



HEALTH BY HOLLIE

Independent Health Scientist

 **HB Phlebotomy**

FEMALE WELLNESS HEALTH COACHING PACKAGES

Personalised, evidence based support to help you achieve your health goals

Wellness Foundations Package – £250

A great starting point for women who want a simple but meaningful insight into their health. This package looks at key areas linked to hormones, energy, inflammation, nutrient status and heart health, helping you understand where your body may need support.



Wellness Plus Package – £330

A more in-depth package for women who want a broader look at their hormones, thyroid, energy, stress and overall wellbeing. Ideal if you feel like something is off and want clearer answers with a more complete picture of your health.

Wellness Complete Package – £440

Our most comprehensive package for women wanting the deepest insight into their health. This profile gives a detailed overview of hormones, thyroid function, nutrients, inflammation, blood sugar balance and wider body systems to help guide a more personalised approach.

What's Included in Your Health Coaching Package?

- A professional blood draw by an experienced specialist
- A comprehensive health and lifestyle questionnaire to explore your current concerns and goals
- Full blood analysis through a private UKAS-accredited laboratory
- A PDF copy of your lab results
- A personalised, in-depth health report explaining what your levels mean using functional ranges – plus tailored recommendations for improving them through diet, lifestyle changes, and supplements (where appropriate)

All guidance is grounded in scientific research and functional health principles, giving you clear, actionable steps to help your body truly thrive.

PayPal Pay in 3 available

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WHAT'S TESTED IN EACH HEALTH PACKAGE?

Wellness Foundations Package

Build strong foundations for better wellbeing

Female hormone health
Energy and fatigue markers
Iron and nutrient status
Vitamin and mineral balance
Inflammation markers
Blood sugar balance
Cholesterol and heart health

Wellness Plus Health Package

Deeper insight for a more personalised approach.

Female hormone health
Thyroid function
Energy and fatigue markers
Iron and nutrient status
Vitamin and mineral balance
Inflammation markers
Blood sugar balance
Cholesterol and heart health
Liver health
Stress hormone support
Immunity health

Wellness Complete Health Package

The ultimate in-depth female wellness review

Female hormone health
Thyroid function
Energy and fatigue markers
Iron and nutrient status
Vitamin and mineral balance
Inflammation markers
Blood sugar balance
Cholesterol and heart health
Liver health
Stress hormone support
Immunity health markers
Metabolic health markers
Protein and general health markers

For more info try the QR Code

