

The Infinite Wellness Team is excited to announce:

**The 'Fit 'n' Well' Package
Valued at \$1020. You pay just \$600!
Guaranteed to improve your fitness
and your sense of well-being.**

Mikaela and Rebecca have joined forces to develop a holistic 4-week program to help our clients improve their fitness and maximise their well-being!

Each week you will receive:

- **1 hour naturopathy consultation** with our Naturopath Mikaela, involving assessment of present health needs, lifestyle and medication use. Mikaela will create an individual plan after taking a full case history using tools such as iridology, tongue and nail analysis, and energetic evaluation. Nutrition advice, recipe ideas, emotional support and vibrational healing sessions will be used as appropriate. Normally \$80 per session. 'Fit 'n' Well' clients pay \$60 per session!
- **2 x 1 hour personal training sessions** with Rebecca, who is our Personal Trainer and one of our Remedial Massage Therapists. All clients will receive an initial fitness assessment and postural analysis at their first appointment. Rebecca develops each personal training session based on each client's needs and interests to ensure all sessions are different and therefore stimulating for both the body and the mind. Normally \$60 per session. 'Fit 'n' Well' clients pay \$45 per session!

PLUS

2 x 30 min fitness assessment and postural analysis sessions with Rebecca at 2 and 4 weeks to track your progress. Valued at \$80 – **FREE!**

1 grocery shopping trip with Mikaela. Valued at \$40 – **FREE!**

1 hour massage with Rebecca at the end of the program. Valued at \$80 – **FREE!**

1 FREE supplement specific to your nutritional needs after your first Naturopathy Consultation. Valued up to \$20.

YOU PAY JUST \$600!

There are only 10 packages available each month from December until February.

Call us now on 07 3367 3434



Rebecca



Mikaela