

Lael Herbal Home

Rooted in Nature · Nourished by Wisdom

Certified Herbalist | Holistic Nutrition Expert | Michelle Rosenblit

— SERVICES MENU —

All consultations include a personalized written protocol delivered within 24–48 hours. Every plan is thoroughly researched for medication interactions and allergies — never one-size-fits-all.

WELLNESS CONSULTATIONS

New Client — Initial Intake (75 min)

Comprehensive health history, lifestyle & goals assessment. Choose your path at booking:

	Virtual	In-Person
Herbal Protocol Path — Custom herbal remedy & supplement plan	\$95	\$110
Nutrition Path — Personalized meal planning & dietary guidance	\$95	\$110
Combined Path — Full herbal + nutrition protocol	\$125	\$140

Protocol delivered within 24–48 hrs after your session

Existing Clients — Follow-Up Sessions

	Virtual	In-Person
Herbal Follow-Up (45 min) — Protocol review & herbal adjustments	\$55	\$65
Nutrition Follow-Up (45 min) — Meal plan check-in & dietary refinements	\$55	\$65
Combined Follow-Up (60 min) — Full herbal & nutrition review	\$75	\$85

Recommended every 3–4 weeks

Specialized Consultations

	Virtual	In-Person
Children & Family Wellness (60 min) — Kid-safe herbal & nutritional guidance	from \$95	from \$110
Focused Wellness Session (60 min) — Gut Health, Hormones, or Stress & Sleep	\$80	\$90
Urgent / Same-Day Session (30 min) — Existing clients only, subject to availability	\$65	\$75

Children & Family: choose herbal, nutrition, or combined path — path pricing same as Initial Intake

Focused Session includes personalized protocol for chosen focus area

SIGNATURE WELLNESS PROGRAMS

Each program includes consultations, personalized herbal & nutrition protocols (delivered 24–48 hrs after each session), custom herbal products, supporting guides, and check-ins via email, phone/text, or WhatsApp. Local delivery available for product components.

1. Gut Health & Digestive Reset

	Virtual	In-Person
Foundation 2 consultations + herbal & nutrition protocol + custom digestive blend + check-in of choice	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

2. Immunity & Whole Body Wellness

	Virtual	In-Person
Foundation 2 consultations + protocol + custom immunity herbal blend + check-in of choice	\$225	\$255
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

3. Stress, Anxiety & Sleep Support

	Virtual	In-Person
Foundation 2 consultations + nervine herbal protocol + nutrition plan + custom calming blend	\$225	\$255
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

4. Hormone & Women's Wellness

	Virtual	In-Person
Foundation 3 consultations + hormone herbal & nutrition protocol + custom adaptogen blend + cycle guide	\$395	\$445
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$110	\$125
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$175	\$195

5. Fertility Support

	Virtual	In-Person
Foundation 3 consultations + fertility herbal & nutrition protocol + custom fertility blend + preconception guide	\$395	\$445
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$110	\$125
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$175	\$195

6. Postpartum Recovery & Nourishment

	Virtual	In-Person
Foundation 3 consultations + postpartum herbal & nutrition protocol + custom recovery blend + nourishment guide	\$395	\$445
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$110	\$125
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$175	\$195

▣ Programs 4, 5 & 6 form a Women's Wellness Journey — ask about bundle pricing ▣

MEN'S WELLNESS PROGRAMS

Men's wellness is at the heart of what we do too. Each program is fully personalized — herbal & nutrition protocols researched for medication interactions and allergies, custom products, supporting guides, and check-ins via email, phone/text, or WhatsApp. Local delivery available for product components.

1. Men's Vitality & Energy

	Virtual	In-Person
Foundation 2 consultations + herbal & nutrition protocol + custom vitality blend + check-in of choice	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

2. Men's Stress & Mental Clarity

	Virtual	In-Person
Foundation 2 consultations + adaptogen & nervine protocol + nutrition plan + custom clarity blend	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

3. Men's Digestive Health

	Virtual	In-Person
Foundation 2 consultations + herbal & nutrition gut protocol + custom digestive blend + check-in of choice	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

4. Men's Hair & Scalp Health

	Virtual	In-Person
Foundation 2 consultations + internal & external herbal protocol + custom scalp blend + check-in of choice	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

5. Men's Sleep & Recovery

	Virtual	In-Person
Foundation 2 consultations + nervine & adaptogen protocol + nutrition plan + custom recovery blend	\$195	\$225
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$95	\$110
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$150	\$165

6. Men's Cardiovascular Support

	Virtual	In-Person
Foundation 3 consultations + heart & circulation herbal & nutrition protocol + custom cardiovascular blend	\$395	\$445
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$110	\$125
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$175	\$195

