

PRICE LIST FOR SERVICES & GUIDE TO PRACTITIONERS

Updated as of 1 June 2024

Please note that pricing is subject to change, as fee schedule increases occur throughout the year.

Dockside Green Location

NATUROPATHIC SERVICES

Naturopathic Doctors (except Dr. Pamela Hutchison):

- 90-minute Initial Appointment: \$360.00
- 60-minute Children's Initial Appointment: \$278.00
- 60-minute Follow Up Appointment: \$278.00
- 45-minute Follow Up Appointment: \$207.00
- 30-minute Follow Up Appointment: \$142.00
- 15-minute follow up appointment: \$82.00
- Prescription Refill Fee (*written outside of an appointment*): \$35.00

Dr. Pamela Hutchison, ND:

- 90-minute Initial Appointment: \$450.00
- 60-minute Children's Initial Appointment: \$340.00
- 60-minute Follow Up Appointment: \$340.00
- 45-minute Follow Up Appointment: \$260.00
- 30-minute Follow Up Appointment: \$175.00
- 15-minute Follow Up Appointment: \$95.00
- Prescription Refill Fee (*written outside of an appointment*): \$35.00

Explanation of Dr. Pamela Hutchison's Rates:

Dr. Hutchison has been in practice for over 20 years, with a focus in neurological and mental health care. Currently, she is 1 of 4 neurologically focussed naturopathic doctors in Canada. Dr. Hutchison has a variety of further certifications (you can read more [here](#)), giving her the skills and knowledge to work with more complex cases.

ND AREAS OF FOCUS: CHOOSING A NATUROPATHIC PHYSICIAN

Dr. Pamela Hutchison

- Parkinson's Disease
- Neurological Disorders
- Multiple Sclerosis
- Migraines
- Concussion
- Mental Health
- Complex Cases

Dr. Amy Gilchrist

- Women's Health
- Hormones
- Perimenopause
- Menopause
- Skin Issues
- General Practice
- Acupuncture

Dr. Jaime de Melo

- Digestion
- Allergies
- Respiratory Conditions
- Musculoskeletal Issues
- Prolotherapy
- General Practice
- Complex Cases

Dr. Hutchison is only accepting one new patient per week as she has a very busy practice. She has an active waitlist, but you are welcome take a look through to see if your concerns fit with another of our doctors areas of focus.

Dr. Michelle Payne

- Fertility
- Women's Health
- Mental Health
 - Anxiety
 - Depression
- Fibromyalgia
- Chronic Fatigue
- General Practice
- Pelvic Floor Rehab

Dr. Anita Komonski

- Oncology
- Chronic Pain
- Mental Health
- LGBTQ2SIA+
- Thyroid Concerns
- Medical Hypnosis
- IMS
- General Practice
- IV Therapy

Dr. Lorna Ciccone

- Chronic Pain & Fatigue
- LGBTQ2SIA+
- Mental Health
- Neurological / Migraines
- Athletes
- Addiction Medicine
- Long Haul Viral Symptoms
- General Practice
- IV Therapy

Dr. Ciccone could be a good option if Dr. Hutchison is booked too far out for your needs. They meet biweekly for mentorship regarding complex cases and neurological concerns.

NATUROPATHIC SPECIAL SERVICES

Not all services are offered by all ND's, please refer to the website for availability

- Scratch Allergy Test (45-minutes): \$160.00
- PAP Initial Appointment – New Clients (30-minutes): \$142.00
- PAP Appointment – Existing Clients (20-minutes): \$109.00
- Acupuncture (45-minutes): \$130.00
- Blood Draw appointment (15-minutes): \$50.00
- IV Iron Consultation (30-minutes): \$142.00

INJECTIONS & IV THERAPY

Injections:

- 1cc B12 Injection: \$40.00
- 3cc B-Complex Injection: \$50.00
- Vitamin D Injection: \$70.00

Prolotherapy with Dr. Jaime de Melo, ND:

- 60-minute Initial Assessment and Treatment: \$280.00
- 45-minute Subsequent Prolotherapy Appointment: \$240.00
- 30-minute Subsequent Prolotherapy Appointment: \$175.00

Perineural Injection Therapy with Dr. Lorna Ciccone, ND:

- 60-minute Initial Assessment and Treatment: \$310.00
 - Follow up perineural appointments are booked as an ND follow up visit with an add-on fee determined by the number of sites injected

IV Therapy, with Dr. Anita Komonski, ND, & Dr. Lorna Ciccone, ND:

- IV Myers Treatment (priced per patient based on supplies used): \$160.00+
- IV Vitamin C – 25g: \$180.00
- IV Vitamin C – 50g: \$205.00
- IV Vitamin C – 75g: \$220.00
- IV Vitamin C – 100g: \$240.00
- IV Glutathione Treatment: \$130.00
- IV Chelation – 1.5g: \$190.00
- IV Chelation – 2.0g: \$210.00
- IV Chelation – 3.0g: \$230.00
- IV Iron – Monoferric Infusion Fee: \$235.00
- IV Iron – Venofer Infusion Fee: \$150.00

