

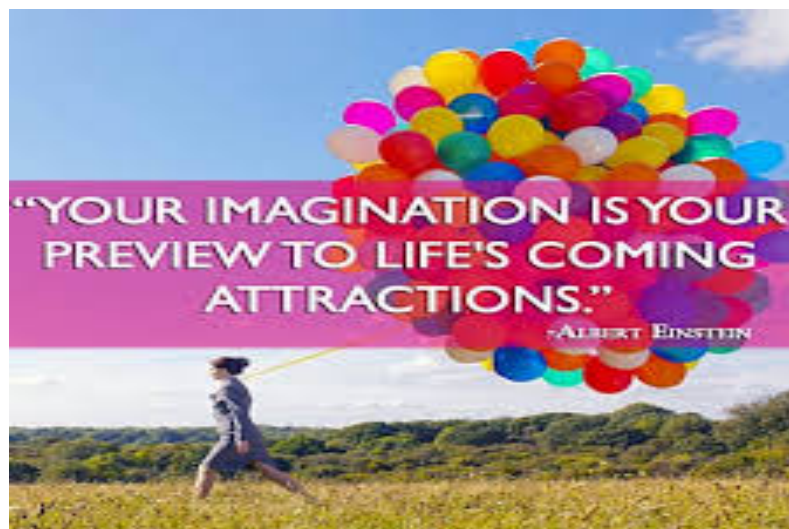
ANTI-AGEING PACKAGE - £180.00

REVERSE THE SIGN OF AGEING AND EMBRACE YOURSELF, LOVE YOURSELF AND
ACHIEVE THE FOUNTAIN OF YOUTH AND LONGIVITY

10 WEEKS HOLISTIC PROGRAMME TAILORED AS PER YOUR NEED?

WEEK-1, 2, &3

1. Initial consultation for 60 minutes- **Live chats through Skype or Face time.**
2. Ravi's Welcome pack will be provided- Wealth of healthy tips and guidance and Advices.
3. **Complete nutritional Analysis**-Assessment of nutritional need, by evaluating minerals and vitamin need and what food to eat or not?
4. **Weekly email support**- Correspondence through email
5. Customized **Meal plan for 3 weeks**- which will give you support to organize your meal as per the programme, all tailor-made for you- more emphasis on raw and green Smoothies.
6. **Advice Sheet**- Information about Skin Health and how to reduce wrinkles, look younger and prevent free radical damage.
7. **Session Record sheet**- record of all the action points discussed and works on how to achieve the targets.
8. Supplement Programme- Initial advice on Herbal and holistic supplements
9. Additional resources- **Grocery and shopping advice.**
10. List of Anti Ageing food will be provided.



WEEK 4,5 &6

1. Follow up of the Initial consultation and evaluate through Skype/Face Time- 30 minutes.
2. Live Chat with Kelly (- a world class beauty expert) to advice some beauty and daily cleansing programme tips.20 mins
3. Facial exercise YouTube videos- Performed by Kelly will be provided. - Integral part of the programme.
4. Assess the Record sheet from past 3 weeks and evaluate the progress.
5. Week 4, 5 & 6 customized meal plans will be provided.
6. Weekly Email support.
7. Revised- New Supplement programme
8. Set new Targets and goals for Coming weeks.

WEEK 7 & 8

1. 2nd Follow up Consultation- Live Skype/Face Time- 30 minutes.
2. Evaluate the progress for the past 6 weeks and set goals and target for Future.
3. Introduction of Daily 20 Minutes Meditation by Me.
4. Introduction of Live and Raw food Programme.
5. Customized meal plans will be provided- for remaining weeks
6. Weekly Email support.
7. Revised- New Supplement programme
8. New Research and newsletter and recipes will be provided in the future- being a part of the whole package.

WEEK 9 & 10 – Final Week

1. 3rd Follow up Consultation- Live Skype/Face Time- 30 minutes.
2. Evaluate the progress for the past 8 weeks and evaluate and assess the results.
3. Follow on Meditation.
4. Introduction of 2 week Super DETOX Programme.
5. Customized meal plans will be provided- for remaining weeks
6. Weekly Email support.

7. Revised- **New Supplement programme**, if required.
8. New Research and newsletter and recipes will be provided in the future- **being a part of the whole package**.

Looking forward to start the step-by-step guide of Ultimate Holistic journey with you- and sure with both of ours commitment and discipline we will get there!!!!- **SO START TODAY....**

RS NUTRITION



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