

# Studio 15 Pilates New Year Promo!

Buy any **10 class package** in January and get 10% off plus a 30 minute **nutrition consultation** with Tracey for free.

## YOUR COMPLETE NEW YEAR DETOX PACKAGE

For 10% reduction on 10 classes use **code Pilates2018** at checkout.



Just some of the benefits of detoxing:

- Better sleep
- Clear skin
- Improved digestion
- Improved mental clarity
- Increased energy
- Weight-loss



Tracey Darrousez is a fully qualified and registered Nutritional Therapist. She became passionate about the role nutrition plays in health after recovering from breast cancer. Tracey works with people of all ages and health conditions who are looking for support to improve their health and maintain it. Programmes are individualised based on your unique health concerns and lifestyle. Food, supplements and lifestyle changes may be considered to support the body's natural healing mechanisms. For more information see her website [www.nutrition-naturally.com](http://www.nutrition-naturally.com).

Call Tracey on 06 82 87 45 58 or book an appointment online at

[www.nutrition-naturally.com](http://www.nutrition-naturally.com)