
- Classic Consultation Packages
- Signature Programmes



Diet MOT - £60

For those wanting to have a simple review of their diet so as to get some more tips on healthy eating or tweak an existing diet, this 30-minute standalone Diet MOT is a great choice. The Diet MOT will be based on completion of and assessment of a 3-day food diary. Please note, however, that this consultation does not address medications or health concerns.

How Consultations Work

Your nutritional therapy Questionnaire

Prior to all consultations (held online), a thorough nutritional therapy questionnaire is required to be completed and returned at least one week before the consultation. The questionnaire covers medical and family history, medications and supplements, current symptoms, your health goals, as well as a 3-day food and lifestyle diary. Test results from the previous 12 months can also be reviewed.

Your Consultation Journey

All consultation packages start with an initial consultation (60 minutes) in which we review your

nutritional therapy questionnaire, discuss your health goals, symptoms and establish the first steps of your personalised health optimisation plan, as well as consider any testing that may be helpful in achieving your health goals. Progress and any test results are reviewed in the follow-up sessions (30 or 45 minutes in length) and next steps agreed. Depending upon the package, a number of discounted 15-minute email or phone contact points are included as check-ins and to answer any questions or issues that may crop up.

LØV Nutrition Classic Consultation Packages



Package 1: Lovage

This entry level package offers two consultations with an initial consultation of 60 minutes with one follow-up session of 45-minutes plus one free 15-minute email or phone contact point (worth £30) between sessions to review progress or respond to any queries.

PRICE: £210



Package 2: Thyme

Comprising three consultations: a 60-minute initial consultation and two 45-minute follow-up sessions, plus two free 15-minute email or phone contact points (worth £60) between sessions to review progress or respond to any queries.

PRICE: £300



Package Top Up

If you get to the end of your package and feel you may need a little bit more, you can top up with a 45-minute consultation plus a 15-minute email/phone contact point to review any queries you may have.

PRICE: £120



LØV Nutrition Signature Programmes



Ease the Mealtime Bloat

Price £360

This 5 session ease the mealtime bloat pathway supports gut and digestive health so that you can eat and digest in comfort.

The system: A five session programme comprising an initial consultation of 60 minutes delving into your completed health questionnaire and current symptoms, followed by four weekly sessions of 30 minutes giving you bite sized steps to accomplish each week, plus two free 15 minute email or phone contact points worth £60 to discuss progress or any queries you may have.

Covers:

1. Food basics
2. Elimination
3. Self care and stress management
4. Testing and supplements

The results:

- 1) Enjoy mealtimes
- 2) Digest in comfort
- 3) Love your body and how you feel
- 4) Increased confidence in your food choices
- 5) Vitality
- 6) Sustainable results



Book a discovery call to discuss further by emailing enquiries@lovnutrition.co.uk

LØV Nutrition Package & Price Summary

Summary

Product name	No. of sessions	Session length	Email or phone contact points	Price
Diet MOT	1	1 x 30 minute session	-	£60
Package 1 - Lovage	2	1 x 60-minute initial consultation 1 x 4-minute follow-up session	1 x 15 minutes	£210
Package 2 - Thyme	3	1 x 60-minute initial consultation 2 x -minute follow-up sessions	2 x 15 minutes	£300
Package top up	1	1 x 45 minute follow-up session	1 x 15 minutes	£120
Ease the mealtime bloat	5	1 x 60 minute initial consultation 4 x 30 minute follow-up sessions	2 x 15 minutes	£360

Payment in full is required before the first consultation.



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