



GINGER SPICE HEALTH, LLC

SELF-PAY RATES (2026)

Insurance Involvement/Out-Of-Network



PAY-AS-YOU GO

Due right at the end of the visit using your credit card on file

\$145



3-VISIT PACKAGE

Due right at the end of the FIRST visit

BEST VALUE for 3 visits

\$435

\$415



5-VISIT PACKAGE

Due right at the end of the FIRST visit

BONUS: Personalized recipe collection

BEST VALUE for 5 visits

\$725

\$599

“ADD-ON VISIT” AFTER ANY BUNDLED OPTION- \$105

Each appointment is 60-75 minutes long.

Package rates: Used within the next 4 months from the first visit; bundled visit payment is due right after your FIRST visit.

A valid credit/debit card on file is required. You may pay us using HSA/FSA cards also. Invoice will be provided.

612-756-9894

<https://www.gingerspicehealth.com/>

Priyanka@gingerspicehealth.com