CLINICAL COUNSELLING

- 80-minute Session: \$240.00 + GST
- 80-minute EMDR Therapy Session: \$240.00 + GST
- 50-minute Session: \$160.00 + GST

When to book with Emma Watt, RCC: *Emma practices in-person, virtually, and by phone.* Emma is approved for ICBC direct billing, and is currently completing training in EMDR therapy. Emma has a holistic, person-centered approach to counselling that considers the unique factors in your life that have brought you to today. She integrates the mind-body connection into her practice, and brings a warm, grounded presence into the room to support you where you are at in your journey.

When to book with Dawna Silver, RCC: *Dawna practices virtually and by phone.* Dawna is trained in EMDR therapy, and is approved for ICBC direct billing. Please book an 80-minute initial session for your first appointment. Dawna believes that skill-building and healing are the path to a more satisfying life. She can provide professional guidance toward greater self-awareness, increased stress resilience, pain management, and improved communication and emotional regulation skills.

REGISTERED DIETETICS

- 60-minute Initial Appointment: \$150.00
- 60-minute Follow Up Appointment: \$150.00
- 40-minute Follow Up Appointment: \$95.00
- 20-minute Follow Up Appointment: \$65.00

When to book with Keara Lubchenko, RD: Keara is a Registered Dietician with a passion for the connection between food and well-being. She has special interest in helping treat disordered eating, working on habit transformation, meal planning, and educating on the relationship between food and mood. Keara has previous experience working in acute care, outpatient counselling, and health education settings. Her practice advocates for weight inclusivity and body neutrality.

INFRARED SAUNA

- 60-minute Session: \$26.00 + GST
- 60-minute Couples Session: \$36.00 + GST

When to book an infrared sauna session: Far-infrared (FIR) saunas use infrared energy to increase body temperature and encourage sweating. Heat from an infrared sauna penetrates deeper into the body than traditional saunas, causing sweating at a lower ambient temperature. This cooler air is easier to breathe and makes FIR saunas more comfortable than traditional saunas,

Westside Village Location

ACUPUNCTURE

Christina Casciano, RAc.

- 60-minute Orthopaedic Acupuncture Appointment: \$165.00
- 50-minute Orthopaedic Subsequent Appointment: \$140.00
- 30-minute IMS Subsequent Appointment: \$90.00
- 15-minute IMS Subsequent Appointment: \$50.00

When to choose acupuncture with Christina: Christina integrates both Western and Eastern healthcare practices to create an individualized approach to healing. Orthopaedic acupuncture blends traditional acupuncture with IMS, and sometimes e-stim. Please start with this appointment if you are interested in IMS follow ups. With IMS-style treatment, the needles are not retained, only briefly inserted until the desired twitch response is achieved, and then removed.

Jennifer Midlane, RAc.

- 75-minute Initial Neuroacupuncture Appointment: \$210.00
- 50-minute Subsequent Neuroacupuncture Appointment: \$140.00

When to choose neuroacupuncture with Jennifer: Jennifer focusses on treating conditions related to the nervous system. Neuroacupuncture directly stimulates nerve activity, promoting the body's natural healing and regulating functions. The treatments trigger the release of neurotransmitters that promote nerve repair, reduce pain signals, and provoke deep relaxation. Additionally, neuroacupuncture improves blood circulation to damaged nerves, supplying essential nutrients and oxygen for repair and regeneration. Jennifer has had success treating stroke, neuropathy, trigeminal neuralgia, MS, Bell's Palsy and more.

Diana Alvarez, RAc.

- 50-minute Initial Traditional Acupuncture Appointment: \$130.00
- 50-minute Subsequent Traditional Acupuncture Appointment: \$115.00

When to choose traditional acupuncture with Diana: Diana practices a more classical style of acupuncture. Her treatments can incorporate acupressure, cupping, ear acupuncture, magnets, moxibustion, Gua Sha, and when appropriate, nutritional advice based upon TCM. Diana has an interest in treating chronic pain, emotional wellbeing, mental health, women's health and hormone balancing, and digestion-related concerns.

