

## Take some time out for yourself

Relax with reflexology

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Enhance your life with hypnotherapy

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Look good & feel great with an image consultation

It's all about confidence.  
Looking good helps  
you feel good.

A lifestyle change could mean  
you want to start afresh...

Maybe you want to look your best  
for a special occasion...

Whatever your needs, or your budget,  
we can bring out the best in you!



### GIFT VOUCHERS

Looking for a special treat  
for a loved one?

Gift vouchers available, from £20, for all  
our services and products



The full range of Colour Me Beautiful  
products currently available in-store  
& online from March

## ~~~ REFLEXOLOGY & HYPNOTHERAPY ~~~

### LUXURY REFLEXOLOGY ~ £25

A 60 minute treatment using organic oils & creams.  
This ancient art of healing imports pressure to the  
reflexology points of the feet to release tension,  
reduce fatigue & improve physical balance to the  
entire body.

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### HYPNOTHERAPY ~ £40 PER SESSION

Hypnotherapy can help you to Stop Smoking, Lose  
Weight, Reduce Panic Attacks / Blood Pressure, Deal  
with Depression, Eliminate Insomnia, Reduce  
symptoms of IBS, Manage Pain, Addictions, Tackle  
Fear of Flying .... call Amanda to discuss your needs.

### SLIM WITHOUT SACRIFICE ~ £145

This 3 week course, combining hypnotherapy &  
Colour Me Beautiful, uses hypnotherapy to increase  
your willpower for overcoming food cravings -  
making dieting a thing of the past. On week one  
you will learn how to dress 10lbs slimmer!

### HYPNOFERTILITY ~ £150 PER COURSE

Our Hypnofertility programme, developed by Lynsi  
Eastburn, not only relaxes you but helps to remove  
'blocks' which can open the door to conception,  
whether naturally or medically assisted.

### HYPNOBIRTHING ~ £200 PER COURSE

This easy to follow course teaches you how to have  
an easier, comfortable and more enjoyable birth.  
Our relaxing and informative HypnoBirthing courses  
are for both first time mums and mums who have  
been there before.

We always recommend that, where appropriate,  
clients seek advice from their GP

## ~~~ YOUR IMAGE ~~~

### COLOUR ANALYSIS ~ £85

This 90 minute consultation includes a full make  
up, assessment of the colours that suit you best  
and inspiration on how to combine colours.  
Includes wallet containing 42 fabric swatches.

### MAKE-UP LESSON ~ £40

Apply your make-up like the beauty professionals,  
60 minutes of step by step guidance, using your  
best colours!

### MAKE-UP PRESCRIPTION ~ £20

A 30 minute consultation with advice on your  
best make-up shades.

### STYLE & IMAGE CONSULTATION ~ £85

Develop a fresh new look – learn how to select  
styles that suit your lifestyle, personality and flatter  
your body shape in this 90 minute consultation.

### SEASONAL ESSENTIALS ~ £35

Find out which of the latest season's styles and  
colours flatter you most and where to find them.

### PERSONAL SHOPPING

Be confident of no more mistakes in your  
wardrobe

Half day (3 hrs) ~ £120

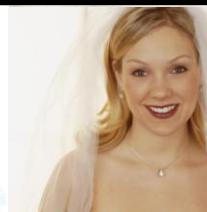
Full day (5 hours) ~ £180

### THE COMPLETE MAKEOVER ~ £150

The Works! Includes Colour Analysis, Style  
Consultation and Make-up Lesson

### WARDROBE WEEDING

At your home - £30 per hour



~~~ BRIDAL SERVICES ~~~

**BRIDAL IMAGE CONSULTATION ~ £135**

**The perfect engagement present.**

A 2.5 hrs consultation during which the bride-to-be will receive an in-depth colour analysis, advice on finding the perfect dress to suit her colouring, shape, style personality & type of wedding. She will also find out her best hairstyles, accessories and make-up colours to wear on the day.

**COLOUR & STYLE FOR MOTHER-OF-THE-BRIDE & MOTHER-OF-THE-GROOM**

This is, of course, your mum's day to shine too. Make sure she looks great by choosing an outfit that suits her colouring, shape and style personality by treating her to a colour or style consultation.

(Ensuring all the bridal party complement you will be worth it for your perfect photos!)

*Colour Consultation (90 mins) ~ £85*

*Style Consultation (90 mins) ~ £85.*

~~~ GROUP CONSULTATIONS ~~~

*Book a date for you and your friends to enjoy*

**SEASONAL UPDATE ~ £20 per person**

Find out about the latest trends, discover fresh new ideas for colours, styles and make-up for the season ahead at one of my spring/summer or autumn/winter workshops

**COLOUR WORKSHOP ~ £35 per person**

Have your colours analysed during a group session with 2-3 friends. Everyone receives a wallet containing 30 fabric swatches.

**STYLE WORKSHOP ~ £35 per person**

3-4 friends can come to their own session to learn about the best styles and shapes of clothes that suit their lifestyle, personality and flatter their body shape.

~~~PRESENTATIONS~~~

Book an entertaining and informative session for your club, workplace, or luncheon meeting.

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**Image Consultancy: 075 4022 1044**



[www.time-for-me.co.uk](http://www.time-for-me.co.uk)

**colourmebeautiful**

# Time for Me

**Hypnotherapy**

**Reflexology**

**Image Consultancy**



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