

HER + ONE

For the first time mum.

Congratulations! You have welcomed the new addition fully, you are in a routine and it is now your turn to do a little something for you. The added bonus is you feeling wonderful as you slip back into those pre-baby clothes.

- » Health and fitness consultation
- » 12 weeks 1:1 personal training (two 45 minute sessions per week)
- » 12 week nutrition guide packed with nutritionally balanced recipes suitable for busy new mums
- » Skin analysis and skin care prescription
 - » 4 x Decléor Aroma Expert facials
 - » 2 x full body Aromatherapy massages
 - » Decléor Body Essential - de-stress and detox treatment
 - » 4 x deluxe pedicures

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Cost: 12 weekly payments of \$239 or a one-off payment of \$2860
(Package Value \$3180)