

Find your Local Wedding Suppliers

[Click here >](#)

My Wedding Network

My Wedding Diary

[Join TWN >](#)

Search

[Media Library](#) | [Special Offers](#)

Login

Username:

Password:

[Brides >>](#) [Nu Beginnings](#)



Nu Beginnings

A NuBeginning in time for the Big Day

However unique you plan your wedding to be, 99.9% of brides have one common aim in the run up to the big day: to fit into their perfect wedding dress.

This is no mean feat, considering numerous women choose this as the time they want to be at their slimmest and most fabulous – thus many brides you meet on the countdown to their big day will be fighting tooth and nail to lose weight. However, thanks to a brand new boutique boot-camp nestled in the heart of rural Devon, this is one battle the bride won't face alone.

NuBeginnings not only provides a week of peaceful escapism, exercise and holistic therapies, but thanks to its completely unique use of hypnotherapy to address the underlying issues surrounding weight and food, equips you with the tools to continue your weight-loss once you return home and to the stresses of planning a wedding.

Created by Victoria Wills who has herself battled with her weight, the venture has been designed to be the antithesis of traditional pain/gain style boot-camps. Here the surroundings are tranquil, the rooms beautifully decorated with expensive dressings, and the ethos one of encouragement and unity.

This is not to say there isn't work involved – daily hiking, yoga and nutrition workshops ensure that there are impressive end results, but holistic and hypnotherapies ensure time for relaxation and clarity of thought as well.

The complete detox includes only organic foods, and means no alcohol, no caffeine and no television to watch at the end of the day. NuBeginnings provides complete escapism from the everyday stresses of life, equipping the bride-to-be with the knowledge and know-how to continue her weight-loss back home, and ensuring a wedding body to be proud of.

NuBeginnings opens its doors for the first time on the 1st January 2008, and is open for both women and men – so any out of shape grooms are also welcome!

www.nubeginnings.co.uk

 [Login to use Scrapbook](#)

Bridal Media



The Latest Brides News

Posted on 03/01/2008 | [Brides](#)

[bridal formal wear, Bridalwear & bridal wear >>](#)

Posted on 02/01/2008 | [Brides](#)

[Nu Beginnings >>](#)

Posted on 20/12/2007 | [Brides](#)

[Boost your health with Lemon Detox >>](#)

Posted on 20/12/2007 | [Brides](#)

[New Year New You! >>](#)

Posted on 20/12/2007 | [Brides](#)

The Latest Wedding News

[E&L Wedding Insurance >>](#)

Posted on 03/01/2008 | [Brides](#)

[E&L Wedding Insurance >>](#)

Posted on 03/01/2008 | [Grooms](#)

[Find your local wedding suppliers >>](#)

Posted on 03/01/2008 | [Home](#)

[search for local wedding suppliers >>](#)

Posted on 02/01/2008 | [Home](#)

[Grooms >>](#)

Posted on 02/01/2008 | [Grooms](#)