



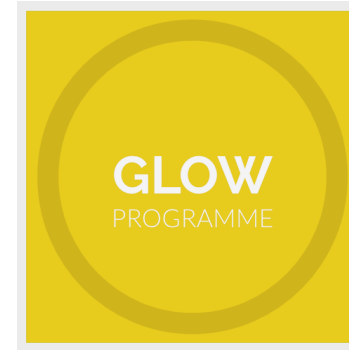
Neri Kasa – Nutrition Therapist
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CLEANSE
GIFT TO YOUR BODY
£638
1 MONTH PROGRAMME

MONTH ONE

Introduction/detox menu to bring your GLOW back
Consultation 1 hour (£175)
Meeting in your “kitchen” (£125)
Bespoke Detox and Menu plan for 1 month (£200)
4 weekly Coaching calls (£47 each)
Sleep – how to optimise your sleep in order to allow your body to heal and restore your immune system.



GLOW
GIFT TO YOUR BODY
£1196
3 MONTH PROGRAMME

MONTH ONE

Follow the CLEANSE PROGRAMME

MONTH TWO

Menu plan includes 4 new recipes
2 Coaching calls with Neri Kasa

An hour consultation (£85) with Kensington Nutrition’s Expert Nuno Campus Exclaimed tutor of the English National Ballet, his passion is for dance and he is a Master trainer in Pilates and Anti Gravity yoga. He teaches you the core value of Pilates with smiles and great music. Nuno has developed a personal 20 minute program for you to train daily at home.

MONTH THREE

Menu plan includes 4 new recipes
2 Coaching calls with Neri Kasa

1 ½ hr Aromatherapy oils natural healing de-stressing Facial (£85) to be performed by Kensington Nutrition’s Aromatherapist Specialist Beautician. This facial will focus on releasing tension in the head, face, neck and shoulder muscles. This will help relieve stress, strengthen your facial muscles and helps you look and feel younger.



LUMINOUS

GIFT TO YOUR BODY + LIFE

£1661

6 MONTH PROGRAMME

MONTH ONE

Introduction/detox menu to bring your GLOW back

Consultation 1 hour (£175)

Meeting in your “kitchen” (£125)

Bespoke Detox and Menu plan for 1 month (£200)

4 weekly Coaching calls (£47 each)

Sleep – how to optimise your sleep in order to allow your body to heal and restore your immune system.

MONTH TWO

Menu plan includes 4 new recipes

2 Coaching calls with Neri Kasa

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MONTH THREE

Menu plan includes 4 new recipes

2 Coaching calls with Neri Kasa

1 ½ hr Aromatherapy oils natural healing de-stressing Facial (£85) to be performed by Kensington Nutrition’s Aromatherapist Specialist Beautician. This facial will focus on releasing tension in the head, face, neck and shoulder muscles. This will help relieve stress, strengthen your facial muscles and helps you look and feel younger.

WHEN YOU PURCHASE A PACKAGE,
WE’LL REFUND YOUR
£175 CONSULTATION FEE

MONTH FOUR

Menu Plan includes 4 new recipes

1 Coaching call with Neri Kasa

2nd consultation (£85) with Kensington Nutrition’s Expert Nuno Campus Exclaimed tutor of the English National Ballet, Master trainer in Pilates and Anti Gravity yoga. He will assess your progress and adjust your personal program.

Meditation Guide. Meditation teaches us how to be calmer reducing our stress levels.

MONTH FIVE

Menu Plan includes 4 new recipes

1 Coaching call with Neri Kasa

Stress + Emotional Eating looking at artificial sugar dependency – which encourage sugar craving and sugar addition. How to be aware of your body and how manage when you eat artificial sugar.

3 Month membership to KN Q&A Club.

MONTH SIX

Menu Plan includes 4 new recipes

1 Coaching call with Neri Kasa

Mind Focus consultation (£85) As part of elite Luminous package we will help our clients remain focused, manage stress and understand emotions felt through the transformation stages. As well as provide guidance and assurance whilst working with Neri & Nuno. Simply stay focused and changes happen with significant impact in a minimal amount of time.