

Prices

The tables below outline the prices for different services offered by Refresh Nutrition. All initial consultations costs \$130 and all follow-up sessions cost \$70 if paid each visit. Upfront payments for the Healthy Eating Programs will be at a reduced cost.

Prices for the Healthy Eating Program are based on one adult (over the age of 16 years). Children accompanying a paying adult are free of charge, and additional adults accompanying a full paying adult will be half the cost per adult. For example, an initial session costs \$130, for a second adult to attend the same session they will be charged \$65, for a total of \$195 for two adults.

Nutrition Consultations		
• Initial	60 min	\$130.00
• Follow-up	30 min	\$70.00

Group Presentations		
• Single presentation	To suit	Negotiable

Extended Healthy Eating Program (12-sessions)		
1. Pay as you go option:	Varied	\$830.00
Session 1	60 min	\$130.00
Sessions 2-11	Varied	\$70.00 each
Session 12	30 min	Free
2. Pay up front 4 weekly:	Varied	\$780.00
Sessions 1, 2, 3, 4	Varied	\$300.00
Sessions 5, 6, 7, 8	Varied	\$270.00
Sessions 9, 10, 11, 12	30 min each	\$210.00

Healthy Eating Program (5-sessions)		
1. Pay as you go option:	Varied	\$410.00
Session 1	60 min	\$130.00
Sessions 2-5	Varied	\$70.00 each
2. Pay 5 weeks up front:	Varied	\$380.00
Sessions 1, 2, 3, 4, 5	Varied	\$380.00

If you are unable to attend your appointment, please contact us with at least 24 hours notice to cancel. Late cancellations will incur a fee.

