

SHAPE UP

With many clients continuously on the lookout for effective weight loss and cellulite busting solutions, Modern Spa Magazine highlights some of our recommendations for tackling the problem, both at the spa and at home.

Bioslimming

“Introducing a slimming/body wrap has never been easier; there are probably more available now than ever before,” explains Marion Cadwell of Westfield House Distributors Ltd. “The difficulty is choosing the one that is right for you and your clients. Do you want to go for a traditional wrap combining bandages and clay, or are you looking for one of the new generation of wraps which are now available?”

“The fact that there is a large selection of wraps now available to choose from, each with a lot of press coverage both in trade and public publications is increasing the demand for this type of treatment. Personally, as a distributor, we have found that salons are introducing Bioslimming into their salons and spas and they are very quickly reordering products as the demand is so great. When you have an effective treatment, the best type of marketing is a happy,



satisfied client. You just need to take a look on Facebook and Twitter at the amount of ‘before and after’ pictures that clients have posted and want to share with the world.

“Recent results published on the Public Health England website states that 67% of men and 57% of women were overweight or obese and a

substantial proportion of obese adults have a BMI of well over 30.

“Many people find it really difficult to lose weight as it can be a very slow and tedious process, so to be able to provide a treatment that helps them reduce inches, boosts their metabolism and burns fat, and therefore gives them instant results that they can see and feel from the first treatment can be just the boost they need to stay on track and reach their personal goal.”

Bioslimming’s Body Wrap treatment is a two stage process which has been shown to dramatically decrease the appearance of fat deposits and cellulite by 67% in less than 4 weeks.

With instant and long lasting results, the wrap is also an effective treatment for reducing fluid retention – particularly in the lower legs – and enhancing weight loss, with the slimming and fat burning process continuing to work for 12 hours following application. A course of six to ten treatments are recommended. For further information on Bioslimming products, visit

www.bioslimming.co.uk



La Cure

“It is estimated that around 90% of women around the world suffer from some degree of cellulite, which has seen the development of many treatment solutions,” explains Philip Axon, Managing Director at La Cure UK Ltd. “One of the most consistent, easily accessible and widely used is massage.

“La Cure’s Make Me range of Aromatherapy Complexes uniquely combines the healing powers of pure Dead Sea Salt with active natural ingredients in three products, Cellutherapy 1, 2 and 3, which specifically target the causes of cellulite on a cosmetic and biological level:

“Cellutherapy 1 contains ginger, cyprus and orange to balance hormone levels and accelerate metabolism. Cellutherapy 2 contains lavender, grapefruit and coriander seed to repair and improve circulation in the capillaries, and Cellutherapy 3 contains ginger, spearmint and lemon to accelerate the elimination of toxins.

“Combining massage techniques with heat treatments can give superb results, naturally. Heating the cells of the affected areas stimulates the burning of body fat and improves the condition of collagen connective tissues. This also stimulates blood and lymphatic

circulation, enabling the body to naturally break down and remove the fatty deposits as well as improving the appearance of the skin as it becomes more toned, hydrated and smoother. Internally, the body cools down after the treatment, the metabolic rate increases and stored fuels such as fat are more readily burned for energy. The effects of

this increased metabolism can last for several hours after the treatment.

“La Cure’s Make Me range of Mud Wraps are made from pure Dead Sea mineral mud and 100% natural ingredients. The Cellulite Wrap contains fennel to help break down fatty tissue, grapefruit to stimulate blood and circulatory systems, coriander to counteract fluid retention, and lemon to boost the immune system whilst cleansing the body. A thin layer of the mud is applied to the problem area and then the client is wrapped in a foil blanket to generate heat flow. This versatile procedure can be carried out in a host of different locations as there is no dependency on an electricity supply, making it perfect for spas that use external environments to add to the experience of the treatment.

The Make Me Mud Wraps are specifically designed to work in perfect harmony with the Make Me Aromatherapy Complexes for an intensive treatment programme that combines massage and heat techniques to give proven cellulite reduction results.”

For further details visit www.shoplacure.co.uk



LPG Endermologie



Treatments offered include:

- **Upper Body Tone Up** to tone arms and banish back fat
- **Waist-ing Away** for a slim waist, and a flat, firm stomach
- **Beach Bum** to firm buttocks and saddle bags
- **Perfect Pins** for slender thighs, toned knees and calves

LPG cell stimulation is achieved using a unique patented technique. The treatment heads feature two independent motorised rollers, (IMR Technology), each with its own miniature motor. The head is massaged over the desired area of the body, penetrating the skin's superficial layer, boosting the natural process of lipolysis. The therapist chooses the intensity and direction of rotation, to create a bespoke treatment for each client's specific needs. Lipomassage™ utilises Mécano-Stimulation™ to naturally re-awaken fibroblasts deep within the dermis, triggering the elimination of fat. Lipomassage™ also naturally boosts the production of collagen and endogenous elastin to tone and sculpt the body's contours, banishing unsightly cellulite.

Clients can expect to achieve visible results in as little as six sessions. An indicative starting rate for spas looking to introduce LPG treatments is £9.85 per day, when leasing a Mobilift M6® device for 48 months (exclusive of delivery and VAT). For more information visit www.lpgendermologie.co.uk or call 0800 085 0533 for a personalised quote.

For clients seeking an effective but fast solution to improving the appearance of cellulite, the LPG Endermologie Lipomassage™ body treatments could be the answer. LPG is a world leader in cellular stimulation, specialising in non-aggressive treatments for fat reduction,

skin tightening, lymphatic drainage, wrinkles and cellulite.

The new selection of four non-invasive slimming and cellulite reducing express treatments target each common problem area in just 15 minutes, making it ideal for busy clients without much time to spare on lengthier spa offerings.

Nu Skin

For a high intensity at-home option for your clients, the ageLOC Galvanic Body Trio from Nu Skin offers an effective solution to cellulite without the need for large pieces of electrical equipment. The package contains the new hand held ageLOC Galvanic Body Spa unit and two advanced anti-ageing body products – ageLOC Body Shaping Gel and ageLOC Dermatic Effects – for a more contoured, smoother and firmer looking body. Nu Skin's ageLOC® Galvanic Body



instrument uses pulsating currents to stimulate circulation and send the active ingredients into the skin. The ageLOC® Body Shaping Gel –

designed to be used in conjunction with the instrument – contains ingredients to help maintain skin's robust structure and reinforce structural proteins relevant to healthy looking skin. It also helps refresh,

purify and reenergise. For optimal results, the instrument with the gel is to be used three times a week on thighs, arms, buttocks and the abdomen.

The third product in this kit, ageLOC® Dermatic Effects, can be used morning and night to increase cellular turnover necessary for renewing the skin. It also contains technology to instantly diffuse light to help skin look smoother and improve the appearance of the skin's surface. It provides daily hydration while helping extend the benefits of ageLOC® Body Shaping Gel.

The RRP for the kit is £393.00, while the ageLOC Dermatic Effects and Body Shaping Gel can be offered as separate retail items, each with an RRP of £44.65. www.nuskin.com