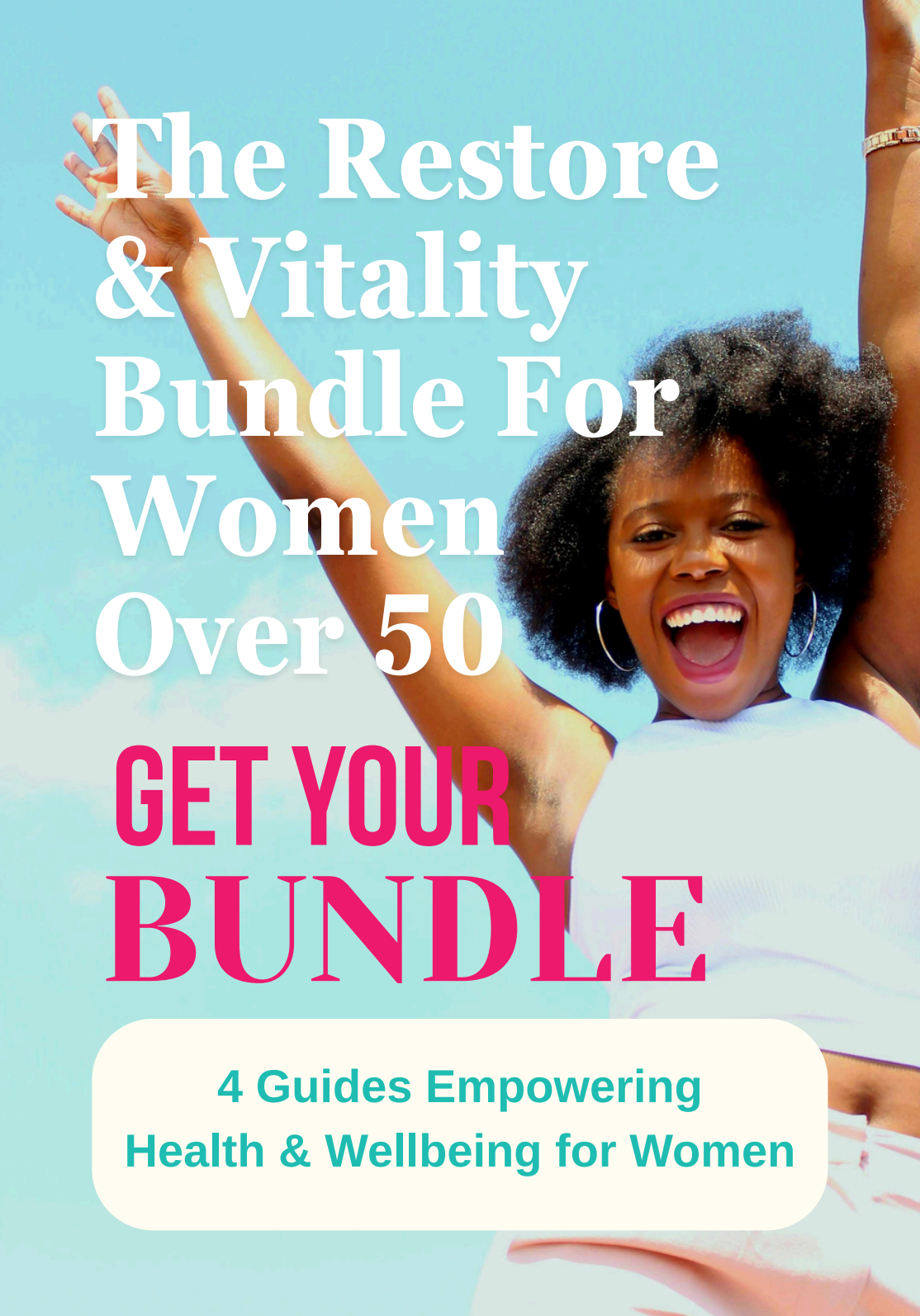


A woman with dark curly hair, wearing a white top and large hoop earrings, is smiling broadly with her arms raised in the air against a clear blue sky. The image is used as a background for the text.

The Restore & Vitality Bundle For Women Over 50

GET YOUR BUNDLE

**4 Guides Empowering
Health & Wellbeing for Women**

Welcome to the Restore & Vitality Bundle

You'll find a curated collection of four well-being guides created to support women over 50 with clarity, confidence, and simple, effective daily practices.

Each guide is designed to help you reduce inflammation, restore your natural vitality, and embrace age-defying rituals that nourish your body from the inside out.

THE SIMPLE HEALTH PLAN FOR WOMEN OVER 50

A clear, uncomplicated plan to help you reduce inflammation, rebalance your body, and strengthen your health after 50.

This guide offers simple steps, supportive food choices, and daily practices that bring calm, clarity, and renewed energy into your life.

THE ULTIMATE CLEANSE

A gentle, practical approach to cleansing your body without restriction or overwhelm. Discover simple steps to reset your gut, support digestion, and restore your natural vitality through nourishing foods, hydration, and mindful daily habits.

