



# BALANCE & BIRCH

V I R T U A L   W E L L N E S S   C E N T E R

## ***FINANCES SHOULD NOT GET IN THE WAY OF YOUR HEALTH***

At Balance & Birch, we believe that everyone should have access to exceptional wellness services. That's why we offer a reduced payment option for those who qualify, offering significant discounts on standard prices based on verified financial need. We additionally offer memberships aimed at delivering a comprehensive approach to your well-being. These memberships combine various services, offering a more comprehensive care experience at a discounted rate. Because your well-being is our priority, we make it accessible. Email us or talk to your clinician for more Information.

SUPPORT OUR 'PAY IT FORWARD' INITIATIVE: OPT TO ADD \$1-20 TO YOUR SESSION FEE, HELPING US OFFER MORE REDUCED RATE APPOINTMENTS TO THOSE WITH FINANCIAL NEED.

In order to maintain the Integrity and vision of this practice, we do not take Insurance. However, we provide a courtesy service where we can help you to submit claims to your Insurance for out of network reimbursement.

*All clinicians offer a free 15-minute consultation phone call for new clients.*



# mind

Service	Rates
<p><b>Personalized Talk Therapy for Individuals and Relationships</b></p> <p><i>Our one-on-one sessions offer traditional, integrative support for anxiety, grief, depression, life changes, and LGBTQIA+ challenges—along with specialized services in sex therapy, relationship therapy, Internal Family Systems Therapy, and Schema Therapy. Each approach is tailored to your unique experiences and goals, providing a safe, judgment-free space to explore concerns, gain insight, and foster lasting emotional well-being.</i></p>	<p>25 minutes: \$100-\$105</p> <p>50 minutes: \$200-\$210</p>
<p><b>Group Processing Therapy</b></p> <p><i>Our group sessions foster a supportive, structured environment where participants can openly share</i></p>	<p>90 minutes: \$100</p>

<p><i>experiences, gain insights, and work through challenges together. We currently offer:</i></p> <ul style="list-style-type: none"> <li>• <i>Women’s Group</i></li> <li>• <i>Co-Ed Group</i></li> <li>• <i>Queer Persons Group</i></li> </ul> <p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p><b>Autism Evaluation</b></p> <p><i>Evaluation of presence of autism spectrum disorder. Recommendations and verbal feedback are provided in a session that may be recorded by the client.. Testing includes a letter that lists: tests administered; diagnosis; appendix with tables of scores; list of recommendations/accommodations (if needed for work/school); 1-2 hour feedback session.</i></p> <p><i>Comprehensive written reports are not provided. Please check with your school, medical professional, disability services, employer that a summary sheet qualifies if you are seeking accommodations. Booking for testing</i></p>	<p>\$850</p> <p><i>Optional add-on:</i></p> <p><i>Rule-out testing for other potential disorders: \$300</i></p>

<p><i>is consenting to not receiving a report for testing.</i></p>	
<p><b>ADHD Evaluation</b></p> <p><i>Evaluation of presence of attention-deficit/hyperactivity disorder.</i></p> <p><i>Recommendations and verbal feedback are provided in a session that may be recorded by the client. Testing includes a letter that lists: tests administered; diagnosis; appendix with tables of scores; list of recommendations/accommodations (if needed for work/school); 1-2 hour feedback session.</i></p> <p><i>Comprehensive written reports are not provided. Please check with your school, medical professional, disability services, employer that a summary sheet qualifies if you are seeking accommodations. Booking for testing is consenting to not receiving a report for testing.</i></p>	<p>\$700</p> <p><i>Optional add-on:</i></p> <p><i>Rule-out testing for other potential disorders: \$300</i></p>
<p><b>Autism &amp; ADHD Combined Evaluation</b></p> <p><i>Evaluation of presence of attention-deficit/hyperactivity disorder and/or</i></p>	<p>\$1400</p> <p><i>Optional add-on:</i></p> <p><i>Rule-out testing for other potential</i></p>

