

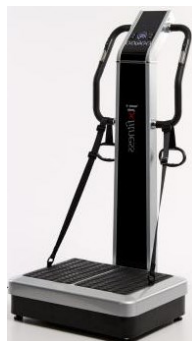


Pure Health & Beauty
Pure Weight Loss

Fitness & Toning

JTX Fitness Vibration Training a different way to tone up & exercise:

- Improved Muscle tone
- Reduce Cellulite
- Increased blood flow
- Increased Flexibility
- Fights Osteoporosis
- Burns Fat
- Increased Energy levels
- Increased Metabolism



Just 10 minutes is the equivalent to 1hour workout in the Gym !!!
A consultation & induction is required.

Induction and Consultation	£6.00
Per 10 minute session	£4.50
Per month (12 sessions)	£30.00
Per 15 minute session	£5.50
Per month (12 sessions)	£45.00

Recommended use 3 times a week

Personal Fitness Training Sessions also available

30 Minute session	£12.00
1 Hour session	£22.00

These sessions will combine vibration training, floor work, Swiss ball, and TRX Suspension Training. Targeted exercises for targeted results.



Pure Health & Beauty
Pure Weight Loss

Revolutionizing Health & Wellness

AMN is a comprehensive Personal Training system of strength, health & wellness that acts to functionally drive the nervous system to relieve pain, promote optimal respiration and increase complex motion skill via brain based drills. By interacting with the brain and nervous system in this way we are able to drive health and performance to levels that are otherwise unobtainable.

Initial Consultation 1 hour 30 minutes £45.00

Follow up sessions 20-30 minutes £20.00

AMN Fundamentals sessions

Through functional body tests we are able to re-focus & re-balance the body, improve flexibility and increase strength all with a series of simple and effective applied techniques.

Initial Consultation 1 hour 30 minutes £35.00

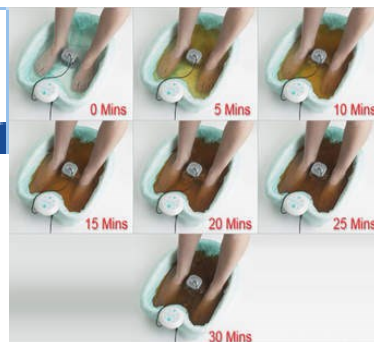
Follow up sessions 20-30 minutes £15.00

(please note that not everyone will respond to their initial treatment. Treatments should be performed weekly to start with, then based on your responses monthly follow up treatments as required)



BioEnergiser Foot Spa

Treatments: 30 minutes £20.00
A course of 4 is recommended £70.00



Did you know that your feet contain up to 2,000 pores. So why not treat them to a detox in the BioEnergiser Foot Spa. When the salt water reacts with the array coil, the magic begins. This simple detox will draw out impurities, leaving your feet feeling fresh and rejuvenated. Make sure to drink at least a litre of water during or shortly after your BioEnergiser Spa session.

BioEnergiser Foot Spa has featured on ITV1's 'This Morning'

Health Benefits:

Aids in relief from the following health issues, with regular treatments:

- Skin and hair problems including acne and eczema
- Muscle and Joint Pain including Arthritis
- Migraine, Headaches and Insomnia
- Poor Circulation, digestive problems
- Stress induced ailments covering digestive system, metabolic rate and low energy levels
- Menstrual relief



Pure Health & Beauty

Pure Weight Loss

SHAPE & TONE

The perfect choice for anyone coming back to exercise after periods of rest or inactivity, including the elderly or those with mobility issues.

'Work smart, not hard'

Multi-Tone toning table

The Toning Table instigates movement through passive exercises, both basic and advanced movements may be achieved with minimal joint impact, stimulating muscles & improving mobility through a series of exercises.

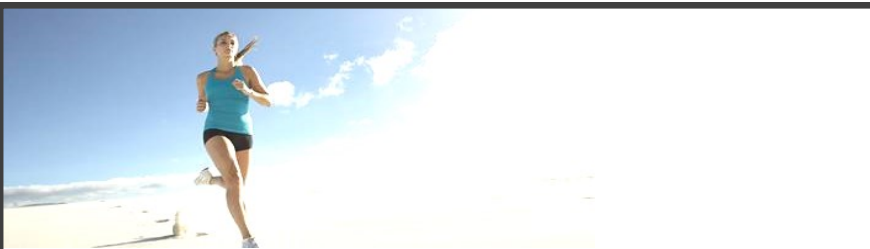


Easytone

Fly's and Thighs:

Pec dec, reverse fly, thigh abduction and adduction, exercises the upper back, abdominals, shoulders, chest, arms, buttocks, hips, inner and outer thighs

Per session:	30 min - £7.00
Per Month (12 sessions) :	30 min - £40.00
Per Month (unlimited) :	30 min - £45.00



Tori's Pure Weight Loss Programmes

Everyone is different, and Pure Weight Loss offers that different approach to losing weight.

Based on Clinical weight loss studies and the bodies natural adaptiveness to changes in health, nutrition and exercise.

