

MONTGOMERY HOLISTIC WELLNESS



# Services & Pricing Guide

[montgomerholisticwellness.com](http://montgomerholisticwellness.com)



# Hello there!

My Servicing and Pricing Guide is designed to provide you with clear, detailed information about the range of holistic hormone health services offered and their associated costs. This guide outlines each service, from personalized sessions to comprehensive packages, ensuring you understand what to expect and how each option aligns with your individual needs.

Choosing to work with me means prioritizing your unique needs and experiences in every aspect of your health and life. I am dedicated to advocating for you, using a holistic approach that addresses your entire well-being rather than just isolated symptoms. My commitment is to support and guide you through every step, ensuring a comprehensive, personalized experience that promotes balanced health and lasting results. Your journey is my top priority, and together, we'll focus on nurturing your whole self to achieve optimal hormonal health.

*Jordan*

Montgomery Holistic Wellness

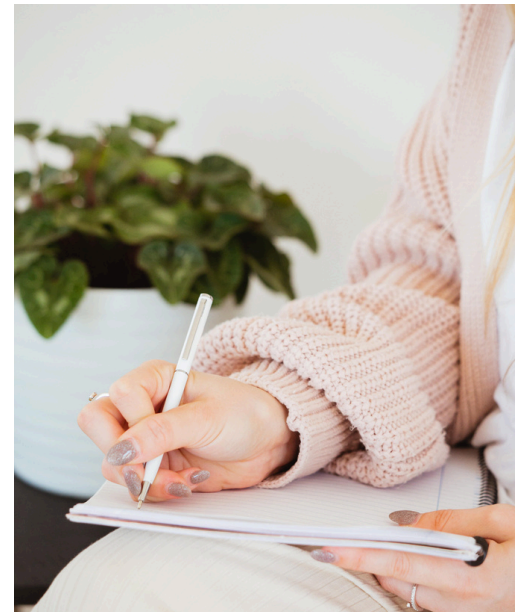
# How It Works

**01 BOOK A FREE CONSULTATION**  
During this consultation, I will go over services I offer and how I can help you. We can determine together if my services are right to fit your needs.

**02 PICK A PROGRAM**  
I offer several different programs. Each is tailored to fit different health and lifestyle needs. I can help guide you to the best option based on which one best fits your budget, time, and prior knowledge.

**03 PAY YOUR INVESTMENT**  
After selecting the program that best fits you, checkout online to finalize your enrollment. Each program is designed with a comprehensive approach to healing, providing valuable tools and resources tailored to your specific goals.

**04 LET'S GET STARTED**  
Now we're ready to roll. Schedule your first appointment and we will get started on your hormone healing journey together.



## COMMUNICATION

### CONTACT DETAILS

719-393-2798

### GENERAL OFFICE HOURS

M - F 9:00am - 3:00pm MST  
Can schedule on weekends at request

### WEBSITE

[www.montgomeryholisticwellness.com](http://www.montgomeryholisticwellness.com)

### SOCIAL MEDIA

@montgomeryholisticwellness

# Self-Paced Package

My 'Self-Paced Program' lets you manage your hormonal health at your own speed, with my expert guidance. This service includes a personalized appointment, a detailed wellness workbook, and a helpful PDF guide. You'll progress at your own pace, with my support available to answer questions and keep you on track towards your health goals.

## WHAT YOU'LL GET:

- ✓ A single 90 minute appointment to go over all in depth hormone healing elements
- ✓ The Wellness Workbook to track your lifestyle and healing journey
- ✓ PDF Hormone Healing Guide

## YOUR INVESTMENT

\$250



# Keep It Simple Package



The 'Keep It Simple' Package offers a streamlined approach to hormonal health with three 1-hour sessions, a detailed wellness workbook, and a useful PDF guide. This package provides a clear, manageable path to your health goals, combining expert guidance with practical tools. You'll benefit from personalized attention in each session while having the flexibility to implement strategies at your own pace.

**YOUR INVESTMENT**  
**\$450**

## WHAT YOU'LL GET:

- ✓ 3 1-hour sessions. Each session will build upon the previous session.
- ✓ The Wellness Workbook to track your lifestyle and healing journey
- ✓ PDF Hormone Healing Guide



# The Works Package

The 'The Works' Package offers a comprehensive approach to hormonal health with six 1-hour sessions, a detailed wellness workbook, the comprehensive DUTCH testing and interpretation, and a supportive PDF guide. This all-inclusive package provides an in-depth, personalized plan to optimize your hormonal balance, combining expert consultations with advanced testing and practical resources. You'll receive thorough support and insights, ensuring a well-rounded and effective journey toward your health goals.

## WHAT YOU'LL GET:

- ✓ 6 1-hour sessions. Recommended to have a session every 2-3 weeks
- ✓ The Wellness Workbook to track your lifestyle and healing journey
- ✓ DUTCH testing and interpretation
- ✓ PDF Hormone Healing Guide

## YOUR INVESTMENT

**\$1300** DUTCH INCLUDED

# Ala Carte Services



<b>1-Hour Session Add On</b>	Add an additional 1 hour session to any package	\$125
<b>Just want the guide books?</b>	The Hormone Healing PDF The Wellness Workbook	\$35 \$55
<b>DUTCH Testing</b>	DUTCH testing delivered to your home along with interpretation.	Pricing and ordering through Evexia Diagnostics
<b>Additional Lab Testing</b>	Any of the various diagnostics offered through LabCorp. This includes any specialty testing	Pricing and ordering through Evexia Diagnostics

# FAQ'S

## **Do you only see a certain age range?**

Nope. I can see any woman at any stage in life. I can help with concerns anywhere from irregular cycles and fertility issues to premenopausal and postmenopausal symptoms.

## **Do I have to get a DUTCH test? Do I need to?**

It is not a requirement, but I do recommended it. It helps to guide us to see exactly what your hormones are up to. The decision is always yours and whatever you are comfortable with doing.

## **What is The Wellness Workbook?**

It is a 12-week planner style journal to help create your hormone healing week. Each day of the week features a dedicated page for journaling your activities and reflections. This journal is included in every package.

## **Can you order medications or hormones?**

I don't, however I can recommend and order personalized supplementation that coordinates with your healing journey.

## **What if I am taking birth control?**

Birth control functions by disrupting our regular cycle, resulting in a withdrawal bleed and not a "real" period. Due to this, hormone healing may vary. Hormone testing might not be the most suitable choice, but we can focus on addressing other health concerns together.