KINESIOLOGY

- 60-minute Initial Kinesiology Appointment: \$115.00 + GST
- 60-minute Subsequent Kinesiology Appointment: \$115.00 + GST
- 45-minute Subsequent Kinesiology Appointment: \$92.00 + GST
- 60-minute Personal Training Session: \$100.00 + GST
 - Packages Available for Personal Training at a rate of \$75.00/session

When to choose kinesiology services: Kinesiologists are university-educated health professionals that combine science and current research to offer movement as medicine to any person with a health or fitness goal. They offer a hands-on, personalized approach that can be applied in workplaces, clinical settings, as well as the sport and fitness world. They can guide reintroduction to exercise after injury, treat ongoing pain and dysfunction, or even just improve your overall strength. Kinesiologists also work in ICBC injury recovery, assisting with return-to-work programming. Makala also offers personal training sessions. These are catered toward building a personalized exercise program, and then working through it together to get you back into the swing of exercise.

PHYSIOTHERAPY

Aaron Jones, Physiotherapist:

- 90-minute Initial Complex Chronic Conditions Appointment: \$255.00
- 60-minute Initial Chronic Conditions Appointment: \$160.00
- 45-minute Initial Acute Conditions Appointment: \$130.00
- 60-minute Subsequent Appointment: \$160.00
- 45-minute Subsequent Appointment: \$130.00
- 30-minute Subsequent Appointment: \$95.00

When to choose physiotherapy with Aaron Jones: Aaron is an evidence-based clinician, who focuses on musculoskeletal physiotherapy. After recovering from chronic pain himself, he has a special interest in caring for people with persistent pain, Ehlers-Danlos Syndrome, fibromyalgia, chronic fatigue disorder, and functional neurological disorder. He also treats ICBC injury recovery

Mel Untal, Physiotherapist:

- 60-minute Initial Chronic Conditions Appointment: \$160.00
- 60-minute Subsequent Appointment: \$160.00
- 45-minute Initial Acute Conditions Appointment: \$130.00
- 45-minute Subsequent Appointment: \$130.00
- 30-minute Subsequent Appointment: \$95.00

When to choose physiotherapy with Mel Untal: Mel has a focus in orthopaedic conditions, with a special interest in treating neuro-musculoskeletal disorders, creating return to activity programming, and utilizing a variety of manual therapies. He also treats ICBC injury recovery.

PHYSIOTHERAPY

Morsal Niazi, Physiotherapist & Pelvic Floor Physiotherapist:

- 90-minute Initial Complex / Chronic Pelvic Health Appointment: \$210.00
- 60-minute Initial Pelvic Health Physiotherapy Appointment: \$180.00
- 60-minute Subsequent Pelvic Health Appointment: \$180.00
- 45-minute Subsequent Pelvic Health Appointment: \$145.00
- 30-minute Subsequent Pelvic Health Appointment: \$105.00

- 60-minute Initial Chronic Condition Appointment: \$160.00
- 60-minute Subsequent Appointment: \$160.00
- 45-minute Initial Acute Condition Appointment: \$130.00
- 45-minute Subsequent Appointment: \$130.00
- 30-minute Subsequent Appointment: \$95.00
- 15-minute Subsequent IMS Appointment: \$55.00

When to choose physiotherapy with Morsal Niazi: Morsal specializes in pelvic health and pelvic floor physiotherapy, and treats conditions such as bladder and bowel incontinence, pelvic girdle pain, prenatal and postnatal care, and sexual dysfunction and pain. Morsal also works as a general physiotherapy clinician and treats ICBC injury recovery as well.

OSTEOPATHIC MANUAL THERAPY

- 45-minute Initial Appointment: \$136.50
- 45-minute Subsequent Appointment: \$136.50

When to choose osteopathic manual therapy: Osteopathy is a kind of manual therapy that uses light touch and small movements to encourage improvements in function and the reduction of pain. It can help treat back pain, gastrointestinal symptoms, arthritis, as well as colic, torticollis, reflux, and birth trauma in infants.

REGISTERED MASSAGE THERAPY

- 60-minute Initial RMT Appointment: \$131.00
- 60-minute Subsequent RMT Appointment: \$131.00
- 45-minute Subsequent RMT Appointment: \$100.00

When to choose registered massage therapy: Massage therapy is effective treatment for a variety of concerns including acute injuries, headaches, stress management, and loss of range of motion. We have 3 RMTs who treat ICBC injury recovery: Graham Robertson, Owen Matthews, and Teressa Poirier. We also have a craniosacral trained therapist, Lindsay Daniels. Craniosacral therapy is a kind of massage that utilizes light touch to release tension around the lines of connective tissue.

YOGA THERAPY

- 60-minute Session: \$31.50

When to choose yoga therapy: Yoga therapy is a personalized approach to yoga, and can be a great option if you are recovering from an injury, nervous about trying yoga or yoga classes, curious about movement patterns, or have experienced trauma. It combines poses, breathwork, and meditation techniques to address your physical, mental, and emotional wellness.

As always, if you ever need any assistance with selecting a practitioner or booking an appointment, please call one of our Patient Care Coordinators:

Dockside Green: 250-475-1522, ext. 2

Westside Village: 250-475-1522, ext. 1

