



SERVICES & PRICING

Consultation Packages

Two structured sessions built to find the root cause, map the fix, and put a realistic timeline on your results.

PACKAGE 01

Express Consultation

25 minutes

SAR 120

per session

- Full review of the intake data you submit before the session.
- A clear breakdown of the root causes behind your issue.
- The most effective route to fixing it, with a realistic timeline to results.
- A high-level action plan built from your data — covering postural deviations, nutrition and supplementation.
- A PDF strategy report emailed to you within 48 hours of the session.

[Book the 25-minute consultation →](#)

PACKAGE 02

Comprehensive Consultation

45 minutes

SAR 199

per session

- Full review of the intake data you submit before the session, written up in a PDF report and emailed within 48 hours of the session (excluding the weekend — Friday and Saturday).
- A clear breakdown of the root causes behind your issue, documented in the same report.
- The most effective route to fixing it with a realistic timeline, plus a follow-up check-in 15 days after your consultation to track progress.
- A high-level action plan built from your data — covering postural deviations, nutrition and supplementation.
- A PDF strategy report emailed to you within 48 hours of the session.
- A corrective exercise block targeting your postural and movement issues, reviewed at the 15-day check-in to measure improvement.

[Book the 45-minute consultation →](#)**How it works****01****Book**

Choose your package and reserve a slot that suits you.

02**Send your data**

Complete the intake form before the session so no time is lost.

03**The session**

We work through the root cause and the fix together, live.

04**Your report**

A PDF strategy report lands in your inbox within 48 hours.

At a glance

WHAT YOU GET	25 min	45 min
Session duration	25 min	45 min
Full review of your pre-session intake data	•	•
Root-cause breakdown	•	•
Resolution route with a realistic timeline	•	•
Action plan: posture, nutrition, supplementation	•	•
PDF strategy report within 48 hours	•	•
Written data analysis inside the PDF report	—	•
Follow-up check-in 15 days after the session	—	•
Corrective exercise block	—	•
Investment	SAR 120	SAR 199

Good to know

- Reports are delivered within 48 hours of the session. The weekend — Friday and Saturday — and public holidays are not counted.
- Please complete your intake form before the session so the full time is spent on solutions, not data collection.
- The 15-day follow-up check-in applies to the 45-minute package.
- All prices are in Saudi Riyals (SAR).

HEALTH & LIFESTYLE CONSULTANT

Book your consultation →