

CLEAN NATURE



1:1 Ayurvedic Nutrition Consulting

What is Ayurveda?

Ayurveda is a holistic healing system from ancient India that works in tandem with its sister science yoga, to restore and maintain balance in *your* mind-body. Although Ayurvedic principles are rooted in the classical Vedic era, its timeless roots are translated in a modern voice making it practical, relatable, and something that's actually fun to implement. Ayurveda combines food and nutrition, yoga and movement, herbs and lifestyle practices to awaken us to our true nature and well-being, inspiring us to develop a loving and healthy relationship with who we are at our cores.

What to Expect in a Consultation:

All consultation services take place in a one-to-one setting with complete confidentiality. We will embark on an inner journey, exploring your current relationship with your body and food and how that relates to your overall health and well-being.

This is not a one-size-fits-all approach. Rather, guidance is given based upon your unique body type, present symptoms, environmental factors, and lifestyle practices to work towards your goals and bring you into greater mind-body harmony and health.

After completing a comprehensive assessment highlighting current status and goals, I will create a customized roadmap including food and nutrition, yoga and breathwork, body care, herbs and exercises. All recommendations are practical and work to flow with your lifestyle.

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Pricing and Packages

New Client Individual Sessions

90-minute Initial Consultation (\$150)

- Comprehensive health intake review
- Discover your unique body constitution (dosha)
- Discuss current symptoms, needs, and goals
- Deep dive into long-standing health concerns
- Practical tools for improving digestion and energy levels
- Immediate tips and suggestions to bring you into balance
- Personalized wellness roadmap (recommendations include: food, nutrition, herbs, body care, yoga, breathwork, and exercise)
- Strength self-awareness and reconnect with your true nature
- Develop a personalized self-care, meditation, and yoga practice

60-minute Initial Consultation (\$130)

Please see above. Same information condensed in 1 hour.

30-minute Follow Up (\$70)

Follow-ups are recommended 3-4 weeks after initial consultation.

- Discuss any obstacles that have risen
- Plan to execute personalized suggestions
- Reinforce positive habits
- Assistance in implementing holistic recommendations

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Pricing and Packages

Package Options

Discounted 1:1 Nutrition Consulting Package (\$325)

Payment plans are available upon request.

What's Included:

- 90-minute initial consultation
- 60-minute implementation session
- 30-minute follow up

1:1 Nutrition Consulting & Meal Delivery (\$650)

Payment plans are available upon request. Standard Clean Nature chef service is valued at \$500. Pricing includes cost of groceries.

What's Included:

- 90-minute initial consultation
- 60-minute implementation session
- 30-minute follow up session

- 2x Main Dishes (1x dosha-balancing Kitchari and 1x personalized entree)
- 2x Side Dishes (1x nutritional dessert and 1x personalized dish)
- 2x Beverages (rotting herbal teas, pacifying tonics, elixirs, refreshers)
- 1x Herbal Chutney

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Pricing and Packages

Details

All sessions are available online via zoom or in-person. The consultation & meal delivery package is most readily available for high desert locals, but can also be offered to Orange and Los Angeles Counties. Please inquire for more details.

All clients receive ongoing text and email support, as well as recipes, shopping lists, and a free copy of my 30-page Comprehensive Holistic Food, Nutrition & Lifestyle Guide.

Clients who purchase either of the two packages receive discounted follow up sessions.