

GRACE MEDICAL AND WELLBEING CLINIC PRICELIST



The Grace Medical and Wellbeing Clinic, of which membership to Grace Belgravia Club is not obligatory, is led by Dr Tim Evans (MBBS, MRCGP, DRCOG, DA), Apothecary to HM the Queen and is open to both men and women over the age of 21.

The world-class healthcare you receive is a result of the Clinic being home to a team of leading experts, each providing you a personal, specialist approach to medicine and wellness, whilst helping you to achieve a healthy lifestyle.

Through our integrated approach we create personalised programmes designed around your goals. Whether you wish to lose weight, get fit, improve your sleep, or manage stress and depression. We are here to help you get ready for pregnancy, manage the menopause or andropause, recover from illness or surgery, or to keep you simply feeling happier and healthier all round.

		Non-Member Fees	Member Fees	
GP Services				
Dr Tim Evans	General Practitioner			
	Medical Consultation	30mins	£180	£162
	Full Medical - 2 Appointments Required	60mins	£360	£324
	Telephone Consultation	10mins	£60	£54
	Repeat Prescription (<i>terms and conditions apply</i>)		£25	£23
	GP Phlebotomy		£50	£45
	Well Woman Assessment		from £760	from £724
	Well Man Assessment		from £609	from £573
	Genetic Testing			
	Consultation and Genetic Test 23 & Me	30mins	£325	£293
Consultation and Telomere Test	30mins	£550	£495	
Follow Up Appointment (estimated 30 mins)	30mins	£180	£162	
Medical Travel and Vaccination Clinic				
Individual Vaccines				
Flu Vaccination (<i>single dose</i>)		£65	£59	
Hepatitis B Immunity (<i>course of 3 required</i>)		£75	£68	
Measles, Mumps, Rubella (<i>MMR, course of 2 required</i>)		£75	£68	
Chickenpox (<i>single dose</i>)		£65	£59	
Hepatitis A (<i>single dose</i>)		£65	£59	
Typhoid (<i>single dose</i>)		£65	£59	
Tetanus (<i>single dose</i>)		£65	£59	
Rabies Vaccine (<i>Rabipur, course of 3 required</i>)		£75	£68	
<i>Price is per dose, several doses may be required as part of a course.</i>				
Pre Travel Blood Tests, including Phlebotomy Fee				
Blood Grouping		£130	£117	
Hepatitis A Antibody Testing		£110	£99	
Hepatitis B Antibody Testing		£110	£99	
HIV Antibodies		£110	£99	

