

“THRIVE THROUGH MENOPAUSE” DIAMOND PROGRAM

INCLUSIONS:

WOMEN'S HEALTH PHYSIO CONSULTS



Initial Consultation:
(60 mins with Women's Health
Physio)
4 Follow Up Consults (45 mins
each).

VALUE : \$1,094

CLINICAL PILATES



INITIAL ASSESSMENT AND PROGRAM
2 HOUR 1:1 SESSION TO LEARN PROGRAM
10 SMALL GROUP SESSIONS

VALUE : \$1,251

HEALTHY BONES CLASSES

- INITIAL SESSION TO LEARN TECHNIQUE AND SCREEN FOR ANY ISSUES
- 10 HEALTHY BONES CLASSES WITH OUR EXERCISE PHYSIOLOGIST

VALUE : \$538

REVIVE WEST END

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DIETETICS CONSULTS

- INITIAL CONSULT - 60 mins
- 2 FOLLOW UP CONSULTS , 45 min each
- EDUCATION AND MEAL PLANS INCLUDED

VALUE : \$498



PHYSIO TREATMENT PACK

- INITIAL CONSULTATION AND TREATMENT
- 6 FOLLOW UP CONSULTS (45 MINS)
- SHOCKWAVE TREATMENTS INCLUDED AS NEEDED

VALUE : \$1225



MASSAGE

- 6 ONE HOUR REMEDIAL MESSAGES
- 1 SET LYMPHATIC MASSAGE GLOVES
- “LEARN SELF LYMPHATIC MASSAGE” WORKSHOP

VALUE: \$932

EXTRA INCLUSIONS

- Thriving Through Menopause Workshop and Workbook
- 5% off MyBrainCo Supplements and Amazing Oils Magnesium Products
- Waterbottle, one pair Pilates Socks and Pilates T-shirt

VALUE : \$180

OPTIONAL ADD ON

EMS PELVIC FLOOR STIM SESSIONS

- 10 x EMS Pelvic Floor Sessions (30 mins each)

Valued at: \$880 | Add-on price: \$660

PRICING SUMMARY

Program price: \$2,999

Total program valued at: \$5718

You save: \$2,719

PAYMENT OPTIONS

One up-front payment: \$2,999

Monthly (3 payments) @ \$1,100 per month

Weekly @ \$275 per week