

Services List

I provide a holistic service tailored to your needs, ability, time and goals.

Holistic Health Protocol

30 Day Protocol tailored to your individual circumstances.

I do a thorough analysis of your past from birth to assess your immune type, your symptoms/conditions/diagnosed disease(s) and design a protocol incorporating food plan, supplements and stress-reduction techniques to calm and heal your body.

Includes:

Initial consult: 90mins

Your personalised protocol

Communication throughout the 30 days by phone/email/msg.

\$249

30-Day Body Re-set & Cleanse

Feel lighter and better from this 3-step program designed to help heal your body, lose body fat and feel energised. Most lose approx. 10-15% of their initial body weight in the 30 Days, and the program can be repeated. No meal replacement shakes, this is real food.

Cost varies dependent on individual's needs; includes supplements

\$250-\$290

Holistic Lifestyle Coaching

An integrated approach encompassing our physical, mental and emotional; addressing lifestyle, circumstances, when and what we eat, movement, stress, sleep, and toxic load on our bodies.

1 hour

\$100

Neuro-Linguistic Programming

Change your thoughts and behaviours to change your life. Release limiting beliefs and move forward; improve your relationships and get rid of bad habits are just some of the ways NLP can help.

1.5hour session

\$180

Reiki

Energy healing for relaxation, balancing, releasing muscle aches and pains, and a state of calm through this non-contact therapy.

1 hour

\$85

Personal Training

Including pre/post natal, complex health issues, rehab and recovery, stretching.

30min

\$57

45min

\$85

60min Initial Consult or Programme Design

\$120

Please contact me for more information or a quote tailored to your needs.

Yours in health, Cristie.

Cristie Shuttleworth

Holistic Lifestyle Coach

Personal Trainer

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