

**Services and Fees**  
**Laurie Stiers FNP-BC; Certified Herbalist**

Initial Consultation-----up to 1 ½ hours-----	\$65.00
Follow-up Visit-----1 hour-----	\$45.00
Massage-----1 hour-----	\$45.00
Massage packages-----5 1 hour massages -----	\$185.00
Far-infrared sauna – up to 1 hour -----	\$15
Sauna added to massage -----	\$10
Massage may include personalized handmade herbal oils, hot or cool compresses, other materials and techniques. Sauna sessions include filtered drinking water and hot or cool teas	
2 Week Trial of Personalized Herbal Materials-----	\$40.00
Includes research and preparation time	
6-8 Week Herb Supply-----	\$35-50.00
Your personalized recipes, made on-site; additional materials or commercial products are separately priced	

Except in certain cases, I am unable to directly bill insurance companies for services and materials. I will work with you on a discount or payment plan as needed so you can get the ongoing, thorough care and information you deserve.

The ideal visit structure would look like this:

1. Initial Consultation – receive basic information and assessment; form a basic Care Plan with specific goals and a list of possible ways of achieving them.
2. 2-3 days later – 2 Week herb pick-up, make follow-up appointment
3. 2-3 weeks later – Follow-up visit – assess results. This visit usually is mostly about food and nutritional healing information..there is often sipping and munching of healing recipes. Receive 6-8 Week supply within 2-3 days.
4. Massage or other hands-on therapies after Initial Consultation. Hands-on therapies or simple herb preparations can be done before or independently of Initial Consultation.
5. Check-up visits as needed with end of each 6-8 Week supply to assess need for changes. Seasonal visits as needed for every change of season. Herb supply pick-ups of ongoing health maintenance materials every 6-8 weeks as needed.

Phone calls with herb questions are welcome. If questions or answers are getting extended or complex you may need a real sit-down visit to address them safely and responsibly. I look forward to working with you on your herbal, nutritional and health needs!

Be well,