

 <p>LUMINOUS 6-Month Gift to your Body £69.00 per week</p>	 <p>SHINE 3-Month Gift to your Body £99.00 per week</p>	 <p>GLOW 1-Month Gift to your Body £159.00 per week</p>
<p>MONTH ONE</p> <ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<p>MONTH ONE</p> <ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<p>MONTH ONE</p> <p>Introduction/detox menu to bring your GLOW back</p> <p>Consultation 1hour (E125)</p> <p>Meeting in your "Kitchen" (E125)</p> <p>Bespoke Detox and Menu plan for 1 month (E200)</p> <p>4 weekly Coaching calls (E47each)</p> <p>Sleep – how to get the best sleep in order to allow your body to heal while you rest to build your immune system</p>
<p>MONTH TWO</p> <ul style="list-style-type: none"> ✓ ✓ ✓ ✓ 	<p>MONTH TWO</p> <p>Continue menu plan for month 2</p> <p>4 new recipes per month</p> <p>2 Coaching calls with Neri Kasa</p> <p>KN Team 1hr Pilates Expert Nuno Campus training coach (E85) – To strengthen your body and inner core. He will assess you and give you daily easy program to do at home 20mins per day</p>	
<p>MONTH THREE</p> <ul style="list-style-type: none"> ✓ ✓ ✓ ✓ 	<p>MONTH THREE</p> <p>Continue menu plan for month 3</p> <p>4 new recipes per month</p> <p>2 Coaching calls with Neri Kasa</p> <p>KN Team Specialist Dorothy 1½ hr Aromatherapy oils natural healing de-stressing Facial (E85) focusing on tension release on the head, facial, neck and shoulder muscles. She will remove the stress from your face and make you look years younger.</p>	
<p>MONTH FOUR</p> <p>Continue Menu Plan for month 4</p> <p>4 new recipes per month</p> <p>1 Coaching calls with NK</p> <p>Meditation Guide – Meditation teaches us how to be calmer reducing our stress levels (which make us eat and also produces cortisol – the autonomic nervous system, also known as the fight or flight response, activates the sympathetic nervous system Stress causes the body to release the hormone cortisol, which is produced by the adrenal glands.)</p>		
<p>MONTH FIVE</p> <p>Continue Menu Plan for month 5</p> <p>4 new recipes per month</p> <p>1 Coaching calls with NK</p> <p>Emotional Eating and artificial sugar dependency – which encourage sugar craving and sugar addiction. How to be aware of your body and how manage when you eat artificial sugar ie in wine/foods when introducing</p>		
<p>MONTH SIX</p> <p>Continue Menu Plan 4 new recipes per month</p> <p>1 Coaching calls with Neri Kasa</p> <p>Stylist seminar in-depth smart tips for seasons fashion and how to always look unique, adjusting to you what suits you.</p> <p>3 Month membership to KN Q&A Club</p>		