Preventative and Age Management Medicine, Bio-Identical Hormones and Dermatology With Aesthetics				
Dr Drashnika Patel	General Practitioner Specialising in Bio-identical Hormone Therapy			
	Initial Consultation	60mins	£400	£360
	First Follow Up Appointment and Healthcare Planning	30mins	£240	£216
	All Subsequent Follow Up Appointments	30mins	£180	£162
	General Practitioner			
	Medical Consultation	30mins	£180	£162
	Full Medical - 2 <i>Appointments Required</i>	60mins	£360	£324
	Telephone Consultation	10mins	£60	£54
	Repeat Prescription (<i>terms and conditions apply</i>)		£25	£23
	GP Phlebotomy		£50	£45
	Well Woman Assessment		from £760	from £724
	Well Man Assessment		from £609	from £573
	Executive Health Screening		from £609	from £573
	Consultation and Genetic Test 23 & Me	30mins	£325	£293
	Consultation and Telomere Test	30mins	£550	£495
	Follow Up Appointment (estimated 30 mins)	30mins	£180	£162
	Injectable Wrinkle Treatment (For the treatment of frown lines, 'crows feet' and forehead lines)			
	1 Standard Facial Area		£275	£248
	2 Standard Facial Areas		£350	£315
	3 Standard Facial Area		£425	£383
	Gummy Smile			
	Additional Area (<i>Lower Face/Jaw</i>)		£95	£86
	Advanced techniques including gummy smile, bunny lines and chin treatments		£350	£315
Hyperhidrosis (For the treatment of excessive underarm sweating)				
Female Treatment Normal Dose (150u)		£650	£585	
Male Treatment Normal Dose (150u)		£700	£630	
Dermal Fillers (For subtle sculpting of the lips, cheeks and chin, and to soften superficial and deep lines on the face neck and hand)				
Juvederm Ultra 2 (<i>1ml</i>)		£390	£351	
Juvederm Ultra 2 (<i>2ml</i>)		£590	£531	
Juvederm Ultra 3 (<i>1ml</i>)		£390	£351	
Juvederm Ultra 3 (<i>2ml</i>)		£590	£531	
Juvederm Ultra Smile (<i>1 syringe</i>)		£295	£266	
Juvederm Ultra Smile (<i>2 syringes</i>)		£495	£446	
Juvederm Ultra 4 (<i>1ml</i>)		£390	£351	
Juvederm Ultra 4 (<i>2ml</i>)		£590	£531	
(<i>cost of additional syringe used at appointment</i>)		£200	£180	
Juvederm Vycross Range - Please note, not all routinely stocked				
Juvederm Voluma (<i>1ml</i>)		£450	£405	
Juvederm Voluma (<i>2ml</i>)		£725	£653	
Juvederm Volbella (<i>1ml</i>)		£375	£338	
Juvederm Volbella (<i>2ml</i>)		£550	£495	
Juvederm Volift (<i>1ml</i>)		£375	£338	
Juvederm Volift (<i>2ml</i>)		£550	£495	
Juvederm Volift Retouch (<i>0.55ml</i>)		£270	£243	
Dermal Fillers				
Restylane w/Lido (<i>0.5ml</i>)		£250	£225	
Restylane w/Lido (<i>1ml</i>)		£375	£338	
Restylane Perlane w/Lido (<i>0.5ml</i>)		£200	£180	
Restylane Perlane w/Lido (<i>1ml</i>)		£375	£338	
Restylane Lip Volume (<i>1ml</i>)		£395	£356	
Restylane Lip Volume (<i>2ml</i>)		£450	£405	
Dr Jane Leonard	GP Specialising Anti-Ageing and Facial Aesthetics			
	General Practitioner			
	Medical Consultation	30mins	£180	£162
	Full Medical - 2 <i>Appointments Required</i>	60mins	£360	£324
	Telephone Consultation	10mins	£60	£54
	Repeat Prescription (<i>terms and conditions apply</i>)		£25	£23
	GP Phlebotomy		£50	£45
	Injectable Wrinkle Treatment			
	1 Standard Facial Area		£275	£248
	2 Standard Facial Areas		£350	£315
	3 Standard Facial Area		£425	£383
	Additional Area (<i>Lower Face/Jaw</i>)		£95	£86
	Advanced techniques including gummy smile, bunny lines and chin treatments		£350	£315
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Juvederm Volbella (1ml)		£375	£338
Juvederm Volbella (2ml)		£550	£495
Juvederm Volift (1ml)		£375	£338
Juvederm Volift (2ml)		£550	£495
Juvederm Volift Retouch (0.55ml)		£270	£243
8 Point Facelift - Injectable Vycross technology (Dermal filler)			
8 Point Facelift		£1,000	£900

Acupuncture

Ross Campbell	Classical Chinese Medicine			
	Consultation and Initial Treatment	90mins	£225	£203
	Follow Up Acupuncture Session	60mins	£150	£135
Simon Cheung	Traditional Chinese Medicine, including Sports Injuries and Disease			
	Consultation and Initial Treatment	90mins	£225	£203
	Consultation and Initial Treatment	60mins	£150	£135
	Follow Up Acupuncture Session	30mins	£100	£90
Hannah Cooksey	Facial Cosmetic Acupuncture			
	Follow Up Acupuncture Session	45mins	£120	£108
	Quick fix/ Top up session	60mins	£150	£135
	Complete course of 10 sessions	60mins	£1,350	NA

Ayurvedic Medicine

Sonja	Stress, digestive issues			
Shah-Williams	Initial Consultation (includes written programme)	90mins	£280	£252
	Follow up	60mins	£150	£135
	Deep Ayurvedic Face Massage	50mins	£90	£90