<p><i>autism spectrum disorder.</i></p> <p><i>Recommendations and verbal feedback are provided in a session that may be recorded by the client. Testing includes a letter that lists: tests administered; diagnosis; appendix with tables of scores; list of recommendations/accommodations (if needed for work/school); 1-2 hour feedback session.</i></p> <p><i>Comprehensive written reports are not provided. Please check with your school, medical professional, disability services, employer that a summary sheet qualifies if you are seeking accommodations. Booking for testing is consenting to not receiving a report for testing.</i></p>	<p><i>disorders: \$300</i></p>
<p><b>Psychiatric Care</b></p> <p><i>Our integrative psychiatric care brings together evidence-based mental health treatments with holistic strategies to support your emotional, mental, and overall well-being. By combining medication management, psychotherapy, and lifestyle approaches such as mindfulness and</i></p>	<p><b>Tier 1: Foundational Psychiatric Care</b></p> <p>This tier offers thoughtful psychiatric care through an integrative lens centered on improving your symptoms and your day-to-day well-being.</p> <p>This tier may be the right fit if:</p> <ul style="list-style-type: none"> <li>• You are new to psychiatric care or your experience with psychiatry</li> </ul>

*nutrition guidance, we tailor each plan to address the whole person—body, mind, and spirit.*

has generally been positive, neutral, or “good enough” (although you may be looking for something better)

- You haven’t yet tried conventional psychiatric approaches, or haven’t tried many medications or therapists
- You are seeking care for anxiety, depression, stable bipolar spectrum, PTSD, or support with general life stressors or transitions
- You have one or two primary concerns and your physical health is generally good.
- You are open to medications if recommended, but you also value supportive conversations and practical guidance to help manage symptoms.

What this tier includes:

- Comprehensive pre-visit questionnaire covering your psychiatric and medical history, lifestyle, and treatment goals.
- 75-minute initial consultation
- Follow-up visits (25 or 50 minutes) scheduled based on your needs.

Care may include:

- Medication management (if appropriate)
- Supportive psychotherapy and psychoeducation
- Lifestyle change recommendations

Optional services:

- Basic lab work (insurance-covered if done at Quest/Labcorp)
- Pharmacogenetic testing to help guide medication choices (separate fee for testing and review).

**Pricing:**

Initial Intake (75 minutes): \$495

First Follow-Up (50 minutes, including lab review & plan refinement): \$395

Subsequent follow ups:

Focused Follow-Up (25 minutes) – \$295

For medication management and brief supportive therapy or psychoeducation. Ideal for stable symptoms and shorter-term check-ins.

Complete Follow-Up (50 minutes) – \$395

For a more comprehensive follow up, including therapy, medication

management, and lifestyle coaching.

**Tier 2: Comprehensive Integrative  
Psychiatric & Wellness Care**

This tier offers everything in the Foundational tier plus a deeper, whole-person approach that blends conventional psychiatry with integrative and functional care, including nutritional and lifestyle guidance, and advanced root-cause investigation. This is designed for patients seeking more than symptom relief—patients who want to understand how underlying physical imbalances, chronic stress, gut health, hormones, and more may be affecting their mental health.

This tier may be the right fit if:

- You have a more complex psychiatric and/or medical history, or you've tried multiple treatments without lasting success.
- You are looking to reduce medication use and take advantage of all holistic approaches available
- You have tried conventional psychiatric treatment and it hasn't



worked

- You have tried multiple psychiatric medications and they haven't worked, or you have a tendency to be very medication sensitive
- Your diagnosis is unclear, or you have multiple overlapping concerns.
- You experience chronic health issues—such as hormonal imbalances, gut problems, fatigue, or autoimmune conditions
- You want to explore holistic tools (nutrition, supplements, lifestyle changes) and get to the root cause while remaining open to medications if truly needed.

