

DETOX ME NOW PACKAGE

8 weeks

- 1 x 1 hour Lifestyle Assessment
- 1 x 1 hour Healthy Home Assessment
- 1 x 1 hour Nutritional Assessment 1 in total
- 2 x 1 hour Personal Training Sessions per week 16 in total
- 1 x 1 hour Bodywork session per month 2 in total
- 1 x 1 hour Coaching session per month 2 in total
- 1 x Personalised Nutritious Detox Meal Plan w/suggested supplements and herbs
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1 hour Food Prep Class 1 in total
- 8 x Infrared Sauna Sessions
- 1 x 1 hour Introduction to Detoxifying Body Wraps, Colonics ,Facials and Spa treatments available at extra cost
- 1 x 1 hour Introduction to All Natural Beauty. Pure non toxic products & practices to look your best!

A Personal Shopper is available at an extra charge to shop for Healthy Home and Lifestyle products, Kitchen equipment and Healthy Pantry products and foods. Healthy Meal delivery is also available at an extra charge.

All classes should ideally be completed 8 weeks from start date for best results. Otherwise , all services must be completed 4 months from start date. All listed packages services must be used within 6 months from date of package purchase, unless written permission is given to extend package completion deadline.