



ART Clinic Nutrition - How do we work?

At ART Clinic, we understand nutrition as a personal and diverse journey. That is why we support your health goals from a clinical, emotional, functional, human, and evidence-based perspective. We work to ensure that your objectives are the result of a healthy, balanced body—without restrictive diets and always respecting your identity, your goals, and your internal cues.

Below, we explain our step-by-step process:

01

First Session and Orientation

To begin your nutrition journey, the first step is to book an initial session (60 min - €70) with one of our nutritionists. You also have the option to schedule a free general information session (15 minutes, in-person or online) to learn more about how we work and clarify any questions you may have.

02

Planning and Follow-up

Once the initial contact has been made, we will begin follow-up sessions to work toward your goals. At ART Clinic, we do not provide rigid, "one-size-fits-all" plans; instead, we co-create a workspace with you where, visit by visit, we develop the tools and strategies that truly help you achieve your objectives.

03

Session frequency

Additionally, we will agree on the frequency based on your needs:

- Weekly Follow-up: 30 min | €45
- Biweekly Follow-up: 45 min | €55

04

Multidisciplinary Approach

If, after the first session, we identify that your case requires a more complex approach, the use of specific medication, or multidisciplinary treatment, we will hold a clinical meeting between our departments (nutrition, medicine, and/or psychology). This allows us to coordinate and provide you with a comprehensive, multidisciplinary focus. In these cases, a Feedback Session will be scheduled to provide you with a full report and the action plan designed by the team to treat your case in the best possible way (€120).

05

Goal Review

Whenever deemed appropriate, you and your nutritionist will review the process and your goals together to ensure that everything is moving toward what we have set out to achieve.

06

Make yourself at home

While you wait or after your session, you can enjoy a specialty coffee at the ART Clinic café. We also offer tea and fruit, if you prefer. You will have our door code so you can come in on your own and feel right at home.

Join Our Community

In addition to individual consultations, we offer “Me and My Eating Community,” a group and workshop-based space designed to build nutritional awareness. It is ideal for expats, people navigating life transitions, or anyone looking to heal their relationship with food while leaning on a non-judgmental community.

ART Nutrition Clinic - Additionally

- **Scheduling:** Your nutritionist will reserve your sessions in our system according to the agreed-upon frequency (always prioritizing a fixed time slot). You can also schedule them yourself through our automated booking system [HERE](#).
- **Cancellations:** If you need to cancel or reschedule, you can do so at no cost up to 6 times per year, provided you give at least 24 hours' notice (by emailing your nutritionist or using the cancellation button in your booking/reminder email). For more information on pricing and our cancellation policy, please check [HERE](#).
- **Punctuality:** We strive to be punctual, but we kindly ask that you allow an additional 15 minutes for your session in case of a slight delay. Any wait time exceeding 15 minutes is our responsibility.
- **Insurance & Reimbursement:** We do not work directly with private insurance providers (mutuas). However, our invoices (sent at the end of each month) can be submitted to your provider if your policy covers therapy expenses with out-of-network professionals.
- **Support:** Throughout the process, you can count on the support of your nutritionist and the ART Clinic team for any questions or comments. Feel free to contact us at info@proyectoart.com or via WhatsApp at +34 623 022 331 for any further inquiries.
- **Anonymous Feedback:** If you would like to send us any comments anonymously, please remember there is a feedback link on our WEBSITE or you can access it directly [HERE](#).
- **Payment:** We use an automated payment system to make the process easier and faster for everyone. When booking your session, our system will request your card details as a booking guarantee. Your card will be automatically charged 24 hours before your session.
- **Blog & Newsletter:** If you're interested, our website features a [blog](#) with posts related to the ART Project mission. To stay up to date with the latest discoveries in our field or news from the ART Project, don't forget to sign up for our [Newsletter](#).