What this tier includes:

- Comprehensive pre-visit questionnaire, plus additional assessments focused on:  
Inflammation, Thyroid and adrenal health, Gut health, Hormonal & Reproductive Health
- 90-minute initial consultation.
- Follow-up visits (25 or 50 minutes) scheduled based on your needs.
- Ordering and interpretation of

both: Basic labs (insurance-covered if done at Quest/Labcorp) & Advanced Functional Testing (such as hormone panels, gut testing, micronutrient analysis – additional out of pocket cost for these labs)

Care may include:

- Medication management (if appropriate)
- Psychotherapy blending multiple approaches, including CBT, somatic techniques, polyvagal-informed strategies, and mindfulness.
- Nutrition and lifestyle recommendations tailored to your needs.
- Customized supplement plan based on functional lab findings.
- Review and optimization of current medication and supplement plan, if applicable

Optional services:

- Pharmacogenetic testing to help guide medication choices (additional out of pocket cost)

**Pricing:**

	<p>Initial Intake (90 minutes): \$595</p> <p>First Follow-Up (50 minutes, including lab review &amp; plan refinement): \$395</p> <p>Subsequent follow ups:</p> <p>Focused Follow-Up (25 minutes) - \$295</p> <p>Complete Follow-Up (50 minutes) - \$395</p>
<p><b>Meditation Services</b></p> <p><i>Our guided meditation sessions aim to cultivate calm, clarity, and mindfulness. Each session incorporates breathing exercises, visualization, and gentle mental focus to reduce stress, improve emotional balance, and enhance overall well-being. Whether you're new to meditation or an experienced practitioner, our sessions provide a supportive space to deepen self-awareness and resilience.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private guided meditation: \$40</p> <p>30 minute group guided meditation: \$17</p>
<p><b>Wellness Hypnotherapy</b></p> <p><i>Wellness hypnotherapy is a guided practice that uses focused relaxation and suggestion techniques to help</i></p>	<p>60 minutes: \$150</p>

<p><i>reprogram subconscious patterns, supporting stress reduction, habit change, and emotional healing.</i></p> <p><i>Research suggests that hypnotherapy can be effective for managing pain, anxiety, and even certain medical conditions by promoting deep relaxation and enhancing mind-body connection.</i></p>	
<p><b>Virtual Assistant Services</b></p> <p><i>Whether scheduling appointments, managing emails, conducting research, or even organizing your daily life, this service is tailored to streamline your routine and free up your time for what truly matters.</i></p>	<p>\$30/30 minutes</p> <p><i>You will be provided with an estimate amount of time prior to a service as well as a list of billable services our provider engaged in and for how long. Your fee will be pro-rated based on minutes spent on task(s). Estimates are not guarantees. If you have a strict budget, please inform us before utilizing this service.</i></p>
<p><b>Consultations and Supervision for Professionals</b></p> <p><i>We consult with teachers, psychologists, businesses, and more! Let us help you and anyone you work with improve on mental health and balance.</i></p>	<p>60 minutes: \$200</p>
<p><b>Private Group Mental Health Workshop</b></p>	<p>Price tailored to services requested.</p>

<i>Groups require a minimum of 3 participants to run.</i>	Reach out for a quote!
<b>Additional Administrative Tasks</b>	\$30/30 minutes
<b>Within 48-Hour Appointment Cancellation</b>	25% Service Fee
<b>Same-Day Appointment Cancellation</b>	Full Service Fee



# body

Service	Rates
<p><b>Neurodivergent &amp; Trauma-Informed Vinyasa Yoga</b></p> <p><i>Experience breath-guided flows in a safe, supportive setting designed for neurodivergent and trauma-informed practice. Classes focus on mindful movement, adaptability, and creating a welcoming space. Our yoga instructor has additional training to ensure every person has a safe space for their practice.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private: \$45</p> <p>60 minute private: \$75</p> <p>1 hour group class drop-in: \$20</p> <p>10 private class pack (30-minute session): \$360</p>
<p><b>Hatha &amp; Ashtanga Yoga</b></p> <p><i>Delve into a truly traditional practice that blends gentle Hatha postures with the structured sequences of Ashtanga. Drawing on deep roots from India, these</i></p>	<p>30 minute private: \$35</p> <p>60 minute private: \$65</p> <p>10 private class pack (30-minute session): \$300</p>