Cosmetic Medicine and Dermatology

Dr Rabia Malik	Cosmetic Doctor and GP specialising in Non-Invasive, Non-Surgical Treatments				
	Initial Consultation (<i>Members only</i>)	30mins	N/A	£150	
	Initial Consultation and Visia Imaging (<i>Non-Member</i>)	60mins	£250	N/A	
	Initial Consultation and Medifacial (<i>Express</i>)	60mins	£250	£225	
	Medifacial and Neck	75mins	£350	£315	
	Medifacial Skin Refresh	60mins	£250	£225	
	Medifacial (<i>Express</i>)	30mins	£165	£149	
	Eye Revive Treatment	30mins	£195	£176	
	Mesopeel	90mins	£500	£450	
	Mesopeel Lite	60mins	£350	£315	
	Meso-PRP	120mins	£1,000	£900	
	Bespoke Body Peels	30mins	from £350	from £315	
	Dermaplaning Facial	60mins	£250	£225	
	Intracutaneous Oxygen Infusion Facial	60mins	£250	£225	
	Elethea Medifacial	30mins	£150	£135	
	Visia Imaging	30mins	£75	£68	
	LASER IPL - Pigment, age spots, broken thread veins	Lumecca - Pigment face & neck	60mins	£450	£405
		Package of 6 Lumecca - Pigment face & neck	60mins	£1,215	£1,094

Dermatology

Dr Julia Hunter	<i>Specific details of treatment and pricing options can be made available during your visit.</i>			
Dr Susan Mayou	Cosmetic and General Dermatology			
	Initial Consultation	60mins	£250	£225
	Follow Up Consultation	30mins	£200	£180
Hina Solanki	Micropigmentation Specialist and Cosmetic Tattooist			
	Consultation	30mins	£100	£90
	Eyebrows	90 mins	£795	£716
	Hair stroke	90 mins	£795	£716
	Combination eyebrow	90 mins	£895	£806
	Soft powder mist	90 mins	£995	£896
	Eyeliner		-	-
	Upper or lower lash line	90 mins	£550	£495
	Upper and lower lash line	90 mins	£650	£585
	Fine eyeliner upper or lower	90 mins	£750	£675
	Thicker eyeliner upper or lower	90 mins	£895	£806
	Lip enhancement		-	-
	Lip line	90 mins	£695	£626
	Lip blush	90 mins	£895	£806
	Full lip tint	90 mins	£995	£896
	Beauty spot	90 mins	£100	£90
	VIP package (eyebrows, thicker upper eyeliner and lip blush)	90 mins	£2,685	£2,417
	Medical		-	-
	Areola and 3D nipple reconstruction	90 mins	£1,800	£1,620
	Areola scar camouflage	90 mins	£1,400	£1,260
	Areola darkening	90 mins	£1,200	£1,080
<i>All other medical procedures will be priced during consultation</i>		-	-	

Colon Hydrotherapy				
	Colon Health and Detox			
Katalin Cziranku	Initial Consultation and Treatment	90mins	£150	£135
	Follow Up Treatment	60mins	£110	£99
	Follow Up Treatment	90mins	£150	£135
	Colonic Implant (<i>add-on</i>)		£100	£90
	Packages:			
	Course of 6, 60 minutes		£595	£595
	Course of 6, 90 minutes		£810	£810
	Colon Health, Detox, Naturopathic, Homeopathic and Energy work			
Kara Mia	Consultation and Treatment	60 mins	£110	£99
	Follow Up Treatment	60 mins	£110	£99
	Initial / Follow Up Treatment	90 mins	£150	£135
	Detox Cupping	30 mins	£50	£45
	Detox Cupping	60 mins	£100	£90
	Detox Cupping (<i>half hour before or after treatment</i>)	30 mins	£40	£36
	Packages:			
	Course of 6, 60 minutes		£595	£595
	Course of 6, 90 minutes		£810	£810
Emotional Wellbeing				
	Specialising in Psychotherapy and Cognitive Behavioural Therapy			
Kassandra Darili	Initial Consultation	90mins	£225	£203
	Follow Up Appointment	60mins	£180	£162
	Specialising in Psychology and Psychotherapeutic Counselling			
Elaine Slater	Psychotherapy	60mins	£195	£175
	Specialising in Psychology and Psychotherapeutic Counselling			
Lucy Beresford	Psychotherapy	50mins	£205	£175
	Analytical Hypnotherapist, Psychological Astrologer specialising in Regression			
Ana Isabel	Hypnotherapy	120mins	£225	£203
	Astrology	90 mins	£170	£153
	Hypnotherapist specialising in Weight, Addressing Body Image and Motivation.			
Terrence the Teacher	Initial Consultation	90mins	£275	£248
	Smoking Cessation - 1 session only with pre-prep	120mins	£500	£450
	Follow Up	60 mins	£225	£203
	Meditation, Energy Alignment, Hoppnopono, EFT and Spiritual Card Reading			
Padma Coram	Initial Consultation	90mins	£300	£270
	Follow Up Appointment	60mins	£200	£180
	Additional Add on Time	30mins	£100	£90
	Business and Life Coaching			
Victoria Macpherson	Initial Chemistry Session	30mins	FOC	FOC
	Follow Up Appointment	120mins	£480	£432
	Follow Up Appointment	90mins	£360	£324
	Follow Up Appointment	60mins	£240	£216
	Whole Life Tutor in Mindfulness, Stress, Behavioural, Alignment and Pregnancy			
Maxine Hamilton Stubber	Initial Consultation	60mins	£200	£180
	Follow Up Appointment	60mins	£200	£180
	Follow Up Appointment	30mins	£100	£90
Environmental and Nutritional Medicine				
	General and Specialist Medicine, including Mucosal Immunology			
Dr. Shideh Pouria	Initial Consultation	90mins	£360	£360
	Follow Up Consultation	15mins	£75	£75
	Follow Up Consultation	30mins	£150	£150
	Follow Up Consultation	45mins	£225	£225
	Follow Up Consultation	60mins	£300	£300
	Follow Up Consultation	90mins	£450	£450
		Intravenous Therapy		
	Phlebotomy Pre-booked Appointment	30mins	£50	£50
	Phlebotomy Emergency Appointment	45mins	£70	£70
	Basic Infusion	90mins	£200	£200
	Basic Infusion plus 1 Vitamin	120mins	£300	£300
	Basic Infusion plus 2 Vitamins	180mins	£400	£400
	Basic Infusion plus 3 Vitamins	180mins	£500	£500
	<i>Costs to include diagnostic testing, supplements and blood work. Specific details of tests performed, packages available and pricing Dr Shideh Pouria's fees are not subject to the 10% discounted rate</i>			

