The Wellness Plan is designed to give you the best overall care for your health. Using a mix of traditional coaching, somatic exercises and bodywork, you get the best of what Lizzie has to offer.

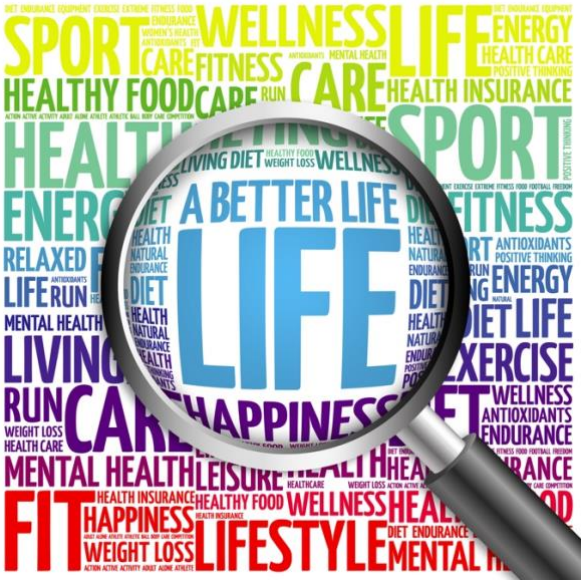
These plans are designed for those wanting to focus in on their health and wellbeing, creating a balanced mind, body and spirit. Combining services allows us to create your own health plan based on your needs and goals.

Because we are working deeply and with a goal in mind, this plan is a monthly service of 4 hours of care and treatment. Your first session will be a traditional coaching session so we can set goals and make your plan for treatment. You will then book out your appointments for the month.

Treatments may include:

- Traditional Coaching
- Massage
- Bowen
- Nervous System Reboot (somatic exercises)
- Lymphatic Massage
- Aromatherapy Massage
- Zen Face Massage
- More services coming soon!

You gain access to some of these treatments at a discount price and the ability to combine within a session (time permitting). You can also purchase extra services at same hourly rate($115/hr) of your wellness plan.

Cost of your monthly wellness plan: $460 (4 hours of treatment). Your plan is to be used in a month (1 service per week). There are limited spaces for wellness plan participants per month.

My goal is to give you the most well-rounded approach to your health. I want you to have access to a variety of services that will benefit you the most and put you on the path to wellness.