<p><i>classes emphasize holistic yogic principles—connecting breath, movement, and mindful living. You’ll build strength, flexibility, and inner focus, while exploring a lifestyle guided by the timeless wisdom of yoga.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>10 private class pack (60-minute session): \$600</p> <p>1 hour group class drop-in: \$20</p> <p>10 pack group class pack: \$180</p>
<p><b>Personal Training</b></p> <p><i>Our personal training sessions offer one-on-one coaching tailored to your unique goals, fitness level, and schedule. By combining goal setting, customized workouts, and ongoing support, we help you develop strength, improve endurance, and maximize sustainable results. Each session focuses on effective exercises that keep you motivated and on track toward a healthier, more active lifestyle.</i></p>	<p>30 minute private: \$55</p> <p>60 minute private: \$95</p>
<p><b>Therapeutic Exercises</b></p> <p><i>If you’re finding it difficult to move as freely as you once did—whether due to stiffness, chronic illness, injury recovery, or ongoing discomfort—our</i></p>	<p>60 minute initial assessment: \$100</p> <p>20 minute private: \$30</p> <p>45 minute private: \$80</p> <p>1 month of written programming/20</p>

<p><i>functional exercise specialist is here to help. Through tailored exercise programs and guided practice, you'll learn how to improve mobility, enhance strength, and reduce strain on your body. Our approach focuses on safe, targeted movements that support your day-to-day activities and help you regain the confidence to enjoy the things you love.</i></p>	<p>minute program check-in: \$25</p>
<p><b>Pilates</b></p> <p><i>Pilates is a low-impact workout system that emphasizes core strength, alignment, and controlled movement. Through deliberate exercises focused on proper technique and fluid motion, Pilates helps improve posture, enhance balance, and build a stable foundation to support everyday activities and overall fitness.</i></p>	<p>20 minute private: \$30</p> <p>45 minute private: \$80</p>
<p><b>Naturopathic Medicine &amp; Nutrition Guidance</b></p> <p><i>Naturopathic medicine is a holistic approach to healthcare that focuses on treating the whole person by combining natural therapies with modern medical</i></p>	<p><b>Express Clarity Consult: \$175</b></p> <p><b>20 minutes</b></p> <ul style="list-style-type: none"> <li>· Ideal for those curious about naturopathic medicine but not ready for a full visit</li> <li>· Covers basic health concerns and</li> </ul>



*knowledge. It emphasizes prevention, self-healing, and the use of natural remedies such as nutrition, herbal medicine, and lifestyle changes to address a wide range of health issues, including chronic conditions, stress, digestive disorders, and hormonal imbalances.*

general recommendations

- Can be upgraded to a full consult with credit applied

**Essential Wellness Package: \$350**

**40 minutes**

- Focused on one primary health concern (e.g., digestion, hormones, fatigue)
- Includes a personalized lifestyle plan and supplement recommendations
- One follow-up email for clarification included

**Comprehensive Wellness Plan: \$650**

**1 hour consult + 30-minute follow up**

- In-depth naturopathic assessment with lab review & targeted protocol
- Includes customized nutrition, supplement, and lifestyle plan
- One 30-minute follow-up session within 4 weeks
- Unlimited messaging via patient portal for 1 month

**Total Wellness Transformation:**

**\$1,200 (Best Value)**

**1 hour consult + (3) 30-minute follow-ups over 3 months**

	<ul style="list-style-type: none"> <li>· Comprehensive lab review and functional medicine approach</li> <li>· Ongoing accountability &amp; support with personalized care adjustments</li> <li>· VIP access to discounts on supplements &amp; functional testing recommendations</li> <li>· Unlimited messaging via patient portal for 3 months</li> </ul> <p><b>Premium Concierge Naturopathic Care: \$2,500</b></p> <p><b><i>6-month plan</i></b></p> <ul style="list-style-type: none"> <li>· Personalized, high-touch holistic care</li> <li>· Initial 75-minute consult + (5) bi-monthly 45-minute sessions</li> <li>· Custom supplement &amp; nutrition guidance with ongoing modifications</li> <li>· Exclusive access to functional testing interpretations</li> <li>· Priority scheduling &amp; direct email access for ongoing support</li> </ul>
<p><b>Naturopathic Group Class</b></p> <p><i>A supportive group setting to explore holistic, natural approaches to</i></p>	<p>60 minutes: \$75</p>

