

zoë kirby

NUTRITION

Booking Terms & Conditions

Booking a Session

Once your payment has been received, you'll be sent a link to book your session via my online calendar. You'll also receive a short pre-session form to complete and return no later than 48 hours before your session.

Rescheduling or Cancelling

If you need to cancel or reschedule, please email me at zoe@zoekirby.com at least 48 hours in advance.

- Cancellations made with less than 48 hours' notice may not be refunded.
- Missed appointments without notice will be charged in full.

Session Format

Sessions are held online via Zoom, unless otherwise arranged. A Zoom link will be included in your confirmation email and calendar invitation. Please ensure you have a good internet connection for the session

After the Session

You'll receive a summary of our session with personalised action points via email. Follow-up resources may also be shared depending on your goals.

If you have any questions about your booking, please don't hesitate to get in touch:
zoe@zoekirby.com