

MONTGOMERY HOLISTIC WELLNESS



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.

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

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 3 personalized appointments, 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:

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

YOUR INVESTMENT

\$655

Keep It Simple Package



The 'Keep It Simple' Package is a straightforward, supportive path to balanced hormones. It includes DUTCH testing with a thorough interpretation, followed by three one-on-one sessions. You'll receive expert guidance and personalized care, along with practical tools you can implement at your own pace—making your wellness journey feel manageable and empowering.

WHAT YOU'LL GET:

- ✓ DUTCH testing and interpretation
- ✓ 3 one-on-one sessions. Each session will build upon the previous session.

YOUR INVESTMENT

\$1030

DUTCH INCLUDED



The Works Package

The 'The Works' Package offers a comprehensive approach to hormonal health with DUTCH testing and interpretation followed by 6 sessions. This package provides an in-depth, personalized plan to optimize your hormonal balance. You'll receive thorough support and insights, ensuring a well-rounded and effective journey toward your health goals.

WHAT YOU'LL GET:

- ✓ DUTCH testing and interpretation
- ✓ 6 one-on-one sessions. Recommended to have a session every 2-3 weeks

YOUR INVESTMENT

\$1525 DUTCH INCLUDED

Pay As You Go Appointments



This single appointment is perfect for anyone seeking support with hormone health or general wellness. Whether you're navigating symptoms, need guidance on your current routine, or simply want a holistic check-in, this session offers personalized, focused care.

I also offer the ability to order a variety of lab tests to help us better understand what's going on beneath the surface. Please note: Lab testing is optional and will be billed separately.

YOUR INVESTMENT

\$205

PER APPOINTMENT

FAQ's

Do you accept insurance?

Unfortunately I cannot accept insurance at this time.

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.