



## BALANCE WELLNESS CONSULTATIONS

with Kelly Manning  
*Naturopath, Nutritional Therapist and Wellness Consultant.*

We are delighted to offer you the opportunity to consult with our resident Nutritionist and Wellness Consultant who will guide you on a personalised journey of discovery to heal and rebalance with all that nature has to offer.

Kelly Manning is our Balance Wellness Consultant and Nutritionist, she holds post graduate qualifications in Naturopathy and Nutritional Therapy and has extensive experience in personalised wellness retreats and consulting. Kelly looks forward to guiding you on your journey to greater wellbeing.



### BEAUTY REDEFINED FROM WITHIN

60 mins/USD 200

Address common skin, hair and nail complaints by discovering the root cause of your health concerns. Alleviate symptoms to heal and reflect your radiance from the inside out. Learn techniques to heal through nutrition and lifestyle applications.

### BODY DETOX RESTORE

60 mins/USD 200

Restore healthy weight, optimise digestion and reignite energy by supporting your detoxification pathways, balance blood sugar and address underlying health concerns. Reconnect a healthy mind and body with practical and sustainable diet and lifestyle tools to achieve long term changes and obtain desired results.

### IMMUNE BALANCE

60 mins/USD 200

Did you know 70% of your immune system is housed in your gut? Learn how to take care of your gut microbiome and how to protect your body against oxidative damage and premature ageing, by utilising diet and lifestyle resources which modulate and build a resilient immune system. Suitable for those presenting with Post-Viral Fatigue

### SLEEP ENRICHMENT

60 mins/USD 200

Do you suffer from daytime sleepiness or have trouble getting to sleep, staying asleep or waking up too early? The sleep enhancement consultation allows you to identify common habits, dietary insufficiencies and hormonal imbalances which directly contribute to sleep deprivation and provides you with diet and lifestyle tools to realign with a peaceful night's sleep.

### CELL WELLBEING EPIGENETIC ANALYSIS

USD 195/person | USD350/couple

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalised reading with our Balance Wellness Consultant on how to reverse your epigenetic expression and live a healthier more resilient life.

### SPECIAL CONSULTATION ADD-ON: EPIGENETIC ANALYSIS

USD 135/person

**Balance Wellness Consultations include a personalised report and handouts.**

*A complimentary 15 minute pre-consultation session is available on request. All prices are subject to 10% service charge and 12% government tax*