<p><i>wellness. Participants learn about dietary strategies, herbal remedies, and lifestyle adjustments that can enhance the body's natural healing processes. Through shared discussion and expert guidance, each session empowers you with practical tools for sustained health and well-being. We currently offer:</i></p> <ul style="list-style-type: none"> <li>• <i>Diabetes Support</i></li> <li>• <i>Nutrition for Immune Support</i></li> </ul> <p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p><b>Nutrigenomics Consultation</b></p> <p><i>Nutrigenomics is a cutting-edge field that examines how nutrients interact with your genetic makeup to influence health outcomes. Through detailed DNA analysis, it identifies unique metabolic pathways, potential nutrient deficiencies, and exercise modalities suited to your genetic profile. By leveraging this research-based approach, you receive targeted guidance on diet, supplementation, and lifestyle choices—helping you optimize energy levels, digestion, and</i></p>	<p>\$600</p>

<p><i>overall well-being, all rooted in the science of your own genetic blueprint.</i></p> <p><i>Cost of genetic test is included.</i></p>	
<p><b>Pre-surgical Evaluations</b></p> <p><i>For certain procedures—such as gender-affirming surgeries, organ transplants, or any surgery requiring documented psychological readiness—our licensed psychologist provides comprehensive evaluations. This process includes assessing emotional well-being, identifying coping strategies, and confirming readiness to ensure the best possible outcome. We then provide an official letter or report that meets clinical standards and supports both you and your medical team in making informed decisions about your care.</i></p>	<p>\$500</p>
<p><b>Consultations and Private Group Workshops</b></p> <p><i>We consult with teachers, psychologists, businesses, and more! Let us help you and anyone you work with improve on physical health and balance.</i></p>	<p>Price tailored to services requested.</p> <p>Reach out for a quote!</p>

<i>Groups require a minimum of 3 participants to run.</i>	
<b>Additional Administrative Tasks</b>	\$30/30 minutes
<b>Within 48-Hour Appointment Cancellation</b>	25% Service Fee
<b>Same-Day Appointment Cancellation</b>	Full Service Fee



# spirit

Service	Rates
<p><b>Interactive Aromatherapy 1:1</b></p> <p><i>Our virtual aromatherapy consultations provide personalized guidance on selecting and using essential oils to support your well-being. Through an in-depth conversation about your health goals and preferences, we create a tailored plan that addresses stress relief, mood enhancement, or other specific concerns—all from the comfort and convenience of your own home.</i></p> <p><i>Includes materials and shipping in the United States. Essential oils are not included. A list of recommended oil(s) will be provided prior to your session.</i></p>	<p>60 minutes: \$50</p>
<p><b>Sound Healing/Sound Bath</b></p> <p><i>Guided meditation included. Sound</i></p>	<p>30 minute private: \$40</p> <p>30 minute group: \$17</p>

<p><i>Healing and Sound Bath sessions use resonant frequencies and soothing tones—often produced by instruments like singing bowls—to create a deeply calming atmosphere. These immersive experiences encourage relaxation, reduce stress, and may promote a sense of balance and well-being on both physical and emotional levels.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p><b>Chakra Balancing Consultation</b></p> <p><i>Aromatherapy consultation included.</i></p> <p><i>During a Chakra Balancing Consultation, we focus on identifying and harmonizing the energy centers in your body. Through in-depth discussion and gentle energetic techniques, you'll learn to release blockages, restore balance, and foster a sense of overall well-being—physically, emotionally, and spiritually.</i></p>	<p>60 minutes: \$80</p>
<p><b>Reiki Energy Healing</b></p> <p><i>Virtual Reiki is a form of energy healing conducted remotely, where the practitioner channels healing energy to</i></p>	<p>60 minutes: \$125</p> <p><i>Optional add-ons:</i></p> <p><i>Journaling prompts: \$5</i></p>

