Evolving Heart Holistic Wellness Sliding Scale Form

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CHOOSING YOUR SLIDING SCALE RATE**

Evolving Heart Holistic Wellness seeks to create equity, access, *and* sustainability for all—that’s why we take a justice approach to compensation. To carry out our mission of providing accessible holistic wellness services to all, Evolving Heart Holistic Wellness offers sliding-scale pricing based on your financial considerations. Our self-directed sliding scale is truly a living practice that is fed through each of your mindful reflections and community awareness. This practice calls on you to choose a rate that is grounded in what is possible-one that feels both generous and authentically available without causing you hardship.

We operate on the honor system and allow each client to determine their own ability to pay. We know that it can be hard to self-select a rate, especially considering the scarcity, fear, and monetary pressures that come with living through capitalism. We trust your decision! We’ve crafted the chart on page 2 to help you determine the appropriate pay level. All we ask is that you bring a sense of collective care and self-compassion to the table as you thoughtfully consider your current personal economy alongside your broader access to resources.

We hope you will feel proud of your self-determined rate wherever you locate yourself. Thank you for your mindful engagement and for nourishing this practice with us. Welcome!

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| **Market Rate for Wellness Services**  This is what you can expect to pay with most other wellness practitioners. If we weren’t committed to a justice pricing model, this is the minimum it would take to pay fair wages and keep our wellness business running. We ask that if this doesn’t cause you hardship, you consider meeting us here. | | |
| **Above Market Rate**  For those able to pay here, this subsidizes our reduced and scholarship rates and is essential to our ability to offer sliding scale & live out of our commitment to serve everyone. | **Reduced Rate**  This is our below market community rate. We offer this for those in financial need. If this is you, we are here to help you get the care you need and deserve while honoring your economic realities. | **Subsidized Rate**  This rate is our commitment to further eliminate a barrier for our most vulnerable community members. This is for you if our “reduced rates” would still cause you hardship. We welcome you! |

**Note: Please be aware that in order to keep our business financially sustainable, a number of full-paying clients is necessary to offset those who pay at the reduced or subsidized rates.**

**Please indicate the sliding scale level you are able to pay & complete highlighted portions of the form:**

**$\_\_\_\_\_\_\_\_ /hour** x \_\_\_\_\_\_\_ (# of hours) = \_\_\_\_\_\_\_ Amt Due - $35 Deposit = \_\_\_\_\_\_\_ Total Amt Due

Wellness Service: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you need a payment plan? (Y/N) \_\_\_\_\_\_ If yes, please describe proposed payment amounts and dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Deposit of $35 is due at the time of booking.** **Remainder of payment is due at the time of consultation** unless another payment arrangement has been made.

**Herbal formulas, flower essences, nutritional supplements, and shipping (if applicable) are not included in the cost of herbal consultations, and will be billed separately.**

**Use the chart below to help you determine an appropriate amount for your session**. If the lower end of the scale is still too high, please email me at [laurie@evolvingheartwellness.com](mailto:laurie@evolvingheartwellness.com) to start a conversation about your situation. These reduced rates are prioritized for BIPOC & LGBTQ+ clients and will be considered for herbal consultations only. Payment plans are available upon request—please email me at [laurie@evolvingheartwellness.com](mailto:laurie@evolvingheartwellness.com) to get set up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Net Annual Household Income** | **Vitalist Herbal Consultation (Initial)**  **2 hours**  **Market Rate: $100/hr**  **Sliding Scale: $60-$125/hr** | **Vitalist Herbal Consultation (Follow-Up)**  **60 min**  **Market Rate: $85/hr**  **Sliding Scale: $50-$100/hr** | **Flower Essence Consultation (Essence Included)**  **60 min**  **Market Rate: $60/hr**  **Sliding Scale: $40-$80/hr** | **Private Yoga Session**  **60 min**  **Market Rate: $75/hr**  **Sliding Scale: $50-$100/hr** | **Reiki Session**  **60 min**  **Market Rate: $65 (Distance)/ $75 (In-Person)**  **Sliding Scale: $40-$100/hr** |
| **$70,000 and above** | $125/hr | $100/hr | $80/hr | $100/hr | $100/hr |
| **$55,001-$70,000** | $100-$124/hr | $85-$100/hr | $60-$80/hr | $75-$100/hr | $75-$100/hr |
| **$45,001 - $55,000** | $90-$100/hr | $80-$90/hr | $60-$70/hr | $75-$85/hr | $65-$80/hr |
| **$31,001 - $45,000** | $80-$95/hr | $70-$85/hr | $50-$60/hr | $70-$80/hr | $60-$70/hr |
| **$20,001-$30,000** | $65-$80/hr | $55-$70/hr | $45-$50/hr | $55-$70/hr | $45-$60/hr |
| **$0-$20,000** | $60-$70/hr | $50-$60/hr | $40-$50/hr | $50-$60/hr | $40-$50/hr |

**Monthly Income Chart – Sliding Scale Guide**

***Thank you for choosing Evolving Heart Holistic Wellness for your holistic health needs.***