

Temple Spa - Exclusive luxury skincare & body products

Temple Spa products include a plethora of ingredients traditionally found in the rich fields and waters off the Mediterranean. Having identified your particular skin type you will be guided through a skincare routine.

These amazing products have been designed to balance the skin leaving it looking wonderfully revitalised. Expect a high feel good factor, expect results. For more information or to book a pamper party visit www.transform12.co.uk.

Eddie Funkhouser - Professional grade cosmetics

Developed and designed by top New York make up artist, Eddie Funkhouser.

Created to bring you the ultimate experience in high performance cosmetics as well as the insider knowledge and know how of professional make up artists. You will have beautiful cosmetics carefully selected to suit your skin tone and texture.

Nutrilite health products

The Nutrilite business has been a leader in nutrition and research, innovating and raising quality standards.

Nutrilite is the only global vitamin and mineral brand to grow, harvest and process plants on their own certified organic farms.



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TRANSFORM12

Luxury fitness studio Personal training for men & women



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Welcome to Transform12. My name is Sherri Carter, I am a Personal Trainer and Lifestyle Consultant. My passion for sports and fitness has spanned over 20 years.

I have worked hard and competed in a National Figure competition where I was placed 4th in the British finals. I made the decision to become a Personal Trainer and open my own Luxury Fitness Studio.

Transform12 offers:

- Personal Training 12 week program
- 12 week total transformational program
- Beautiful bride preparation
- Fabulous at 40 & beyond weekend workshop
- Bikini - Dare to bare
- Men's fitness programs
- Personalised healthy eating plan

Personal training 12 week program

I aim to make the sessions fun and enjoyable with no two workouts ever being the same. No matter what shape you are in right now, expect to see amazing changes! There will be progression at every single session, as you become fitter and stronger and the level of intensity will increase. It's going to be a challenge but with your dedication and commitment to the program it will be a success.

12 week total transformational program

The total transformational program includes not only personal training but a whole lifestyle transformation including:

- Personalised healthy eating plan
- Introduction to Nutrilite products
- Temple Spa exclusive skincare & body products
- Eddie Funkhouser professional grade cosmetics
- Breathing & body correcting techniques
- Style consultation
- Make over & photo shoot

Beautiful bride preparation

This program has been designed to help the bride look and feel their absolute best on their 'very special' day. A course of 12 personal training sessions will give you renewed energy and confidence. Along with an introduction to Temple Spa exclusive skincare & body products and Eddie Funkhouser professional grade cosmetics.

Fabulous at 40 & beyond weekend workshop

A carefully selected program has been devised based on research gathered from individuals aged 40 plus. As part of the workshop, you will be assessed as to what your metabolic typing is, have advice from a lifestyle coach, a style consultant and a personal trainer. Along with an introduction to Temple Spa exclusive skincare & body products and Eddie Funkhouser professional grade cosmetics.

Bikini - Dare to bare

Achieve a bikini / swimsuit body in just 12 weeks! With workouts that really work, burning fat and toning muscle, helping you achieve a beautifully toned body, one which you will be proud to show on any beach!

Men's fitness programs

A series of fitness tests will be required before beginning a fitness program, along with a lifestyle questionnaire to gather information to determine what you are looking to achieve. The sessions will be challenging, rewarding and result driven. No two workouts will ever be the same, and certainly never boring!

Personalised healthy eating plan

Learn how to proportion your meals to achieve your optimum weight. A healthy food plan will be implemented, consisting of three phases, and monitored closely.

Sherri Carter
"This time it's personal"

