

Peak-to-Peace Longevity™

Your Elite Path to Vitality, Clarity &
Purpose

Step 1

Step 1: VIP Health Audit

A comprehensive assessment to identify your unique emotional and health needs and aspirations.

Step 2

Step 2: Personalized Protocols

Tailored protocols designed to optimize your emotions, health, wellbeing to enhance your joy and vitality.

Step 3

Step 3: Ongoing Support

Weekly coaching 1:1 sessions to keep you motivated, accountable, and inspired.

Step 4

Wellness Transformation

Discover the power of transformation through my essential emotions and functional medicine health coaching approach.

Step 5

Investment & Invitation

Investment in your health and being well with flexible payment options to suit your budget.

"Because the second half of life deserves your best health, not your best excuses."



www.essentiallysonia.co.uk