Grace Medical Infusion Clinic				
	Initial Consultation		FOC	FOC
Specialist Nurse	1. Grace Ultimate Endurance	60mins	£168	£142
	Course of 6		£907	£767
	2. Grace Energy Booster	60mins	£203	£183
	Course of 6		£1,096	£988
	3. Grace Anti -Ageing	60mins	£259	£233
	Course of 6		£1,399	£1,258
	4. Grace Relax & Unwind	60mins	£259	£233
	Course of 6		£1,399	£1,258
	5. Grace Immune Support	60mins	£259	£233
	Course of 6		£1,399	£1,258
	6. Grace Diet & Detox	60mins	£280	£252
	Course of 6		£1,512	£1,361
	7. Grace Hair Restore	60mins	£260	£235
	Course of 6		£1,404	£1,269
8. Grace Base	60mins	£125	£113	
Course of 6		£675	£610	
	Mix and Match - 10% off - infusions 1-6 above, maximum 2 of each	60mins	£1,250	£1,125
	Skin Bright - course of 6 only - MUST HAVE BLOOD TEST TWO WEEKS PRIOR (blood test is charged at an additional cost of £71)	60mins	£1200 + £71	£1080 + £71
	Intramuscular B Trio injection (B12, B6 & B5)	20mins	£100	£90
	Course of 3		£270	£243
	Intramuscular/infusion add on - Glutathione	20mins	£70	£63
	Course of 3		£189	£170
Laser Clinic				
Specialist Nurse				
IPL - Pigment, age spots, broken thread veins	Lumecca - Pigment face & neck	60mins	Please book in with Dr Rabia for a consult first & for more information on prices and packages see Dr Rabia Malik's section	
	Lumecca - Pigment chest	60mins		
	Lumecca - Pigment hands	60mins		
	Lumecca - broken capillaries (face NOT legs)	15mins		
Radiofrequency - Body Tightening, Lifting, Firming	Body FX abdo upper	45mins	£200	£180
	Body FX abdo lower	75mins	£300	£270
	Body FX abdo upper & lower	45mins	£150	£135
	Body FX bra bulge	75mins	£250	£225
	Body FX love handles	45mins	£200	£180
	Body FX arms	45mins	£150	£135
	Body FX legs beneath bottom	75mins	£200	£180
	Body FX legs saddlebags	45mins	£150	£135
	Body FX legs inner thigh	120mins	£350	£315
	Body FX all thigh	45mins	£150	£135
	Package of 6 Body FX phel lower	45mins	£1,080	£972
	Package of 6 Body FX abdo upper & lower	75mins	£1,620	£1,458
	Package of 6 Body FX bra bulge	45mins	£810	£729
	Package of 6 Body FX love handles	75mins	£1,350	£1,215
	Package of 6 Body FX arms	45mins	£1,080	£972
	Package of 6 Body FX legs beneath bottom	45mins	£810	£729
	Package of 6 Body FX legs saddlebags	75mins	£1,080	£972
	Package of 6 Body FX legs inner thigh	45mins	£810	£729
Package of 6 Body FX all thigh	120mins	£1,890	£1,701	
Package of 6 Body FX Knees	45mins	£810	£729	
Radiofrequency - Facial Rejuvenation	Fractora Acne scarring	30mins	£600	£540
	Fractora Half Face	30mins	£650	£585
	Fractora Whole Face	45mins	£800	£720
	Fractora Neck	30mins	£700	£630
	Fractora Face & Neck	60mins	£1,000	£900
	Fractora Abdomen	60mins	£1,000	£900
	Package of 2 Fractora Acne scarring	30mins	£1,080.00	£972
	Package of 2 Fractora Half Face	30mins	£1,170.00	£1,053
	Package of 2 Fractora Whole Face	45mins	£1,440.00	£1,296
	Package of 2 Fractora Neck	30mins	£1,260.00	£1,134
Package of 2 Fractora Face & Neck	60mins	£1,800.00	£1,620	
Package of 2 Fractora Abdomen	60mins	£1,800.00	£1,620	
Facial Radiofrequency Tightening, Lifting, Firming	Forma Upper Face & Eyes	45mins	£200	£180
	Forma Lower Face & Jawline	45mins	£200	£180
	Forma Full Face	60mins	£350	£315
	Forma Neck	45mins	£200	£180
	Forma Face & Neck	60mins	£450	£405
	Package of 6 Forma Upper Face & Eyes	45mins	£1,080	£972
	Package of 6 Forma Lower Face & Jawline	45mins	£1,080	£972
	Package of 6 Forma Full Face	60mins	£1,890	£1,701
	Package of 6 Forma Neck	45mins	£1,080	£972
	Package of 6 Forma Face & Neck	60mins	£2,430	£2,187

