

A HEALTHIER NEW YOU PACKAGE

8 weeks

- 3 x 1 hour Personal Training Sessions per week 24 in total
- 1 x 1 hour Bodywork session per month 2 in total
- 1 x 1 hour Coaching session per month 2 in total
- 2 x 1 hour Nutritional Assessment 2 in total
- Phase 1, 2 and 3 Personalised Nutritious Meal Plans w/suggested supplements
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1 hour Setting Up Your Healthy Kitchen lesson
- 2 x 1 hour Food Prep Class 2 in total
- 2 x 1 hour Introduction to All Natural Beauty. Pure non toxic products & practices to look your best, and learn to craft your own lotions, cremes, salves and toners.
- 1 x 1 hour Introduction to Detoxifying Body Wraps, Colonics ,Facials and Spa treatments available at extra cost

A Personal Shopper is available at an extra charge to shop and style your New You personalised wardrobe, Healthy Home or Healthy Kitchen products and Foods and Supplements. 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.