

THE Bridal Bliss FITNESS CAMP

*Look fabulous in your
dream dress...*

All Brides want to look great and feel beautiful on their special day.

Whether you or your bridal party are looking to lose weight, tone up, feel strong, renew or shine for one of the most important days of your life... this is the health and fitness retreat for you!

*Join our Fitness Camp and you will be
in the best shape for your wedding day!*

Our private, all-inclusive health and fitness retreat is held on the beautiful Bald Head Island in NC. Bald Head Island's natural beauty and amenities make it a perfect choice to improve your focus on a healthier lifestyle.

Our full-immersion program focuses on

- Healthy Gourmet Meals
- Yoga & Meditation
- Cooking for Two
- Intensive Workouts
- Nutritional Guidance
- Beach Walks
- Healthy Recipes
- Biking
- Positive & Energizing Hypnotherapy

Pampering spa services, stand-up paddle boarding and kayaking are available upon request.

**Additional charges may apply.*



The Bald Head Island
CENTER FOR WELLNESS

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