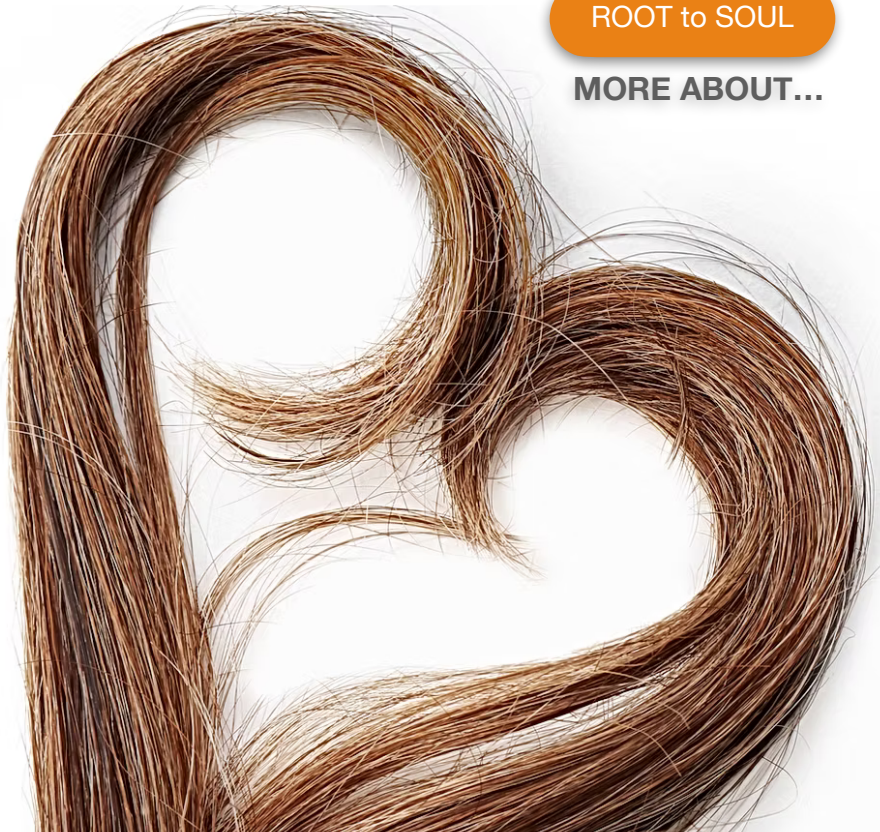


Gill Carrie

for the love of Hair, Hormones, Health & Homeopathy

ROOT to SOUL

MORE ABOUT...



THE ROOT to SOUL KITS

- **ROOT REVIVAL** | Hair & Scalp Health | Hair Condition | Loss & Growth | Scalp Sensitivities | Styling Advice & Coaching
Specialist care for hair loss, growth, scalp health and restoring the strength and vitality of your hair
 - **CLEANSE & CLEAR** | Skin & Allergies | Skin Conditions | Inflammatory Skin | Allergic Reactions | Sensitive Skin | Confidence
Therapeutic support to calm inflammation and replenish skin, scalp and energy
 - **DETOX & BALANCE** | Hormonal Health | Menstrual Balance | Libido & Fertility | Pregnancy & Postnatal | Perimenopause & Menopause
A gentle reset for hormones, skin and scalp — guided by clinic care and homeopathy
 - **BODY HARMONY** | Body & Weight | Body Image | Holistic Weight Management | Vitality & Metabolic Support | Nervous System Care
Care for body image, metabolism and hormone-related weight changes — naturally supported
 - **GLOW THERAPY** | Holistic Aesthetics | Natural Rejuvenation | Skin Radiance | Healthy Ageing Support | Inner Glow
A rejuvenating skin therapy to soothe, restore and awaken your natural radiance.
 - **SLEEP RESET** | Sleep & Restore | Support for deep, restorative sleep and nervous system balance
A rejuvenating skin therapy to soothe, restore and awaken your natural radiance
 - **CALM & RESTORE** | Emotional & Energetic | Anxiety | Fatigue | Burnout | PTSD | Trauma | Addiction | Hereditary & Ancestral Patterns
Relieves stress and nervous system tension — supporting emotional and hormonal balance
Optional Enhancements | Chakra Kit or Meditation Kit
For Young Children | Bullying & Friendship Kit
 - **EASE & RELIEF** | Symptom Management | Programmes & Kits for Everyday Symptom Support, Movement and Natural Pain Relief
Gentle, personalised care to ease pain, discomfort & support the body's natural healing.
Optional Enhancement | Sport Kit
- Each Kit | £50*** | Includes your personalised homeopathic remedies, Bach flower remedies, a self-care guidance sheet and a 15-minute Insight session.
**Kits can be collected in-clinic or posted anywhere in the UK for a flat £5 P&P.*
- Multiple Kits** | you can choose multiple Kits for a more comprehensive approach.
- Flexibility** | Kits can be enjoyed on their own, or combined with Salon or Clinic Experiences — or all three together.
- Chronicity** | not suitable for long-standing, recurring, complex health issues and recommend the in-depth Clinic Experience.

