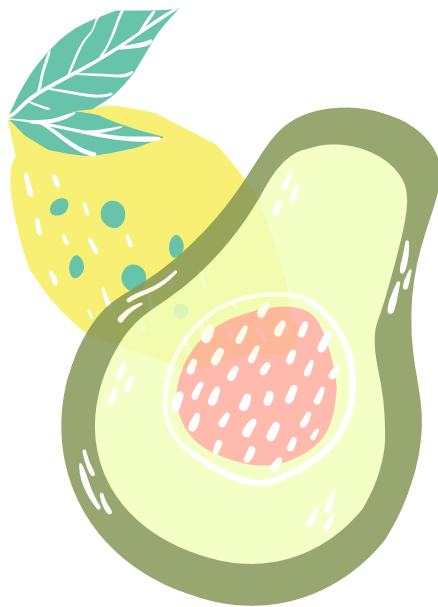


SERVICES

JESSICA BOTSAS
HOLISTIC NUTRITION PRACTITIONER, R.H.N
WWW.VITALWELLNESS.CA



Insurance receipts are provided under Naturopathy.
I am a member of the Association des Naturopathes Professionnels du Québec (ANPQ).

Receipts are issued after each session

OVERVIEW

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Personalized Packages

DIET CHANGE

1 Assessment & Plan
3 Follow-ups
Weekly food journal evaluation & feedback
Messaging support in between sessions

PRICE

Payment Plan: \$260 x 2 bi-weekly
Paid in Full: \$495 (save \$25)

LIFESTYLE CHANGE

1 Assessment & Plan
7 Follow-ups
Weekly food journal evaluation & feedback
Messaging support in between sessions

PRICE

Payment Plan: \$350 x 3 months
Paid in Full: \$950 (save \$100)

Online Programs

UPGRADE YOUR HABITS

4 Follow-ups
4 Audio lessons, resources, action steps & bonuses!
Weekly food journal evaluation & feedback
Messaging support in between sessions

PRICE

Payment Plan: \$290 x 2 bi-weekly
Paid in Full: \$550 (save \$30)

UPGRADE YOURSELF

10 Follow-ups
10 Audio lessons, resources, action steps & bonuses!
Weekly food journal evaluation & feedback
Messaging support in between sessions

PRICE

Payment Plan: \$465 x 3 months
Paid in Full: \$1,295 (save \$100)

Additional

SINGLE SERVICES

Evaluation & Meal plan
Meal plan **or** meal planning guidance
Follow-up (add-on)
Check-in (add-on)

PRICE

\$150 (new client)
\$100
\$100
\$50

PERSONALIZED PACKAGES

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Diet Change

Investment:

Payment Plan: \$260 x 2 bi-weekly
Pay in Full: \$495 (save \$25!)

Best for:

Short-term diet changes, and individuals who are self-motivated to reach their goals!

What you get:

- **1 assessment** session (90 min).
- **3 bi-weekly** follow-up sessions (45-60 min).
- **Personalized action plan** (nutrition plan, food guidelines, lifestyle & supplement recommendations + additional tools based on goals).
- **Weekly evaluation** of food journals.
- **Direct messaging support** available to you in between our sessions (client portal).

Lifestyle Change

Investment:

Payment Plan: \$350 x 3 months
Pay in Full: \$950 (save \$100!)

Best for:

Lifestyle changes require deeper accountability for the long-term management of health concerns. Reclaim your health!

What you get:

- **1 assessment** session (90 min).
- **7 bi-weekly** follow-up sessions (45-60 min).
- **Personalized action plan** (nutrition plan, food guidelines, lifestyle & supplement recommendations + additional tools based on goals).
- **Weekly evaluation** of food journals.
- **Direct messaging support** available to you in between our sessions (client portal).

ONLINE PROGRAMS

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Upgrade Your Habits

Investment:

Payment Plan: \$290 x 2 bi-weekly
Pay in Full: \$550 (save \$30!)

Best for:

A short step-by-step program for overwhelmed individuals that want to eat better, stay satisfied, lose weight and gain control of their bodies and health! This is a great kickstart and introduction to healthier eating habits.

What you get:

- **4 sessions** (45-60 min).
- **Access to your online program:** weekly (4) structured audio lessons, action steps, downloadable nutrition handouts, healthy recipe collections & guidelines.
- **Weekly accountability** review & live feedback of your food/lifestyle journal entries.
- **Direct messaging support** available to you in between sessions (client portal).

Time commitment:

- Allow between 1-2 months for implementation & to book your sessions!

Upgrade Yourself

Investment:

Payment Plan: \$465 x 3 months
Pay in Full: \$1,295 (save \$100!)

Best for:

Long-term weight loss and management, including the fundamentals diet changes from the Upgrade Your Habits program + metabolic support + mindset work. Get deeper accountability from me so that you can make sure that you stay motivated and on the right track!

What you get:

- **10 sessions** (45-60 min).
- **Access to your online program:** weekly structured audio lessons, action steps, downloadable nutrition handouts, healthy recipe collections & guidelines.
- **Weekly accountability** review & live feedback of your food/lifestyle journal entries.
- **Direct messaging support** available to you in between sessions (client portal).

Time commitment:

Allow between 2.5 months - 5 months for implementation & to book your sessions!

Q & A

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What Is An Assessment?

We review your intake forms and health history, food journal & assess eating habits, discuss specific topics and create a plan on how to gradually implement these new habits.

-->Within 48h, you will receive a personalized plan, your next action steps & relevant tools/resources.

What Is a Follow-Up?

We focus on accountability and guidance. Together, we recap your experience between sessions and assess progress and challenges. We re-evaluate your recommendations, food journals and establish a new plan of action for you to follow until our next session.

-->Within 24h, you will receive a summary of our follow-up discussion and new recommendations.

Package

vs.

Program?

My packages are a bundle of sessions that focus on your individual needs and concerns which may call for specific protocols (example: managing IBS, food intolerances, etc). We dive deep into your root causes and reclaim your health!

My online programs follow certain topics and methodology that I designed for weight loss goals. You will still receive individualized recommendations and support during our session together.