

## WHAT TO WEAR:



### Option One:

Women- Bikini or  
Underwear  
2 Pieces

Men - Underwear  
1 Piece

[Individual Sessions]

### Option Two:

Shorts &  
T-Shirt  
2 Pieces

[Individual Sessions  
or One-on-One]

### Option Three:

Tights &  
Top  
2 Pieces

[Individual Sessions  
or One-on-One]