Dear [Consultant's Name],

I hope this message finds you well. I wanted to take a moment to sincerely thank you for the insightful consultation we had on [date]. Your expertise and guidance were incredibly helpful as I navigate [specific topic or project].

Your perspective on [specific advice given] was particularly enlightening and has given me a new approach to consider. I appreciate the time you took to address my questions and provide valuable recommendations.

Thank you once again for your support. I look forward to applying what I learned from our conversation.

Best regards,
[Your Name]
[Your Position]
[Your Company]
[Your Contact Information]