

# *Bridal Tone and Shape up Packages\**

## *Wedding Workout*

*Want to tone and shape up for your special day, take advantage of our personalised wedding workout packages designed with results in mind.*

*Our fully qualified fitness staff will work with you on any specific trouble areas to help you tone and shape up for that all important special day. Our aim is make you look and feel fabulous.*

### *Included:-*

- ♥ *3 month membership of exclusive Fitness Studio*
- ♥ *Personalised programme for each member of the bridal party\**
  - ♥ *6 personal training sessions*
  - ♥ *12 Power plate sessions*

*Paid in 3 easy monthly instalments  
with 30% booking fee payable in advance.*

*\* terms and conditions apply*

*Terms and conditions*

- I. Discounted fee applies to all bookings paid in full in advance.*
- II. Maximum eligible for discounted rate limited to 8 of bridal party*
- III. 30% Booking fee non refundable on cancellation.*



# *Style & Tone*

## *Bridal Package*

### *Contact Details*

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*Supporters of NSPCC, Cancer Research, MacMillan Nurses and St Basils.*

# *Bridal Colour Experience*

## *The Bride*

The bridal experience is all about finding the right colour for you on your special day, so whether it's ivory, cream, white or bright, we can ensure you choose the dress in the colour that suits you, so that you are glowing and radiant on your very special wedding day.

## *Mother of the Bride*

As the second most important lady of the day, it's important to find the colours that will compliment you to enhance your natural beauty and fit in with your daughters chosen wedding colour scheme. We will show you a range of colours that will work together no matter what the theme is and show you how to accessories your chosen look.

## *Bridesmaids*

With such an important job as looking after the bride on her Big day, you too want to look and feel comfortable, so choosing the right shade, tint or tone to the brides colour scheme is essential in ensuring you look and feel fabulous too. We will show you how to work the colours to enhance your natural colouring and compliment the bride.

*Personal sessions are available or why not try one of our personally designed Bridal Party Packages?*

*Looking for a special gift for your wedding party, why not treat them to a private colour, style or fitness experience as your way of saying thank you.*

*Gift Vouchers available in £5, £10 and £20 denominations.*

## *Half Day Session*

*10.00- 13.00 or 14.00-17.00*

- ♥ Private use of the Image Studio with Colour Expert.
- ♥ Glass of Champagne and Canapes
- ♥ Colour consultations for a maximum of 8 of the bridal party
- ♥ Hair and Make up Advise.
- ♥ Goodie Bag

## *Full Day Session*

*10.00-17.00*

- ♥ Private use of the Image Studio and Colour and Style Expert
- ♥ Glass of champagne on arrival
- ♥ Colour and Style Consultation for a maximum of 8 of the bridal party
- ♥ Hair advice
- ♥ Make Up advice and Trial\*\*
- ♥ Light lunch
- ♥ Complimentary tea, coffee, soft drinks and nibbles.
- ♥ Goodie bag

*\*30% Booking fee applies and is non refundable in the event of cancellation with less than 14 days notice or no show. \*\* Bride Only*