

LIFE RETREAT

skin renewal™
body
brain
health
an integrated approach

Porkie Is Leaving Home!

I had decided to commit to losing the 5kg that I need to, and to ensure that porkie leaves home forever. I know the best way of losing weight is to stick to a diet plan and exercise routine, of which I am now doing both. Plus, the Skin & Body Renewal Clinics offer amazing weight loss treatments.



The one treatment that I am signing up for is the Ceccarelli Lipolysis. So, watch this space, as not only will I be sharing my progress, which is one way of motivating me, but I will also be sharing loads of articles on these weight loss treatments, and options.

To view article visit: <http://www.liferetreat.co.za/porkie-leaving-home/>