THE ROOT to SOUL EXPERIENCES

THE SALON EXPERIENCE

- **STYLE DRY & FINISH** | A polished, elevated finish tailored to your hair's natural movement and your personal aesthetic
- **STYLISH PIN UP** | Sophisticated, sculpted styling for special occasions — timeless or fashion-forward
- **DESIGNER CUTTING** | Precision cutting designed to flatter, define and enhance your natural form
- **CREATIVE COLOUR** | Bespoke colour artistry — enhancing tone, texture and individuality with expert finesse
- **COLOUR CORRECTION*** | Advanced colour refinement to restore depth, balance and tonal harmony [*POA]
- **SMOOTH & STRAIGHT** | Sleek, refined smoothness with a high-gloss finish — tailored to your hair's unique texture
- **FASHION WAVING** | Luxury texture and movement — from soft, modern waves to full-bodied shape
- **LONG HAIR** | Specialist care to support growth, strength and the health of long hair, with therapeutic insight

Each Service | £50* | All salon services are delivered with specialist care — blending technical precision with holistic attention to how you feel, inside and out. All services are available for natural hair — plus wigs, hairpieces & extensions — and can be tailored to your kit.

***Price On Application, for Colour Correction*

THE CLINIC EXPERIENCE

- **THERAPEUTIC SPECIALIST CARE** | Every journey begins with you. Your Clinic Experience is not a 'one-size' plan — it is an in-depth exploration of your unique story, your health patterns and your goals. Bringing together natural medicine, integrative therapy & lifestyle insight, creates a pathway that supports both immediate balance and long-term renewal. This is where deep care meets individuality.
- **FULL CONSULTATION** | Your starting point — a 1-hour deep dive to unlock your personalised plan | £125
- **PRESCRIPTIONS & PROTOCOLS** | Targeted programmes with your bespoke remedies, support and guidance | *from £25**
**£25 per programme, per month*
- **HEALTH JOURNAL** | Your companion for tracking, reflection and progress. | included
- **P&P (UK flat fee)** | Your companion for tracking, reflection and progress. | £5 per delivery
- **WHAT YOUR CARE MAY INCLUDE** | Homeopathic Medicine · Human Chemistry Integrated Therapy · Detoxing & Balancing Therapy · Organ, Orthomolecular & Biochemical Support · Hereditary & Ancestral Patterns · Bach Flower Remedies · Root to Soul Specialist Series · Holistic Health Coaching · Life/Style Management.

THE GROUP EXPERIENCE

WORKSHOPS · COURSES · COACHING · CONSULTING · RETREATS

Tailored for your organisation, team or group.

GROUP EXPERIENCE | from £250*

A 1-hour shared journey, guided through one of the 8 Remedy Programmes or Enhanced Kits.
Each participant receives their kit and learns how to use it with confidence.

Pricing Add-Ons:

**Base fee (up to 5 participants): £250*

Additional participants: +£40 each

Optional P&P (UK flat fee): £5 per kit
(if not collected in person)

COACHING & MENTORING

Personal Coaching

Salon or Practice Mentoring

Tailored around Root to Soul Kits

BOOK A KIT or EXPERIENCE