

<u>NKBT PERSONAL TRAINING</u>	
Initial consultation	Free 30-minute consultation
Functional assessment / Biomechanical Coaching	£77.00 (initial screening 1 hour) £57.00 (per follow up sessions – 3 screens are recommended over the course of 6-9 weeks).
Setting You Up for Success Consultation – covers goal setting for key areas agreed at initial consultation; a nutritional assessment (includes keeping a food diary for 2 weeks)	£97.00 (25% discount on full price) – approx. 2 hours
1 x PT session	£40.00 per hour
6 x PT sessions	£40.00 per hour x 6 – 5% = £228.00
10 x PT sessions	£40.00 per hour x 10 – 10% = £360.00
<u>NKBT ANNUAL ASSESSMENT</u>	
A combination of a Biomechanics Coaching Session, Nutrition and Lifestyle Consultation and either an AromaTouch® Experience or a Reflexology treatment.	This is your personal annual “service” where you get the time to assess where you are at and what tweaks you need to make to support total health and wellness. Prices start from £70.00.
<u>NKBT AROMATOUGH® EXPERIENCE</u>	
1 x AromaTouch® Experience	£45.00 per hour
6 x AromaTouch® Experiences	£45.00 per hour x 6 – 5% = £256.50
10 x AromaTouch® Experiences	£45.00 per hour x 10 – 10% = £405.00
<u>NKBT REFLEXOLOGY</u>	
1 x Reflexology session	£40.00 per hour
6 x Reflexology sessions	£40.00 per hour x 6 – 5% = £228.00
10 x Reflexology sessions	£40.00 per hour x 10 – 10% = £360.00
<u>KETTLERCISE® CLASSES</u>	
1 class a week	£48.00 for an 8-week block (£6.00 per class)
2 classes a week	£92.00 for an 8-week block (£5.75 per class)
3+ classes a week	£132.00 for an 8-week block (£5.50 per class)
Standing order available on enquiry	
NKBT Loyalty Card	£65.00 for 10 classes - book on day valid for 12 weeks.
<u>HEALTHY LIVING WORKSHOPS</u>	
dōTERRA Essential Oils – general introduction.	Workshops can be organised for you and your friends and booked on request. Contact us for more information.
Happy Hormones – helping to manage and balance your hormones.	
Green & Clean – learn to remove toxic products from the home.	
Beauty Products – make your own natural products.	