

A HEALTHIER LIFE

Services and Pricing



www.ahealthierlife.live



Hello there!

I'm so glad you're here.

As the practitioner and founder of A Healthier Life, my passion is helping women, children, and families discover clear insights and personalized direction to make positive, lasting improvements to their health.

I help my clients identify ways to live healthier by supporting the physical body systems, the emotional aspects of health at a root-cause level, and the energetic level that forms the foundation of our well-being. This layered approach offers a truly complementary path to healing and thriving in today's world.

If you're ready to gain clarity on what your body needs and create a plan that feels tailor-made for you, I'd love to work together.

With care,

Sally Sauvignon

Board-Certified Integrative Health Practitioner
Founder of A Healthier Life
www.ahhealthierlife.live



What it's like to work together

Here's what you can expect when you begin your journey with me:

1. **Complimentary Consultation** – We'll meet virtually to talk about your needs, goals, and next steps.
2. **Intake & Testing** – You'll complete intake forms, upload any recent labs you've had run and we'll schedule your bio-energetic testing to uncover root causes and priorities for support.
3. **Your Health Blueprint** – I'll create a customized plan just for you, including lifestyle adjustments, emotional support techniques, and a supplement protocol. Supplements are ordered on your behalf for convenience.
4. **Ongoing Support** – Over the next eight weeks, you'll have full support, including:
 - A progress check-in form at 4–5 weeks
 - A 15-minute follow-up call
 - Updated bio-energetic scans to see if your body's priorities have shifted
 - Adjustments to your protocol as needed
 - Secure Client Portal – Through Practice Better, you'll have a private, secure space where you can access your protocols, upload forms, and send quick questions between sessions.



What you'll walk away with

In our first client appointment, you'll be given a clear Health Blueprint that helps you:

- Understand your body systems in priority for support
- Gain insight into energetic imbalances that may be contributing to your symptoms
- Implement practical lifestyle adjustments
- Use emotional support tools to reduce stress and improve balance
- Follow a simple, customized supplement plan to support your body

Policies & Communication

Your appointment time is reserved just for you. If you need to cancel or reschedule, please let me know at least 48 hours in advance. Cancellations or changes made with less than 48 hours' notice will incur an \$88 fee. During your protocol, you can reach me through your secure portal, and I do my best to reply within 24 hours on weekdays and 48 hours over the weekend.

Important Disclaimer

My services are a complement to your medical care—not a replacement. I do not diagnose, treat, or cure disease. If you're currently taking medication, I request that you share any supplementation recommendations with your prescribing doctor before beginning them.

Why Work with Me

With a deep understanding of the unique challenges faced by busy mothers and families, I'm here to make your health journey feel simpler, more supported, and truly personalized.

As a Board-Certified Integrative Health Practitioner, I bring together science-backed tools, root-cause testing, and a nurturing approach to help you uncover the “why” behind your symptoms—not just manage them. My goal is to create realistic, sustainable solutions that work with your lifestyle, not against it.

I know what it feels like to try everything and still not get answers. That's why I've designed my services to help you gain clarity, take confident action, and finally feel empowered in your health.



When you work with me, you'll receive:

- Personalized guidance tailored to your body, your needs, and your goals
- Root-cause insights that uncover the underlying imbalances affecting your health
- Practical, sustainable strategies for nutrition, lifestyle, and emotional balance
- Compassionate support that meets you where you are and grows with you

Together, we'll work towards reclaiming your energy, enhancing your well-being, and building the foundation for a healthier, more vibrant life—for you and your family. Let's navigate this transformative journey together.

How It Works

01 **BOOK A CONNECTION CALL**

We'll meet virtually to talk about your needs, goals, and next steps.

02 **INTAKE & TESTING**

Once you've paid for your service, you'll be sent intake forms electronically and a request to schedule your first appointment. Once received, your Bio-Energetic testing will be completed remotely to uncover the root causes and priorities for your support.



03 **YOUR PERSONALIZED HEALTH BLUEPRINT**

During your first appointment, you'll receive what body systems are in need of support, key insights into what's causing energetic imbalances, along with your customized plan including lifestyle, emotional support tools, and a supplement protocol.

04 **6 WEEKS OF FULL SUPPORT**

Supplements will be ordered on your behalf for your connivence and invoiced through Practice Better (PB). You'll receive personalized guidance and ongoing check ins to keep you on track. This includes unlimited chat, a progress check-in form, a 15-minute follow-up call, updated bio-energetic scans as needed (at practitioner description), and adjustments to your protocol as needed—all accessible through your secure client portal.

05 **MOVING FORWARD**

At the end of your initial 6 week protocol, you'll have the option to continue support or move into a maintenance plan to keep your momentum going.



Personalized Health Plans

NEW CLIENT: Full Body Scan & Protocol

Your personalized roadmap to restoring balance and vitality. A comprehensive look into the areas of your body in need of support, Wellness Blueprint, 1 hr appointment to review and a 6 week protocol with support.

\$550

NEW CLIENT: Full Body Scan & Protocol - audio notes

Quick clarity in a time- efficient format. Get a full body scan and 6 week protocol delivered through a personalized audio note. Phone call can be added for additional cost.

