

Consultations with Dr Jacky Hattingh

The consultations and sessions are a collaborative partnership between me and you, that focuses on achieving your health and wellness goals. I believe that you have the power to transform your health and well-being. My role is to empower you with the knowledge and tools you need to make informed choices. We'll work together to set realistic goals, overcome challenges, and celebrate your successes. Your journey begins with a **comprehensive three-step process** designed to uncover the root causes of health concerns and guide you toward vibrant well-being.

1. Initial Consultation

Initial Consultation R900.00

This first step is all about **you**. We'll take time to understand your background and build a strong foundation for your healing process.

What's included:

- A detailed review of your **medical and family history**, health concerns and lifestyle
- A **physical exam and body composition assessment**
- A **Quantum Resonance Scan** to gain insights into energetic imbalances
- Identification of relevant **lab or functional tests**, which may be recommended
- **Iris photo** for a basic analysis

✦ *Initial recommendations may be provided, depending on clinical findings.*

2. Personalised Treatment Plan

Personalised Treatment Plan R1500.00

After your consultation, I invest **2 to 3 hours (120–180 minutes)** of practitioner time to analyse your results and design your unique healing protocol.

This includes:

- Interpreting all test findings and assessments
- Creating a personalised wellness plan tailored to your physical, emotional, and lifestyle needs

**Total Payment Due at First Visit:
R2400.00**
(R900 Consultation + R1500 Personalised Plan)

Optional Add-On: Comprehensive Iridology Assessment – R750.00

For those interested in deeper insights, you can add an **Iridology Assessment**, which uses iris analysis to uncover constitutional strengths and weaknesses.

3. Initiate Treatment

Initiating your Treatment R750.00

Within 1–2 weeks of your initial consultation, we'll meet for a dedicated **Health Coaching Session** — a supportive space where your healing plan becomes actionable.

During this session, we will:

- **Review your personalised treatment plan** in detail
- **Discuss your lab results**, assessments, and key findings
- **Educate you** on dietary and lifestyle recommendations tailored to your unique needs
- Answer your questions and set realistic goals to help you move forward with confidence

This is your time to gain clarity, build momentum, and feel empowered on your journey toward holistic wellness.