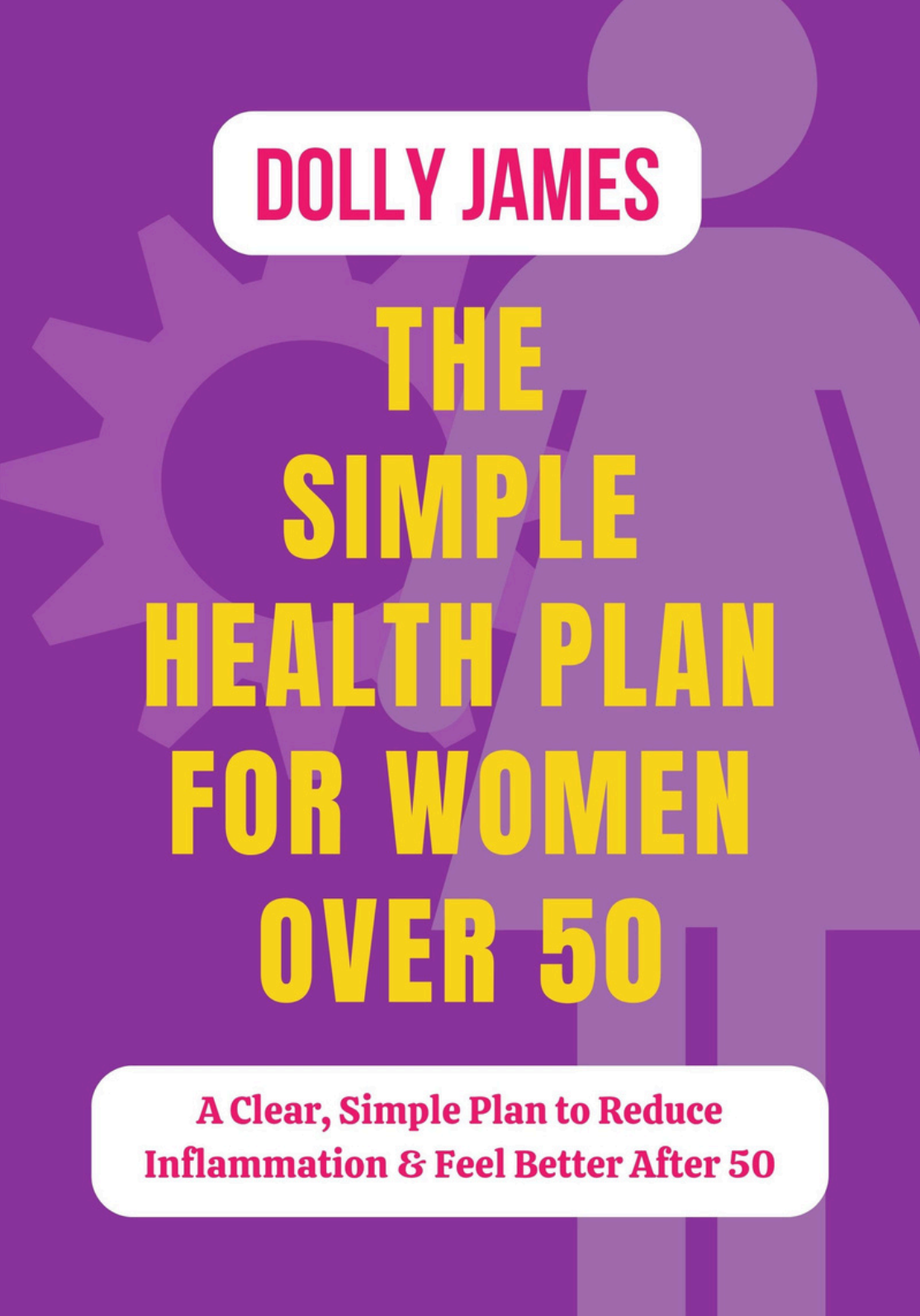
LOVE THE SKIN YOU'RE IN

A beautiful guide to age-defying skin care rituals. From collagen-boosting nutrition to simple daily practices, this guide helps you nurture your skin with intention, restore radiance, and embrace the natural beauty of your evolving skin.

STRANDS FOR LIFE

A supportive, science-backed guide to strengthening your hair from root to tip. Learn age-defying hair rituals, scalp-care techniques, and nourishing practices that promote resilience, shine, and long-lasting vitality.

Together, these four guides form a powerful foundation for women over 50 who want to feel stronger, clearer, and more connected to their wellbeing. May this bundle support you, inspire you, and remind you that it's never too late to restore your vitality and thrive.

The background is a solid purple color. On the left side, there is a large, faint gear. On the right side, there is a faint silhouette of a woman. The author's name is in a white rounded rectangle at the top, and the subtitle is in a white rounded rectangle at the bottom.

DOLLY JAMES

**THE
SIMPLE
HEALTH PLAN
FOR WOMEN
OVER 50**

**A Clear, Simple Plan to Reduce
Inflammation & Feel Better After 50**

Empowering Women in health & Wellbeing

THE ULTIMATE CLEANSE GUIDE

**THE OVER - 50 WOMEN'S
GUIDE FOR HEALTHY GUT**

Simple steps to cleanse your body, reset
your gut, and restore your natural vitality.

DOLLY JAMES

Empowering Women in Health & Wellbeing

LOVE THE SKIN YOU'RE IN

**THE OVER - 50 WOMEN'S
GUIDE FOR HEALTHY SKIN**

From collagen Boosting to Age-defying
Skin-care Rituals

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STRANDS FOR LIFE

**THE OVER - 50 WOMEN'S
GUIDE FOR HEALTHY HAIR**

From Root Strengthening to Age-Defying
Hair Rituals

DOLLY JAMES

Thank You

I hope you will find this bundle useful in supporting your health and wellbeing, for a life of good health and vitality.



Transformational Coach / Wellness Strategist / Author

For further support, please send your enquiries to
dolly.james@over50womenswellness.com

www.over50womenswellness.com