



Price List and Insurance information

Health Insurance Plans

Many of our services are covered under health insurance plans such as Sunlife, Great West Life etc, this usually includes Naturopathic Medicine, Osteopathy, Chiropractic, Registered Massage, Acupuncture, and sometimes Reflexology, Hypnosis and Nutrition.

Important: Individual plans do vary so please be sure to contact your provider to be sure that they do provide coverage. It may also be necessary to obtain a referral from your medical doctor prior to treatment, please check with your provider. (Ottawa Holistic Wellness cannot be expected to know the specific details of your plan).

Osteopathy and insurance providers

Please be sure to check with your provider that they will cover the association that your osteopath is registered with. It is your responsibility to check as we cannot be expected to know the details of your plan.

Direct Billing: We can direct bill most insurance companies for Naturopathic Medicine, Acupuncture, Registered Massage Therapy and Chiropractic treatments - please check with us to be sure.

(Please note: It is not possible to direct bill for **any** services under the government plan with Sunlife.)

Motor Vehicle Accidents: We provide cover for **Motor Vehicle Accident** Insurance claims in Ontario for the following services: Chiropractic, Acupuncture, Massage, CranioSacral Therapy, Osteopathy, Naturopathic medicine, Hypnotherapy and Counselling.

Price List

(Acupuncture, Naturopathic Medicine, Osteopathy and Chiropractic are exempt from HST, for all other services add 13% HST)

Acupuncture and Cupping:

<i>Emily Dunn</i>	Initial 90min Consultation	\$100
	60 min Follow up	\$70
	30min Cupping	\$40
	Cupping add on to 60min acu	\$15
	Facial rejuvenation - 60min	\$90

Acupuncture is also provided

by Dr Stacia Kelly under Chiropractic and

by Dr Frances Pierantoni under Naturopathic Medicine

Allergy Therapy	Initial Consultation	\$125
<i>Sue Taylor</i>	30min Follow up treatment	\$73.50
<i>Dominick Hussey</i>	15min Follow up treatment	\$37.50

Chiropractic	Initial visit (60min)	\$95
<i>Dr. Stacia Kelly</i>	Initial visit - senior / student (60min)	\$70
	Adjustment - adult	\$44
	Adjustment - student / senior	\$35
	Adjustment - child 11-18yrs	\$25
	Adjustment - child 0 -10yrs	\$18

Double Chiro sessions (Incl acupuncture)

Double session - adult	\$60
Double session - senior / student	\$45

Counselling and Psychotherapy

<i>Sofia Lopoukhine</i>	60 min Session	\$70
		<i>(Sliding scale applies)</i>

Cranial Osteopathy – See osteopathy

Craniosacral Therapy	90 min CranioSacral	\$127
<i>Pamela Semple and</i>	75 min CranioSacral	\$113
<i>Erica Sainsbury</i>	60 min CranioSacral	\$90
	45 min CranioSacral	\$75
	30 min CranioSacral	\$53

Emotional Blueprint Coaching	60 min Session	\$100
<i>Deborra Cameron</i>	(10% off when you buy 3 sessions)	

Energy Healing	60 min Session	\$95
<i>Sue Taylor</i>	30 min Session	\$55

Functional Medicine	Initial (45min)	\$130
<i>Dominick Hussey</i>	45 min Follow up	\$120
	30 min Follow up	\$80
	15 min Follow up	\$40

Hypnotherapy	Initial (up to 75mins)	\$115
<i>Derrick Barnes</i>	45 min Follow up	\$115
	Student Initial or Follow up	\$95
	Smoking cessation, 3 sessions	\$315

Massage Services	90 min Massage	\$127
<i>Dragan Lazetic (RMT)</i>	75 min Massage	\$113
<i>Erica Sainsbury (RMT)</i>	60 min Massage	\$90
<i>Pamela Semple (RMT)</i>	45 min Massage	\$75
<i>Debbie Schinzel (Relaxation)</i>	30 min Massage	\$53

Massage; Lymphatic and Treatment	2hr Massage	\$200
	90 min Massage	\$150
<i>Robert Black</i>	60 min Massage	\$130

Naturopathic Medicine	Initial Visit –Adult 60min	\$165
<i>Dr. Frances Pierantoni</i>	Initial Visit – Child 0-12yrs (45min)	\$110
	15 min Follow Up	\$45
	30 min Follow Up	\$85
	45 min Follow Up	\$110
	60 min Follow Up	\$135
	Acupuncture - 30min	\$85
	Bowen or CranioSacral - 60min	\$135
	Facial Acupuncture – 75 min	\$120
	6 Facial prepaid (6 for price of 5)	\$600

Nutrition	Initial Assessment	\$150
<i>Taylor Sullivan</i>	60 min Follow up	\$85

Packages: buy more, save more!

Discovery: Initial + one follow up	\$230
Starter: Initial + 4 follow ups	\$460
Balance: Initial + 12 follow ups	\$1050

Osteopathy: Important- Osteopathy and insurance providers

Please be sure to check with your provider that they will cover the association that your osteopath is registered with, these are detailed below along with the names of our osteopaths. It is your responsibility to check as we cannot be expected to know the details of your plan.

Osteopathy & Cranial Osteopathy	2hr Consult (Robert only)	\$245
<i>Colette Blain (SOQ, RITMA, OOAMA)</i>	90 min Consult	\$185
<i>Carl Teychene-Coutet (CPOQ)</i>	75 min Consult	\$145
<i>Justine Gapihan (OAONM)</i>	60 min Consult	\$130
<i>Maryse Tasse (SOCATO, RITMA)</i>	30 min Consult	\$70
<i>Robert Black (SOCATO)</i>		

Osteopathy	Initial (45min)	\$130
<i>Dominick Hussey (OAO)</i>	60 min Follow up	\$160
	45 min Follow up	\$120
	30 min Follow up	\$80
	15 min Follow up	\$40

Reflexology	90 min Session	\$127
<i>Dragan Lazetic</i>	75min Session	\$113
<i>Debbie Schinzel</i>	60 min Session	\$90
	45 min Session	\$75
	30 min Session	\$53

Reiki and Chakra Balancing	60 min Session	\$95
<i>Sue Taylor</i>	30 min Session	\$55

Shamanic and Tantric Healing	60 min session	\$110
<i>Roger</i>		

Shiatsu	90 min Session	\$130
<i>Debbie Schinzel</i>	60 min Session	\$90
	30 min Session	\$53

Tui Na Chinese Acupressure Massage

<i>Emily Dunn</i>	60min Massage	\$80
	30min Massage	\$40

(Please note if you buy packages or blocks of treatment these are non-refundable)