

BRAIN BODY LIFE

Services & Investment Chart

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Re-imagining Women's Health for Midlife & Beyond

A full view of how we can work together — from your first Clarity Call, through single-session support for existing clients, to a complete, personalised transformation container.

1 Pay-As-You-Go — For Existing & Returning Clients

Occasional single-session support — top-ups, follow-ups, or something acute between programs

Dispensary Support 15 minutes \$50	Check-In Session 30 minutes \$150	Follow-Up Session 45 minutes \$200	Complex Consultation 60–90 minutes \$250–\$350
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2 Other Options That Might Be a Good Fit for You

The Resilient Reset — Group <i>(A taste of the Dots Connected Method)</i> 4-week live online group · 90-min sessions (60-min teaching + 30-min discussion) \$390 Bring 4–10 friends, save \$40 each. No group yet? Join the waitlist.	The Nervous System Reset — Come Back to Yourself 75-min deep-dive + 5 × 45-min sessions — weekly (6 wks) or fortnightly (12 wks), your choice \$1,590 Bespoke 1-to-1 program
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3 Signature Transformation Programs — Three Tiers

The Foundation — Your "Dots Connected" Blueprint A 90-minute deep-listening consultation, one or two easy first steps to start shifting your nervous system, your personalised "Dots Connected" blueprint report (built and sent after your session), a bespoke natural medicine prescription for your first 30 days, GP/functional lab recommendations, and a 30-minute follow-up call within 14 days to refine your plan together. INVESTMENT \$450 One-off · supplements charged separately		TIER 1
The Breakthrough (90-Day Program) A phased protocol addressing stress physiology, gut health, brain fog, and hormonal transitions — inflammation as the common thread — combined with NLP coaching woven into every session. Choose your level of practitioner access: OPTION A — MONTHLY \$1,350 Includes Tier 1 Foundation + 3 × monthly 45-min sessions over 90 days OPTION B — FORTNIGHTLY \$2,250 Includes Tier 1 Foundation + 6 × fortnightly 45-min sessions over 90 days Already completed The Foundation? If you commit to Tier 2 within 30 days of your Foundation session, your \$450 investment is credited toward your Tier 2 program.		TIER 2
The Continuation Program For women who've genuinely built momentum with The Breakthrough or The Nervous System Reset, but need more time at the same practical level before — or instead of — Tier 3's deeper identity work. The same depth of connection as The Breakthrough: a bespoke session overview after every meeting, key insights, and clear next steps. MONTHLY \$900 3 × 45-min sessions over 3 months FORTNIGHTLY \$1,800 6 × 45-min sessions over 3 months		
The Transformation (6-Month Evolving Partnership) An evolving partnership: deep ongoing conversation, continuous clinical care with NLP woven throughout, functional reviews at 6 and/or 12 months, dynamic seasonally-adjusted prescriptions, and direct email access between sessions. Renewable in further 6-month blocks, revisited together based on how things are progressing. Suits a woman ready straight after her Foundation, or continuing on after Tier 2. OPTION A — MONTHLY \$4,500 6 × 60-minute sessions over 6 months OPTION B — FORTNIGHTLY \$7,500 12 × 60-minute sessions over 6 months		TIER 3

The cost of supplements, custom herbal formulas, and functional lab testing is not included in any consultation or program fee. Functional lab testing is used solely for biochemical wellness mapping and does not replace diagnostic medical investigations or treatments ordered by your General Practitioner (GP).