Body Radiofrequency Tightening, Lifting, Firming	Forma Knees	45mins	£200	£180	
	Forma Buttocks	45mins	£300	£270	
	Forma Abdomen	60mins	£400	£360	
	Forma Thighs	60mins	£400	£360	
	Package of 6 Forma Knees	45mins	£1,080	£972	
	Package of 6 Forma Buttocks	30mins	£1,620	£1,458	
	Package of 6 Forma Abdomen	60mins	£2,160	£1,944	
	Package of 6 Forma Thighs	60mins	£2,160	£1,944	
Laser Hair Removal	Diolaze (chin/lip/fingers/feet/hands/nipples)	15mins	£75	£68	
	Diolaze (half face/belly button/lower belly/neck/face/shoulders both/underarm both/both half arm/both half leg/bikini/perianal)	30mins	£150	£135	
	Diolaze (brazilian/hollywood/whole face/chest/abdomen/full leg both/beard/buttocks/)	45mins	£150	£135	
	Diolaze (full legs + under arms + bikini)	60mins	£250	£225	
	Package of 6 - 15 mins	15mins	£405	£365	
	Package of 6 - 30 mins	30mins	£810	£729	
	Package of 6 - 45 mins	45mins	£1,215	£1,094	
	Package of 6 - 60 mins	60mins	£1,620	£1,458	
Family Planning and Sexual Health					
Clinic Nurse	Pregnancy Test Kit		£10	£9	
	Pregnancy Test with Nurse	15mins	£50	£45	
	Urine Dipstick with Nurse	20mins	£30	£27	
	Vaccination with Nurse		See above for Travel & Vaccination prices		
	Phlebotomy				
	Phlebotomy	30mins	£50	£45	
Phlebotomy Emergency Appointment	45mins	£70	£63		
<i>Specific details of tests performed and pricing options can be made available during your visit.</i>					
Nutrition					
Henrietta Norton	Fertility, Thyroid Disorders, Menstrual Irregularities and Healthy Lifestyle				
	Initial Consultation	60mins	£250	£225	
	Follow Up Appointment	30mins	£125	£113	
	<i>Lifestyle, diet and functional tests such as hormone panels, digestive analysis, thyroid, adrenal and environmental profiles are available upon request.</i>				
Gabriella Peacock	Biochemical Imbalances, Weight Management, Immune Support, Healthy Skin and Ageing				
	Initial Consultation	60mins	£250	£225	
	Follow Up Appointment	30mins	£125	£113	
	Follow Up Appointment	60mins	£250	£225	
Follow Up Appointment by FaceTime or Skype	30mins	£125	£113		
<i>Patients can expect tailor-made support based on comprehensive health screens, dietary assessment, laboratory testing and ongoing</i>					
Lorna Driver-Davies	Endocrine, Thyroid and Adrenal Glands, Menstrual and Reproduction Health, Auto Immune				
	Initial Consultation	60mins	£210	£189	
	Follow Up Appointment	30mins	£105	£95	
<i>Functional medicine tests may include digestive analysis (to include gut dysbiosis and microbe infection or imbalance), Specific details of Nutritional tests performed, packages available and pricing options can be made.</i>					
Osteopathy					
Olivia de Maiget	Pre and Postnatal Treatments/Pelvic Floor Issues, Dance and Sporting Accidents or Injuries				
	Initial Consultation	60mins	£120	£108	
	Follow Up Appointment	30mins	£80	£72	
	Follow Up Appointment	45mins	£100	£90	
Maxine Hamilton Stubber	Osteopathy, Mindfulness, Stress Management, Behavioural, Alignment, and Pregnancy				
	Initial Consultation	60mins	£200	£180	
	Follow Up Appointment	60mins	£200	£180	
	Follow Up Appointment	30mins	£100	£90	
Fernando Bidino	Osteopathy, Acupuncture and Physiotherapy (see Physiotherapy)				
	Initial Consultation	60mins	£150	£135	
	Follow Up Appointment	60mins	£150	£135	
	Follow Up Appointment	45mins	£120	£108	
Follow Up Appointment	30mins	£80	£72		

