

Really Live Wellness, LLC

Plans for Optimal Vitality

Choose ala carte or create a plan that helps you to achieve your wellness goals.

GOOD Plan:

| | |
|---|-------|
| Biofeedback Sessions 1x month | \$80 |
| Regenerative Detoxification Coaching 1x every other month | \$60 |
| Combine Biofeedback and R.D. Coaching 1 x month | \$140 |
| Herbs-Heal All Tea | \$27 |

Better Plan:

| | |
|--|-----------|
| Biofeedback Sessions 2x a month | \$160 |
| Regenerative Detoxification Coaching 1x month | \$60 |
| Combine R.D. Coaching and Biofeedback 2x month | \$280 |
| Herbs-Fab Four Kit | \$102/108 |

Best Plan:

| | |
|---|-----------|
| Biofeedback Sessions 1x a week for 10 weeks | \$720 |
| R.D. Coaching 1x a month | \$60 |
| Herbs-Bi-weekly kits | \$245/215 |
| Or | |
| Individualized Program | varies |

I am a certified Biofeedback Specialist, Regenerative Detoxification Specialist, Stress Management Specialist, and MindNRG coach. This means that I can help you to support your mind, body, and spiritual wellness goals.

My philosophy is that if we align with proper chemistry (what we consume) and physics (energy-biofeedback), and balanced spirituality we can achieve optimal vitality.