<p><i>the recipient without physical touch, promoting relaxation, stress reduction, and overall well-being. While research on distance healing is still evolving, some studies suggest that Reiki can activate the parasympathetic nervous system, reducing anxiety, pain, and fatigue even when performed virtually.</i></p>	<p><i>Guided meditation: \$5</i></p> <p><i>Crystal healing: \$5</i></p> <p><i>Full body scan with treatment plan &amp; recommendations: \$15</i></p>
<p><b>Akashic Record Reading</b></p> <p><i>An Akashic Record reading is a spiritual practice that accesses the energetic archive of a soul's past, present, and potential future experiences, often referred to as the "Book of Life." Many seek these readings for guidance, self-discovery, and healing, as they can offer insights into life patterns, relationships, and soul purpose.</i></p>	<p>3 hours: \$299</p>
<p><b>Past Life Regression</b></p> <p><i>Past life regression is a guided hypnotic technique that helps individuals access subconscious memories that may feel like experiences from previous lifetimes, often used for self-exploration, emotional healing, or understanding recurring life patterns.</i></p>	<p>2 hour private: \$175</p> <p>1.5 hour group: \$75</p>



<p>Group requires 3 participants to run.</p>	
<p><b>Life Between Lives</b></p> <p><i>A Life Between Lives (LBL) session is a deep hypnotic experience that guides individuals into the spiritual realm between incarnations, where they may explore soul memories, life purpose, and connections with spirit guides or loved ones. While its interpretation varies, many find LBL sessions insightful for personal growth, healing, and gaining a greater sense of purpose and direction in their current life.</i></p>	<p>2.5 hours: \$250</p>
<p><b>Womb Session</b></p> <p><i>Communicating with an unborn baby is a meditative or intuitive practice that helps parents connect with their baby in the womb, fostering emotional bonding and a sense of deep connection before birth. Some believe this practice can promote relaxation, enhance parental instincts, and even provide insights into the baby's personality or needs.</i></p>	<p>2 hours: \$175</p>
<p><b>Private Group Workshops</b></p>	<p>Price tailored to services requested.</p>

<p><i>We work teachers, psychologists, businesses, and more! Let us help you and anyone you work with improve on uplifting your spirit.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>Reach out for a quote!</p>
<p><b>Additional Administrative Tasks</b></p>	<p>\$30/30 minutes</p>
<p><b>Within 48-Hour Appointment Cancellation</b></p>	<p>25% Service Fee</p>
<p><b>Same-Day Appointment Cancellation</b></p>	<p>Full Service Fee</p>

# memberships

Membership	Rate
<p><b>Foundations Membership</b></p> <p><i>Best for clients who want a few sessions per month at a great price.</i></p> <p><i>Requires a 3 month commitment, then cancel anytime. No refunds will be provided on fees already paid.</i></p>	<p>\$200/month</p> <ul style="list-style-type: none"><li>• \$285 in service credits</li><li>• Credits roll over for 3 months</li><li>• One free downloadable workshop of your choice upon sign-up from our available list</li><li>• Optional access to our Balance &amp; Birch community WhatsApp group</li><li>• 25% Service Fee for Appointments Cancelled within 48 Hours</li><li>• Full Service Fee for Same-Day Cancellations</li></ul>
<p><b>Growth Membership</b></p> <p><i>Best for clients who need multiple sessions per month and value extra perks.</i></p>	<p>\$450/month</p> <ul style="list-style-type: none"><li>• \$642 in service credits</li><li>• Credits roll over for 3 months</li><li>• 10% off additional sessions beyond credits</li></ul>

