

~~~ 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) ~ £90*

*Style Consultation (2 hrs) ~ £90*

~~~ 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.

**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

~~~ YOUR PERFECT MAKE-UP COLOURS ~~~

The full range of Colour Me Beautiful make-up is available on our online shop or can be purchased during your consultation

Time for Me,  
17, Strabane Enterprise Agency,  
Orchard Road,  
Strabane,  
Co Tyrone,  
BT82 9FR

email: enquiries@time-for-me.co.uk

**Hypnosis / Reflexology: 077 9246 0168**

**Colour Me Beautiful: 075 4022 1044**



# Time for Me

Hypnotherapy

~  
Reflexology

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Colour Me Beautiful



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



Prices shown valid until 31/12/11 – please check website for updates after this date



## 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



## ~~~ HYPNOTHERAPY & REFLEXOLOGY ~~~

### HYPNOTHERAPY ~ £50 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

### HYPNOFERTILITY ~ £175 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 ~ £225 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

### LUXURY REFLEXOLOGY ~ £30

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

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

## ~~~ YOUR IMAGE ~~~

### COLOUR ANALYSIS ~ £90

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 ~ £90

Develop a fresh new look – learn how to select styles that suit your lifestyle, personality and flatter your body shape in this 2 hr consultation

### SEASONAL ESSENTIALS ~ £35

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

### THE COMPLETE MAKEOVER ~ £180

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

### WARDROBE WEEDING

At your home - £30 per hour

## ~~~PRESENTATIONS~~~

Book an entertaining and informative session for your club, workplace, or luncheon meeting. *Contact us for a quote.*