\$425

FOLLOW UP: Full Body Scan & Protocol

Re-align and build on your progress. Includes a new full body scan, updated Wellness Blueprint, 1 hr appointment to review and 6 week protocol.

\$325

Winter Immune Support Scans

Boost Your Immune System

\$119

Sickness Support

\$149

Additional Phone Appointments

Extra support when you need it. Use for adjustments, new symptoms, or lifestyle guidance.

\$110 / 30
mins

Additional Functional Testing

Mold Toxicity, HTMA, and Organic Acid labs available upon request.

Price
varies

Lab Review

Labs ordered from your doctor, Mold Toxicity, HTMA, and Organic Acid labs.

Price
varies

NEW CLIENT

Full Body Scan & Protocol



Who It's For

New clients ready for an in-depth, personalized roadmap to their health.

Length of Protocol:

6 week protocol

[LET'S WORK TOGETHER](#)



YOUR INVESTMENT
\$550

WHAT YOU'LL GET:

- ✓ Comprehensive remote scanning using The Healthier Life method
- ✓ 1 hr appointment to review your personalized Wellness Blue Print
- ✓ Written Wellness Blueprint with insights into current health and recommendations for food, lifestyle, and a personalized supplement protocol.
- ✓ Unlimited text support during protocol
- ✓ 15 min follow up call to check progress
- ✓ Supplement ordering service
- ✓ In Person Appointments in Larkspur, CA available upon request



NEW CLIENT: Audio Note Full Body Scan & Protocol

Who It's For

Busy new clients who want expert insights and direction without a live appointment.

[LET'S WORK TOGETHER](#)



Length of Protocol:

6 week protocol

SUMMARY:

- ✓ Comprehensive remote scan using The Healthier Method
- ✓ Audio note with high level explanation of insights based on scan results along with recommendations for food, lifestyle, and a personalized supplement protocol.
- ✓ Written 6 week personalized supplement protocol
- ✓ Unlimited text support during your protocol
- ✓ Follow up form to track progress + next steps
- ✓ Supplement ordering service

YOUR INVESTMENT
\$425

FOLLOW UP

Full Body Scan & Protocol



Who It's For

Returning clients who want to check progress and update their plan every 6 -8 weeks.

Length of Protocol:

6 week protocol

IN PERSON APPOINTMENT

VIRTUAL APPPOINTMENT

YOUR INVESTMENT

\$325

WHAT YOU'LL GET:

- ✓ Comprehensive remote scanning using The Healthier Life method
- ✓ 30 min appointment to review your updated personalized Wellness Blue Print
- ✓ Written Wellness Blueprint with updates and recommendations for food, lifestyle, and a personalized supplement protocol.
- ✓ Unlimited text support during protocol
- ✓ 15 min follow up call to check progress
- ✓ Supplement ordering service



Boost Your Immune System

Who It's For

If you're looking to boost your immune system so it's more prepared to handle the cold/flu/winter.

Length of Protocol:

4-8 week protocol

[PURCHASE YOUR PLAN](#)



SUMMARY:

- ✓ Remote bioenergetic scan to identify 3-7 products to strengthen your immune system before cold + flu season
- ✓ Identify the key systems in need of support such as adrenal, large intestine, lymph, etc.
- ✓ Clear, simple daily supplement plan for 4-8 weeks (no guessing, no overwhelm)
- ✓ Access to professional-grade supplements shipped directly to your door with 10% discount
- ✓ Optional: Add 15 min call to review protocol for an additional \$55
- ✓ Receive \$30 supplement credit for each additional scan purchased including sickness support or a scan for a family member

YOUR INVESTMENT

\$119

Sickness Support Plan

Who It's For

At the first sign of sickness — know exactly what your body needs right then

Length of Protocol:

4-8 week protocol

[PURCHASE YOUR PLAN](#) 



SUMMARY:

- ✓ Remote bioenergetic scan to identify the best nutrients or supplements to support you when you get sick
- ✓ Identify the key systems in need of support such as adrenal, large intestine, lymph, etc.
- ✓ Identify which immune supporting products you have at home are most supportive
- ✓ Clear, simple daily supplement plan at the first sign of sickness (no guessing, no overwhelm)
- ✓ Follow up support via chat
- ✓ Follow-up scan to offer ongoing immune support and ensure your body fully rebounds.
- ✓ Receive \$30 supplement credit for each additional scan purchased including sickness support or a scan for a family member

YOUR INVESTMENT

\$149

Payment options



Up front

Pay all up front using a credit or HSA/FSA card (holistic nutritional consulting will show on the receipt which is a reimbursable form of holistic care).

Over 2 months

Split the cost by 2

Let's Get Started!

[SCHEDULE A CALL](#)

[LEARN MORE](#)

Thank you for taking the time to explore my services. Every plan and process I offer is designed to help you uncover the root causes of imbalance and guide you toward lasting health and vitality. I'm honored to support you on your journey toward feeling your best—calm, energized, and truly at home in your body.

Sally



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