



Fall 2003

Fit Bits

A Publication of Body Design to Promote Health & Well Being (949) 722-3555

BODY DESIGN
The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

ENDERMOLOGIE COMES TO BODY DESIGN

The latest technology in cellulite treatment is finally here! The Lumicell Touch delivers fantastic results for firming and toning your most difficult areas.

What is endermologie?

Endermologie is a way of treating cellulite using subdermal vacuum massage technique to increase circulation and aid in the elimination of excess fats and toxins, resulting in a smoother and firmer appearance to the body.

How does it work?

The deep massage, using what is called a "palper-rouler" technique, stimulates blood circulation to oxygenate and nourish congested areas of the body. It also helps to increase lymphatic movement to carry away built up toxins and break up stagnation in compressed areas of fat. The vacuum aspect of the roller head lifts the skin thereby stretching the fibrous bands that hold the fat layer in place. This stretching makes the bands more flexible and pliable which results in a decrease in the dimpling effect and causes the superficial fat layer to lie more evenly under the skin. In addition, the Lumicell Touch includes new, state-of-the-art light technology to increase the effectiveness of the endermologie massage. Infrared and magenta light rays increase blood flow, stimulate proper cell function and help to generate collagen production.

How many treatments should I have?

The number of treatments needed to get desirable results varies, depending on the condition of the person being treated. A minimum of ten treatments is usually recommended for people very close to their goal weight and who are committed to a healthful home regimen. Fourteen treatments are recommended for more resistant cases and twenty treatments are recommended for people who need weight loss and more intensive firming.

What does it feel like?

It feels like a deep and relaxing massage. Areas with compacted adipose tissue and stagnation will sometimes be somewhat sensitive to the touch but we can adjust for client comfort and during subsequent treatments these areas will become less sensitive as the circulation is improved and toxins and build-up are released.

What can I do to increase the treatments effectiveness?

You will be given a recommendation list to help you get the most from your endermologie sessions on your quest for a firmer looking and more svelte figure. Your water consumption is key to your success and satisfaction. In addition we also recommend a good body care regimen at home incorporating certain highly active botanicals. Fitness and dietary recommendations are also available. Whatever you choose to incorporate into your lifestyle while undergoing an endermologie program only helps to enhance the positive results you are sure to experience.

Call Body Design to find out about our introductory specials!!

NEW CLASSES!!!

Take advantage of these new classes at Body Design. If you want the same great workout that you get doing Pilates, try an Allegro Circuit or Mat class.

Allegro Circuit
\$35 per class

M-F

10 - 11am

Mat Class

\$15 per class

SWEET SUCCESS

I was first introduced to Body Design three years ago by Catherine Thyen. I have thoroughly enjoyed the personal training, the pilates workouts and most recently the Allegro classes. The Allegro sessions, although similar to Pilates, give me a more intensive workout. The aspect I have enjoyed most about Body Design is the great people I have met there!



Paula Rayburn



Give
"Holiday Gift Certificates"
for Services at
Body Design!



BODY WISE PRODUCTS - promoting good health for women

Body Wise has designed a line of products to address the common concerns women experience at different stages in their lives.

Women's Solutions is the new line of products designed exclusively to provide real answers to your changing health needs.

As women mature, they may be thinking about issues of menopause—hot flashes, changes in libido, or changes in hair and skin may become more important. For the support of health and hormonal balance and relieving symptoms of perimenopause, menopause, and even beyond menopause we created the **Female Advantage® Transitions**.

Who might benefit from taking **Female Advantage Transitions**?

- Women who are experiencing symptoms of perimenopause or menopause.
- Women who are beyond menopause.
- Women who want the benefits of support for hormonal health, energy, and mood.

Women today are faced with more hormonal challenges than ever before. There are also hormone-like substances in the environment from pesticides, plastics, and other chemicals that may disrupt a woman's natural state of hormone balance. **Estrenol™**, a

unique formula for *intensive* support of women's health, was designed to support hormonal balance through hormone metabolism and detoxification, to help protect and restore balance to hormone receptor sites, and to help protect a woman's body from environmental hormone mimics.

Who might benefit from taking **Estrenol**?

- Women who want added support for the natural processes of hormone detoxification and elimination.
- Women who want to support their health in light of exposure to environmental estrogens.
- Women who want support for rebound menopause.
- Women who seek support for breast health.

Women's Solutions Recommended Combinations:

- With **Right Choice® AM/PM's** and **Omega Complete®** for superior support of cellular health.
- With **Estrenol** for women who need more support of hormone balance.
- With **Pro Pure** cream.

For more information or to place an order for any of the Body Wise products, please contact Body Design

THE WOMEN OF BODY DESIGN

train with the best of Orange County



Lynda has been exercising all of her adult life. She decided to turn a passion into a career by becoming a certified personal trainer through Orange Coast College. After discovering Pilates she became a certified Pilates Instructor through DK Body Balancing. Lynda is continuing to educate herself about health and the human body and will soon have her massage therapy license.

Stephanie is a certified Pilates instructor. She was certified through the University of Las Vegas, Nevada. Stephanie has a dance background which enables her to have a deeper understanding of the Pilates Method. She has diverse client experience and is able to assist each of them in achieving their individual goals.

Body Design is dedicated to providing our clients with highly professional and experienced staff. All of our trainers maintain current certifications in their area of expertise.



CUSTOM SPA PACKAGES

RELAXING ONE-HOUR MASSAGE	\$75
ONE AND ONE-HALF HOUR MASSAGE	\$115
ONE-HOUR FACIAL	\$70 - \$85
DELUXE FACIAL	\$110 - 120
BODY SILK BODY SCRUB	\$75
AROMATHERAPY BODY WRAP	\$70
SUPER DELUXE SPADAY: ONE-HOUR MASSAGE WITH RELAXING FACIAL	\$145

Body Design accepts all major credit cards.
We can mail your gift certificate to you.

Call (949) 722-3555 to place your order.

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