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# HER +

## For any new mum.

Congratulations! Whether it is your first, second or twenty second child, it is a beautiful thing and you deserve some you time. Understanding that you are extremely busy, this Master Plan is designed to fit into your lifestyle.

- » Health and fitness consultation
- » 6 weeks 1:1 personal training (two 45 minute sessions per week)
- » 6 week nutrition guide packed with nutritionally balanced recipes suitable for busy mums
- » Skin analysis and skin care prescription
  - » 2 x Decléor Aroma Expert facials
  - » Eyelash tint, eyebrow tint and shape
  - » 2 x deluxe pedicures

Cost: 6 weekly payments of \$161 or a one-off payment of \$965  
(Package Value \$1165)