



## **Weight Management & Nutrition**

Our main goal is that of helping clients **lose weight** in a healthy and safe manner by adopting a healthy well-balanced diet and a healthy lifestyle. Our dietary advice is based on scientific evidence and is delivered by a Medical Doctor certified in Nutrition. We believe that by setting manageable and realistic objectives we can help our clients lose weight and keep it off.

**Nutritional services** given at CHIC Med-Aesthetic Clinics are delivered as one-to-one consultations with a Medical Doctor who is certified in Nutrition. The sessions are carried out in a confidential atmosphere and ample time is allocated for questions and queries that the client may have. We base our advice on scientific evidence and promote a healthy well-balanced diet.

First consultation and personalised meal plan - €45

Follow up consultation sessions - €30