



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)

Acupuncture and Cupping: <i>Emily Dunn</i>	Initial Consultation (90min)	\$125
	Acupuncture Follow up (60min)	\$70
	Combined Acu/Cupping (75min)	\$110
	60min Cupping	\$110
	30min Cupping	\$60
	Facial rejuvenation Initial (90min)	\$150
	Facial rejuvenation Follow up (75min)	\$110

Acupuncture is also provided under Naturopathic Medicine and with our Chiropractor

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

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 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
		<i>(Sliding scale applies)</i>
<i>Lorena Ibacache</i> <i>(Insurance receipts provided)</i>	60min Session	\$110
		<i>(Sliding scale applies)</i>

Cranial Osteopathy – See osteopathy

Craniosacral Therapy (RMT)	90 min CranioSacral	\$130
<i>Pamela Semple</i>	75 min CranioSacral	\$110
<i>Erica Sainsbury</i>	60 min CranioSacral	\$90
<i>Jessica Robillard</i>	45 min CranioSacral	\$75
	30 min CranioSacral	\$55

Emotional Blueprint/Intuitive Reflexology

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

Functional Medicine	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

Herbalism	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
Massage Services	120 min Massage	\$170
<i>Dragan Lazetic (RMT)</i>	105 min Massage	\$150
<i>Erica Sainsbury (RMT)</i>	90 min Massage	\$130
<i>Jessica Robillard (RMT)</i>	75 min Massage	\$110
<i>Pamela Semple (RMT)</i>	60 min Massage	\$90
	45 min Massage	\$75
	30 min Massage	\$55
Individual Meditation	60 min Session	\$75
<i>Abrah Arneson</i>		
Naturopathic Medicine	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
Nutrition	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.*

Osteopathy & Cranial Osteopathy	75 min Consult	\$145
<i>Carl Teychene-Coutet (SOCATO)</i>	60 min Consult	\$130
<i>Justine Gapihan (SOCATO)</i>	30 min Consult	\$70
Functional Osteopathy	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
Reflexology	90 min Session	\$127
<i>Dragan Lazetic (RMT)</i>	75min Session	\$113
	60 min Session	\$90
	45 min Session	\$75
	30 min Session	\$53
Reiki and Chakra Balancing	90 min Session	\$120
<i>Abrah Arneson</i>	60 min Session	\$95
<i>Sue Taylor</i>	45 min Session	\$77.50
Reiki Master Training: with Abrah Arneson		
<i>Contact us for dates and prices, or click HERE to see the Events page on our website</i>		
Shamanic and Tantric Healing	60 min session	\$110
<i>Roger</i>		
Clinical Somatic Therapy	60 min session	\$90
<i>Richard Hudspith</i>		
Tui Na Chinese Acupressure Massage		
<i>Emily Dunn</i>	60min Tui Na Massage	\$110
	30min Tui Na Massage	\$60