



## Price List and Insurance information

### Health Insurance Plans

Many of our services are covered under health insurance plans such as Sun Life, Great West Life etc., this usually includes Naturopathic Medicine, Osteopathy, Chiropractic, Registered Massage, Acupuncture, and sometimes Hypnosis (Social Work).

**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 Acupuncture, Registered Massage Therapy, Naturopathic Medicine and Chiropractic treatments - please ask us or check with your provider to be sure.

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

**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.



***Gift Certificates are available for all our services***

***Treat the one you love!***

### Price List

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

***Please note: if you buy packages or blocks of treatment these are non-refundable and are valid for 12 months from date of purchase)***

<b>Acupuncture and Cupping:</b>	Initial 90min Consultation	\$125
<i>Emily Dunn</i>	60 min Follow up	\$70
	30 min Cupping	\$50
	Cupping add on to 60min Acu.	\$15
	Facial rejuvenation Initial (90min)	\$150
	Facial rejuvenation (75min)	\$100

*Acupuncture is also provided under Naturopathic Medicine and with our Chiropractor*

<b>Allergy Therapy</b>	Initial 60min Consultation	\$125
<i>Sue Taylor</i>	Follow up treatment (15-30min)	\$55

<b>Chiropractic</b>	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 Chiropractic sessions (Include acupuncture)

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

### **Counselling and Psychotherapy**

<i>Sofia Lopoukhine</i>	60 min Session	\$84.07
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*(Sliding scale applies)*

**Cranial Osteopathy** – See osteopathy

<b>Craniosacral Therapy (RMT)</b>	90 min CranioSacral	\$127
<i>Pamela Semple</i>	75 min CranioSacral	\$113
<i>Erica Sainsbury</i>	60 min CranioSacral	\$90
<i>Jessica Robillard</i>	45 min CranioSacral	\$75
	30 min CranioSacral	\$53

### **SKYPE Emotional Blueprint Coaching**

<i>Deborra Cameron</i>	60 min Session	\$100
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<b>Energy Healing</b>	90 min Session	\$120
<i>Abrah Arneson</i>	60 min Session	\$95
<i>Sue Taylor</i>	45 min Session	\$77.50

<b>Functional Medicine</b>	Initial (60min)	\$160
<i>Dominick Hussey</i>	60 min Follow up	\$160
	45 min Follow up	\$120
	30 min Follow up	\$80
	15 min Follow up	\$40

<b>Herbalism</b>	Initial 90min consult	\$150
<i>Abrah Arneson</i>	2hr Follow up	\$150
	90min follow up	\$120
	60min follow up	\$90
	45min follow up	\$70
	30min follow up	\$50
	15 min follow up	\$35

<b>Massage Services</b>	90 min Massage	\$127
<i>Dragan Lazetic (RMT)</i>	75 min Massage	\$113
<i>Erica Sainsbury (RMT)</i>	60 min Massage	\$90
<i>Jessica Robillard (RMT)</i>	45 min Massage	\$75
<i>Pamela Semple (RMT)</i>	30 min Massage	\$53s

<b>Individual Meditation</b>	60 min Session	\$75
<i>Abrah Arneson</i>		

<b>Naturopathic Medicine</b>	Initial Visit – Adult (60min)	\$165
<i>Dr. Eric Viegas</i>	Initial Visit – Child 0-12yrs (45min)	\$110
<i>Dr. Laura Batson</i>	Initial Visit – Student (60min)	\$120
	15 min Follow Up	\$45
	30 min Follow Up	\$80
	30 min Follow Up – Student	\$60
	45 min Follow Up	\$110
	45 min Follow Up – Student	\$90
	60 min Follow Up	\$135
	Acupuncture (45min)	\$65

<b>Nutrition</b>	Initial Assessment	\$150
<i>Emily Stott (RHN)</i>	60 min Follow up	\$90
	30 min Follow up	\$60

## **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 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.

<b>Osteopathy &amp; Cranial Osteopathy</b>	75 min Consult	\$145
<i>Carl Teychene-Coutet (SOCATO)</i>	60 min Consult	\$130
<i>Justine Gapihan (SOCATO)</i>	30 min Consult	\$70
<b>Osteopathy</b>	Initial (60min)	\$160
<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
<b>Reflexology</b>	90 min Session	\$127
<i>Dragan Lazetic (RMT)</i>	75min Session	\$113
	60 min Session	\$90
	45 min Session	\$75
	30 min Session	\$53
<b>Reiki and Chakra Balancing</b>	90 min Session	\$120
<i>Abrah Arneson</i>	60 min Session	\$95
<i>Sue Taylor</i>	45 min Session	\$77.50
<b>Shamanic and Tantric Healing</b>	60 min session	\$110
<i>Roger</i>		
<b>Tui Na Chinese Acupressure Massage</b>		
<i>Emily Dunn</i>	60min Massage	\$80
	30min Massage	\$40

**Prices correct March 2018**