<p><i>Requires a 3 month commitment, then cancel anytime. No refunds will be provided on fees already paid.</i></p>	<ul style="list-style-type: none"> <li>• One free downloadable workshop of your choice upon sign-up from our available list</li> <li>• Optional access to our Balance &amp; Birch community WhatsApp group</li> <li>• Bonus: Choose one free service (up to \$50 value) in your first month</li> <li>• 25% Service Fee for Appointments Cancelled within 48 Hours</li> <li>• Full Service Fee for Same-Day Cancellations</li> </ul>
<p><b>Transformation Membership</b></p> <p><i>Best for clients who want ongoing, high-touch care across multiple modalities.</i></p> <p><i>Requires a 3 month commitment, then cancel anytime. No refunds will be provided on fees already paid.</i></p>	<p>\$850/month</p> <ul style="list-style-type: none"> <li>• \$1,215 in service credits</li> <li>• Credits roll over for 3 months</li> <li>• 15% off additional sessions beyond credits</li> <li>• One free downloadable workshop of your choice upon sign-up from our available list</li> <li>• Optional access to our Balance &amp; Birch community WhatsApp group</li> <li>• Unlimited email support with your provider of choice (general guidance)</li> <li>• Exclusive access to annual members-only wellness workshop</li> <li>• 25% Service Fee for Appointments Cancelled within 48 Hours</li> </ul>

	<ul style="list-style-type: none"> <li>• Full Service Fee for Same-Day Cancellations</li> </ul>
<p><b>Premier Concierge Membership</b></p> <p><i>Best for high-commitment clients who want a concierge experience with top-tier discounts.</i></p> <p><i>Requires a 3 month commitment, then cancel anytime. No refunds will be provided on fees already paid.</i></p>	<p>\$1,600/month</p> <ul style="list-style-type: none"> <li>• \$2,285 in service credits</li> <li>• Credits roll over for 3 months</li> <li>• 20% off additional sessions beyond credits</li> <li>• One free downloadable workshop of your choice upon sign-up from our available list</li> <li>• Optional access to our Balance &amp; Birch community WhatsApp group</li> <li>• Unlimited email support with your provider of choice (general guidance)</li> <li>• Priority booking (guaranteed session with your preferred provider within 7 days, unless they are on vacation or fully booked)</li> <li>• Exclusive access to annual members-only wellness workshop. Stay after for an exclusive Q &amp; A with one of our providers</li> <li>• 25% Service Fee for Appointments Cancelled within 48 Hours</li> <li>• Full Service Fee for Same-Day Cancellations</li> </ul>

<b>Additional Administrative Tasks</b>	\$30/30 minutes
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# downloadables

-coming soon-

Downloadable Workshop	Rate
<b>Deep Sleep Hypnosis with Allie</b>	\$20
<b>Pain Management &amp; Healing Hypnosis with Allie</b>	\$20
<b>Self-Love &amp; Confidence Boost Hypnosis with Allie</b>	\$20
<b>Nutrition for Mental Health with Dr. Brown</b>	\$25
<b>Anger Management with Dr. Brown</b>	\$25
<b>Executive Functioning Explained with Dr. Elessar</b>	\$25
<b>Unveiling the Healing Power of</b>	\$25

<b>Aromatherapy with Iesha</b>	
<b>How to Heal Trauma Through Yoga with Iesha</b>	\$30
<b>Rooting into Safety: Exploring Parts of Yourself that Seek Safety and Emotional Stability with Iesha</b>	\$40
<b>Introduction to Internal Family Systems Therapy with Dr. Elessar</b>	\$40
<b>Neurodivergent and Chronic Health Comorbidities with Dr. Elessar</b>	\$40
<b>Hormone Balancing with Dr. Ijeh</b>	\$50
<b>Sexual Health with Dr. Brown</b>	\$50
<b>Basics of Autism Part 1 with Dr. Elessar</b>	\$50
<b>Basics of Autism Part 2 with Dr. Elessar</b>	\$50
<b>Couples Communication with Dr. Brown</b>	\$50



<b>Acceptance and Commitment Therapy Basics with Dr. Elessar</b>	\$50
<b>Basics of Grief with Dr. Elessar</b>	\$50