



Brisbane Brides make their move with Cardea's Pomegranate Seed Oil

Cardea and Brisbane's leading bridal fitness specialist, Your Move for Brides, have teamed up to create a special offer for Brisbane brides to be!

There are so many priorities to think about when planning your wedding. But we believe your health, fitness and overall wellbeing has to come first! It's about looking and feeling great as you start an exciting new chapter in your life.

All new brides to sign up to one of Your Move for Brides specialist bridal packages during the month of February, will receive a **free 50ml bottle of Cardea's pomegranate seed oil**. Highly sought after around the world, Cardea's precious seed oil is the perfect addition to your daily skin care regime - before and after your wedding!

Cardea's 100% pure, organic pomegranate seed oil has natural estrogenic properties that will help restore, renew and revitalize your skin. It will help smooth fine wrinkles, leaving your skin looking and feeling radiant.

Rich in natural antioxidants, pomegranate seed oil offers major anti-aging benefits, fighting against free radicals and damaging environmental effects. It stimulates keratinocyte production and promotes the regeneration of the skin's epidermis.

Best of all, it gives your skin a youthful glow, keeping your skin toned and hydrated.

Simply apply a small amount directly onto your skin or add it to your own creams and lotions for great results. Used on its own on your face before bedtime will refresh and awaken your skin for the morning!

Cardea is delighted to support Your Move for Brides, Brisbane's leading specialist of boutique fitness solutions for brides. Whether you'd like to drop a dress size or two, firm and tone up, improve your energy and health, or target those hard to beat problem areas, Your Move's calm, supportive and encouraging approach will help you get there.

Your Move for Brides services include one-on-one, couple and small group sessions including exclusive bridal packages, weekend retreats for brides and their bridesmaids, expert consultation, and health and nutritional advice. Founder and personal trainer Sharon Taylor prides herself on personal, exceptional service and an outstanding commitment to each and every bride's individual goals.

So, what are you waiting for? There's never been a better time to make YOUR MOVE. Contact Sharon Taylor on 0422 842 469 or visit www.yourmovefitness.com.au/brides for more information.

www.cardea.com.au