The programmes are unique as they aim to set you up for life, with ongoing help and guidance to keep you on track, putting you back in control.

Each programme is based on your health assessment results, then using these results a programme is designed.

There will be regular monitoring and health assessments throughout your programme to help you stay on track and succeed.

For more information ask Tori or visit:
www.pureweightloss.co.uk



Tori Bootman's Pure Weight Loss Plans

***Just Nutrition* £549.00**

***Nutrition & Fitness** £894.00**

(Based on Clinical weight loss practices, statistics & results)

- ◆ Full body composition test, BMI, BMR, AMR, waist to hip ratio, height & weight
 - ◆ Health assessment
- ◆ 10 Day Detox plan to kick start your system
 - ◆ Weight loss history/Eating Psychology
 - ◆ JTX/Toning sessions & P/T sessions*
 - ◆ Meal planning ideas and recipes
 - ◆ Weekly weight loss results
 - ◆ Body measurements
 - ◆ Nutritional/Lifestyle advice

plus on going help and support throughout your 12 week plan.

(For a more personalised plan, add a DNAFit or Food Intolerance Test to your plan additional costs will apply)

Food Intolerance Testing



45% of the population have a food intolerance, and many people do nothing about it, these intolerances can affect our everyday life:

- Struggle to lose weight
- Headaches & Migraine
- IBS, Bloating & Digestive Problems
- Acne, Eczema or Itchy Skin Conditions
- Joint Pain
- Fatigue
- Low Mood

Food Intolerance Tests Available:

150+ food ingredients test £299.00

This test covers 150+ different food ingredients* (the most comprehensive test available)

100 food ingredient test £275.00

This test covers 100 different food ingredients*

75 food intolerance test £225.00

This test covers 75 different food ingredients*

All the tests include a follow up consultation to discuss your test results, and a 12 week food diary. Further nutritional advice and support is available please ask for details.

[*please see leaflets for full list](#)

Health & Nutrition

Full Body Composition Test - 30 min £10.00

Body fat, Lean, and Water %, BMI, BMR and Est. Average Kcal required.

Health Check Consultation- 1h 30min £99.00

Includes: Health assessment, body composition test & detox plan to kick start your system.

Follow up sessions £35.00

Nutritional Consultation - 1 h session £75.00

Includes: Daily food intake, Nutri-breakdown, dietary requirements & meal planning.

Nutrition & Life Coaching - 3 X 1h sessions £199.00

Includes: 1 month Food Diary, Nutri-breakdown, meal planning, food sensitivities, dietary requirements, lifestyle changes & Recipes.

Follow up sessions up to 1h £45.00



Pure Nutrition

The range consists of 4 products:

- **Super Greens** £16 - High in fibre, cleaning our body of toxins and aids in weight management
- **Maca** £14 - Increase Energy & Endurance
- **Baobab** £14 - high in Iron, Magnesium, Zinc & Calcium, helps reduce muscle fatigue
- **Plant Protein** £16 for 500g or £25 for 1Kg - Pure Yellow split Pea Protein

All products in the range are 100% pure, vegan and contain **NO** additives or preservatives

Weight Loss Guide £16 - Includes a recipe book, how to detox, 10 top tips for fat loss and smoothie recipes



Pure Health & Beauty

Pure Weight Loss

Tori has over 20 years experience in the health & fitness industry, is a qualified Diet and Sport Psychologist, Lorisian Food Intolerance Practitioner, DNAFit Practitioner and a Clinical Weight Loss Practitioner.

Has gained qualifications with:-

- The Health Science Academy
- Applied Movement Neurology
- Psychology of Eating Institute
- Institute for Integrative Nutrition
- Eat to Perform and Precision Nutrition

Tori offers Personalised fitness, nutrition and weight loss programmes designed around you.

“I believe in working smarter not harder!”

For more information or to make an appointment

call: **01371 875525**

Or

email: **tori-r@hotmail.co.uk**

DNAFit places the mysteries revealed by scientific advances in Human Genomics research in your hands, by analysing the relationship between your genes, nutrition and lifestyle the gene tests provide a valuable tool for you to manage your health and wellness.



Nutri-genetics enables us to use genotype and phenotype to improve our understanding of how food works together with the body. The use of genetic information both to guide dietary choices and to inform individuals about the importance of diet, food and metabolism.

“You can’t change your DNA, but you can train it!”

No blood tests, just a simple DNA saliva swab test.

DNAFit Product	Includes	Cost of test
Diet Premium+	Premium+ Report, 12 week eating plan, shopping list	£149
Diet Professional+	Professional+ Report, 12 week eating plan, shopping list	£199
Fitness Premium+	Premium+ Report, Benchmark against Olympian’s DNA, The Sport’s Gene Book	£149
Fitness Diet Pro	The Fitness Diet Pro is a combination of the DNAFit Fitness Premium+ and DNAFit Diet Professional+, providing you with the most comprehensive set of results, including a diet plan	£249

(Test need to be performed in the morning prior to eating, drinking or brushing your teeth)

This test does not include a personalised fitness programme or nutritional advice, please ask Tori for more information.