Physiotherapy

	Initial Consultation	60mins	£150	£135
	Follow Up Appointment	60mins	£150	£135
Fernando Bidino	Follow Up Appointment	45mins	£120	£108
	Follow Up Appointment	30mins	£80	£72

Podiatry and Sports Massage

	Foot and Palliative Care, Gait Analysis, Posture Enhancement and Rehabilitation Programmes			
	Initial Consultation	30mins	£180	£162
	Follow Up Appointment	30mins	£120	£108
Sajjad Afzal	Biomechanics and Gait	60mins	£295	£266
	Carbon Fibre Orthotics (<i>per pair</i>)(<i>exempt from discount</i>)		£395	£395

ofascial Release and James Chapman	Sports and Remedial Massage	30mins	£65	£59
	Sports and Remedial Massage	60mins	£125	£113
	Sports and Remedial Massage	90mins	£180	£162
	Pregnancy Massage	30mins	£65	£59
	Pregnancy Massage	60mins	£125	£113
	Pregnancy Massage	90mins	£180	£162
	Myofascial Release	30mins	£65	£59
	Myofascial Release	60mins	£125	£113
	Myofascial Release	90mins	£180	£162
	Course of 5 (any)	60mins	£600	£600
	Course of 10 (any)	90mins	£1,150	£1,150

Prenatal Care Packages

Expertise in Labour, Life with your baby, Medical Intervention & Postnatal Care, New-born and Feeding

The Grace Pregnancy 1 Year Membership	£4,500	£4,500
The Grace Pregnancy 6 Month Membership	£2,500	£2,500

Please email membership@gracebelgravia.com or call 020 7235 8900 ext 4 for more information.

Vitamins and Supplements

Expert advice and the finest choice of supplements and other great products for body and mind.

Specific details of Tests, Vitamins and Supplements available and pricing options can be made during your visit.

Wellbeing Programmes

Our programmes enable you to build a bespoke team of practitioners and create measurable goals to track progress.

Bespoke Team of Practitioners	The Sleep Programme	Bespoke	Bespoke
	3 Day Grace Intensive Cleanse	£1,950	£1,800
	5 Day Grace Intensive Cleanse	£2,550	£2,300
	4 Week Total Tone	£1,760	£1,485
	8 Week Total Transformation Optimal Weight	£3,200	£3,000
	Well Woman Assessment	from £760	from £724
	Well Man Assessment	from £609	from £573
	Stress and Relaxation	Bespoke	Bespoke
	Fitness	Bespoke	Bespoke
	Looking Good-Ageing Well	Bespoke	Bespoke
	Life Stage Transitions	Bespoke	Bespoke
	Grace for Life - Maintenance	Bespoke	Bespoke

Please do not hesitate to contact Dr Amy if you would like a complimentary consultation, private tour or indeed would like her to

Our goal is to create the blueprint for optimal health.

