

Practically Slim Scotland offers a one-stop shop for weight loss

Practically Slim Scotland, Scotland's latest weight loss company and a one stop shop for a whole range of industry leading wellness products, has launched a new revolutionary express "weigh and go" service.

Named "Your weight, your way" by the Edinburgh businesswoman behind the firm in Scotland, Tracey Fiskien, the service will operate three nights a week from Practically Slim Scotland's base in John's Place.

Costing customers only £3.50 per session, the service is the cheapest of its kind in the Scottish weight loss sector at the moment. Clients can opt to be mentored and coached by Tracey if they choose, to aid their weight loss and help keep the weight off for good, and they can go onto one of Practically Slim's plans which include a complete meal replacement weight loss product range, but this is not essential."



Said Tracey:" Clients can be on any diet plan and still come in to me to be weighed and monitored, they don't have to be using one of my programmes. I am providing what is probably Scotland's most flexible service to suit people at various stages of weight loss. That is why I came up with this whole concept of Your Weight Your Way, it's very close to my heart that we don't want to instil a rigid programme on them."

"It's a new way of approaching weight loss," she said, "I am here to support everyone, men and women of any age, and they can mix and match from the products I supply if they want. As well as Practically Slim shakes, I supply brand new products

from the States from a firm called Total Life Changes. This includes weight loss and health benefit tea and coffee which has been very popular.”

“I have a great deal of experience in this industry and in the past clients perhaps felt they had to stick to one programme and it maybe did not work for them. It could end up costing them a great deal of money and in some cases they ended up putting the weight back on. Now, mentoring and getting to the causes of the weight gain has become a key issue, as we want to help people find a long term solution.”

Tracey finished by saying that she hoped John’s Place would become a supportive “hub” for those committed to losing weight. Clients can also make themselves feel better whilst they lost weight by accessing beauty treatments.

“It’s a definitive top to toe approach,” she said.

Practically Slim Scotland offers a range of nine calorie, gluten free, carb free pasta, rice and noodle dishes which are 100% RDA compliant. With a number of programmes available, the company can offer a personally designed weight loss programme for clients which is designed one to one with them.

To contact Tracey call 07810 316555.

Practically Slim Scotland is based at 3 Johns Place, Edinburgh EH6 7EN.

The weigh and go service is available on Mondays from 6-7pm, Thursday from 5-6pm and Friday from 6-7pm.

Submitted by [clare graham](#)