

	PACKAGE NAME	NO. OF SESSIONS & VALIDITY	FREQUENCY OF CONSULTATION
General Health Nutrition (GHN) <i>Available in Prime, Premium & Prestige</i>	General - 6	6 Sessions in 3 Months <i>whichever finishes first</i>	Fortnightly
	General - 10	10 Sessions in 3 Months <i>whichever finishes first</i>	Weekly
	General - 20	20 Sessions in 6 Months <i>whichever finishes first</i>	Weekly
	General – 40	40 Sessions in 12 Months <i>whichever finishes first</i>	Weekly
Specialised GHN Packages <i>Available in Premium & Prestige</i>	“GLP Fit-Kit – 10”	10 Sessions in 3 Months <i>whichever finishes first</i>	Weekly
	“Peri-Balance – 10”	10 Sessions in 3 Months <i>whichever finishes first</i>	Weekly