



NOURISH AND RESTORE

The 3 month herbal
medicine package

Claire Goulding, Hormonal
Health Medical Herbalist

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HOW IT WORKS:

THE AIM:

To support you in feeling better naturally, improving your energy, resilience, and overall wellbeing through personalised, plant-based medicine tailored specifically for you.

THE PROCESS:

We start with a full **60-minute initial** consultation, where we explore your health history, current concerns, and the information you provide beforehand. I'll carry out a **full holistic health assessment**, review any blood tests (if appropriate), and ensure that any herbal prescriptions are safe alongside any medication you may be taking.

I'll then create a **bespoke herbal medicine treatment plan**, including tinctures and tea blends as well as recommending specific supplements and dietary changes, totally personalised to meet your health goals.

THE HERBS:

I'll usually take your prescription for around **4–5 weeks**, and then we'll arrange a follow-up to review how you're feeling and make any adjustments as needed. Follow-ups are usually every **1–3 months**.

To create real, lasting changes, I recommend working together for at least 3 months. Some people choose to continue longer for ongoing support, but it's always guided by what feels right for you.





THE 3 MONTH IN PERSON PACKAGE



- 1 x 60-minute initial consultation (usual fee £95)
- 3 x 30-minute follow-ups (usual fee £55 each)
- 3 months of herbal medicine (worth £300, including 15 weeks of bespoke tincture + 4 tea blends + P/P)
- Full individualised treatment plan with dietary, supplements, and lifestyle recommendations.
- 20% discount code to access The Natural Dispensary.
- **Package Price: £490.00** (Full price, if booked separately is over £560).
- By booking this package, you save £70, including a complimentary bespoke tea blend (worth £10-15), compared to booking individually

ADDED BENEFITS:

- A deeper, more intuitive level of support and assessment.
- A more thorough holistic evaluation in-person.
- A calming, nurturing healing space with access to beautiful grounds to explore around the clinic at NCIM in Pill.





THE 3 MONTH ONLINE PACKAGE



- 1 x 60-minute online initial consultation (£90)
- 3 x 30-minute online follow-ups (£50 each)
- 3 months of herbal medicine (worth £240, including 15 weeks of bespoke tincture + 3 tea blends + postage and packing)
- 20% discount code to access The Natural Dispensary

- Package Price: **£540.00** (Full price, if booked separately is £560).
- By booking this package, you save £20).

THE PROS:

- Maximum flexibility on appointment schedule
- Sign in from anywhere!

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WHAT OTHERS CLIENTS HAVE SAID:

“Claire Goulding is excellent at her job. I have been a patient for about 7 months and there has been a huge improvement in my health. The herbs don't taste great but they have helped tremendously. Claire guided me up until I had my surgery and even after. I now have a better quality of life and I am getting to understand my body more”

H. Nesta, 2024

“Claire has made a huge difference to my well-being with the herbal medicine she prescribed me. I came to her because of my PMDD, she was super thorough and informative, and also empathetic and understanding. I always felt comfortable in our follow-up meetings. She gave my helpful tips for my health, including herbal tea recipes to support my hormonal health. My symptoms of PMDD have improved a lot and I highly recommend her as a herbalist”

K. Marwick, 2024





CHOOSING THE RIGHT PACKAGE FOR YOU:



In-person consultations offer a deeper, more intuitive way of working together, allowing for more thorough assessments and a more personalised, nurturing experience.

Many clients find that being face-to-face brings a layer of calm, connection, and insight into their healing journey.

If you prefer the ease and flexibility of working together from home, online consultations offer a supportive and highly personalised approach.

Next Steps:

If you'd like to book your initial consultation or if you have any questions at all, just let me know.

I'd love to support you on your wellbeing journey.

Warm wishes,
Claire

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