7. Men's Prostate & Reproductive Health

	Virtual	In-Person
Foundation 3 consultations + prostate & reproductive herbal & nutrition protocol + custom targeted blend	\$395	\$445
Continued Care /30 days 1 follow-up + adjusted protocol + ongoing check-ins	\$110	\$125
Ongoing Partnership /mo Monthly session + priority booking + 10% product discount	\$175	\$195

□ Programs 6 & 7 are more complex and require 3 consultations – priced accordingly □

WORKSHOPS & EDUCATION

In-person cap: 15 · Virtual cap: 30 · All sessions recorded · Replay access included

One-Time Workshops (2 hours each · in-person materials included)

Workshop	Digital	+ Kit	In-Person
Cooking with Medicinal Herbs Infuse healing herbs into everyday meals. Hands-on demo + recipe guide.	\$45	\$85	\$70
Building Your Home Herbal Apothecary Create your foundational remedy kit – tinctures, teas, salves & infusions.	\$45	\$90	\$70
Herbal Remedies for Common Ailments Natural herbal solutions for colds, headaches, digestion, stress, skin & more.	\$40	\$80	\$65
Nutrition & Meal Planning Basics Holistic nutrition intro – macros, anti-inflammatory eating & balanced meals.	\$40	\$70	\$60
Herbs for Women's Health Herbal & nutritional support for hormones, cycle health, perimenopause & mood.	\$50	\$90	\$75
Herbs for Children & Family Kid-safe herbal remedies for immunity, digestion, sleep & everyday wellness.	\$45	\$85	\$70
Fermentation & Gut Health The gut microbiome, fermented foods & herbal digestive support. Live demo included.	\$50	\$95	\$75
Seasonal Wellness & Detox Eat, supplement & use herbs in alignment with each season for year-round balance.	\$45	\$80	\$65

Multi-Week Courses (digital materials included · physical kit for in-person)

Course	Digital	+ Kit	In-Person
--------	---------	-------	-----------

Herbalism 101 — Back to Our Roots (4 weeks) Beginner deep dive: plant ID, prep methods, safety & building your first herbal practice.	\$125	\$185	\$175
Holistic Nutrition Foundations (4 weeks) Food as medicine — gut health, inflammation, nutrient density & sustainable dietary shifts.	\$125	\$175	\$175
Family & Children's Herbal Health (3 weeks) For parents & caregivers — family wellness toolkit using safe, effective herbs for every age.	\$100	\$155	\$145
Gut Health Mastery (6 weeks) In-depth herbal & nutritional protocols for digestion. Covers leaky gut, microbiome & food sensitivities.	\$165	\$235	\$225
Stress & Sleep Support (4 weeks) Calm the nervous system naturally — nervine herbs, adaptogens, sleep hygiene & nutrition strategies.	\$125	\$180	\$175

Materials kit registration closes 10 days before date · Ships within continental US only

ADD-ONS & ENHANCEMENTS

	Virtual	In-Person
New Client Bundle <i>Initial Consultation + first Follow-Up at a discounted rate. Best way to start your wellness journey. Save \$15–\$20</i>	from \$145	from \$165
Personalized Nutrition + Herb Recipe Guide <i>Custom seasonal meal plan with complementary herbal pairings and prep tips. Delivered as a PDF. Available standalone or as add-on to any consultation.</i>	\$35	\$35
Protocol Refresh <i>For existing clients needing their herbal or nutrition protocol updated without a full follow-up session. Reviewed & delivered within 24–48 hrs.</i>	\$35	\$40
Gift Certificates <i>Available for any service, program, or workshop. A meaningful gift for someone on their wellness journey. Never expires.</i>	Any amount	Any amount
Group Workshop Booking <i>Private workshop for your group, corporate team, or event. Custom topic options available. Minimum 6 people.</i>	Contact for pricing	Contact for pricing
Early Bird Discount <i>Book any workshop or course 14+ days in advance. Applied automatically at booking.</i>	10–15% off	10–15% off

CUSTOM HERBAL PRODUCTS & SPECIALTY FORMULATIONS

Following your consultation, Michelle handcrafts personalized herbal products — tinctures, teas, salves, infused oils, and specialty formulations — tailored specifically to your protocol and researched for interactions and allergies. Please request our separate Product & Formulations Menu for full details and pricing.

BOOKING NOTES

Scheduling	All appointments are booked in advance. Same-day sessions are subject to availability for existing clients only.
Check-Ins	During programs, choose your preferred check-in method: email, phone/text, or WhatsApp.
Workshop Kits	Materials kit registration closes 10 days before the workshop date. Kits ship within the continental US only.
Local Delivery	Product components can be delivered locally (Baltimore area) or shipped within the continental US.

All services reflect Michelle's commitment to thorough, individualized, evidence-informed care.

laelherbalhome.com · laelsherbalhome@gmail.com