



# SOLE RENEW



## Consultation Explained

At Sole Renew, we know that tending to your well-being isn't a small decision. It's personal. It's layered. And often, it comes after you've been carrying things quietly for a while. If you're here, something in you is ready for support, and that matters.

We offer a 30-minute consultation as a space to pause, breathe, and explore what's really going on. This isn't a sales call. It's a conversation. A chance for you to share what you've been experiencing and for us to listen deeply. Together, we'll look at how our approach feels aligned with your needs and your goals.

While we don't diagnose medical conditions, we do offer insight, perspective, and holistic guidance rooted in experience. Our intention is to help you better understand your unique situation and what pathways may feel supportive moving forward.

Should you choose to continue with a session after your consultation, the \$49 fee is applied toward your booking. That first step becomes part of your journey rather than an added cost.

At Sole Renew, we are not here to fix you. We are here to walk beside you; supporting you as you reconnect with your own balance, clarity, and vitality. Your process is honored. Your pace is respected. And your healing is approached with care and integrity.

When you're ready, we're here.

Stimulating your body's natural ability to heal | @sole.renew