




This is My World!

Linea Snella – a Reliable Way to

- Lose weight and shape your body
- Reduce cellulite
- Strengthen and improve your tone
- Maintain your body weight and shape
- Feel good and find the right balance of body and spirit





Our lives keep getting faster, we have less time for ourselves, but we demand more from ourselves all the time

It is Time You Do Something for Yourself!


With the revolutionary, world renowned **Linea Snella® Method** in the hands of our highly qualified therapists and personal coaches, we **truly* help you to shake off excess weight and cellulite, strengthen your muscle tone** and offer you advice on a healthy diet and emotional dynamics - leading you to a better quality of life.

* At Linea Snella we are so convinced of the effectiveness of our method that we offer you a **Written Guarantee of Success**.



- Too many kilograms?
- Cellulite?
- Withered Skin?
- Poor muscle tone?
- Poor Eating Habits?
- Not Enough Exercise?
- Lack of Energy?
- Unbalanced body and spirit?

What is Linea Snella?

- Weight loss and body shaping
(reduction in centimetres and weight, elimination of fat and cellulite, strengthening muscle tone)
 - Coaching
(On achieving a balanced diet and the influence of emotional dynamics on body weight and healthy lifestyle)
 - Sustaining the right body weight and shape long term
 - Establishing a balance of the body and spirit
 - High quality and more balanced lifestyle
- 



We Invite You into a Special



World...

...where excellent slimming and body shaping results are achieved with the help of the unique Linea Snella Method and our total commitment to results.

...where work on excessive weight and unbalanced body and spirit start from the moment you enter our centre.

...where the dreams and desires of our clients are transformed into tangible goals, leading them to a more balanced and better quality of life.

We are passionate about our work and proud of our success, which over 25 years has transformed the figures of thousands of women, improving their long term fitness and quality of life.



The World of Linea Snella



Key Advantages of the Linea Snella® Method – Why Does it Work?

1. A revolutionary and world renowned method

The combination of **guided exercise**, **constant temperature of 37°C** and **infrared rays** - brought together under the **Linea Snella®** global brand - not only reduces weight but shapes the body. **Fat is lost on the most critical body areas** and can be targeted to exactly where you want it most, **resulting in weight loss of 3 to 4 kilograms in a month - or 1/2 to 1 dress size.**

2. High levels of effectiveness

Linea Snella can offer a **Written Guarantee of Success** because **98.9% of our clients** not only achieve but **surpass their the set goals**. Exercises are closely monitored by a personal therapist who controls every individual movement and who is also responsible for and dedicated to helping you achieve your goals.

3. A completely natural and healthy body shaping method

Weight loss is achieved through a **gradual** process of **fat reduction without any shocks to the system**. Linea Snella provides **one of the most effective, natural** slimming and body toning **methods** that exists.

4. Ensuring lasting results

Linea Snella puts great emphasis on **sustaining achieved body weight and physical condition long term**. On completion of one of our regular programs we offer **12 months free consulting**, which includes monthly body composition checks, advice on a healthy diet and the optimum workout to maintain body condition and weight.

5. Building a new lifestyle

We **teach** our clients how **to live healthily**, with a healthy, balanced and diverse diet and physically active lifestyle. In addition we help change ways of thinking and emotional patterns to ensure that the kilograms you have lost do not return. Linea Snella centres are not just about weight loss and body shaping, but **balance and quality of life**.

What Do Our Customers Value the Most?

1. **“Linea Snella really works!”**
 - after unsuccessful dieting and weight loss programs in the past they are refreshed by the effectiveness of the Linea Snella Method®.
2. In parallel with their programs in our centres, they **do more for themselves at home**, with healthier diet, exercise and looking after themselves.
3. After achieving their desired weight, they can continue with our Linea Snella programs to **help them stay in shape**.
4. Our programs and related exercises are **completely customised to the individual customer** depending on their desired results and deadlines.
5. Our professional and friendly therapists help our customers set their goals and **take responsibility** or achieving them.
6. They enjoy **the pleasant, intimate atmosphere** at our centres.

How Does the Linea Snella® Method Work?

- The Linea Snella® Method is focused around **Thermoslim**, an isolation chamber for **targeted exercise**, supervised by our experienced therapists, at a **constant temperature of 37 °C** and under the influence of **infrared rays**.
- In **20-25 minutes** of exercise in Thermoslim, the **body burns up to 1,500 Kcal**, which results in **3 to 4 times more fat** reduction than with regular exercise. The result is a rapid loss of weight and centimetres.
- A lot less time is needed to achieve the desired results. No initial warm-up period is required since the **infrared rays** instantly **warm body tissue to a depth of up to 4cm**. This results in a more rapid **loss of weight and centimetres**.
- There are over 200 exercises possible in Thermoslim, meaning **any muscle can be targeted and activated** to eliminate fat in the areas related to this muscle.
- **Bodywarm** is the ideal complement to

Thermoslim - similar to a sauna, it acts **to ensure body tissue remains firm**, no matter how much weight has been lost.

- Thermobike perfectly supplements these techniques by focusing on **the reduction of stubborn fat deposits on hips and thighs**, employing **infrared light** to improve blood circulation and thereby efficiently eliminating cellulite.
- In addition, there are a **wide range of complementary therapies** (Ultrasound - Cavitation System, Vibration Plate and Pressure Therapy), which are used to obtain more effective and rapid results.
- All therapies are directed towards improving the blood flow, **thereby increasing muscle in favour of fat**.
- Exercises are **supervised and monitored by a personal therapist** who controls every movement, ensuring exercises are performed correctly.

The overall program and individual exercises are tailored to each customer, dependent on their desired results and deadlines. For a more detailed description of our method and therapies please visit our website: www.lineasnella.com.au.

What else does the comprehensive Linea Snella approach include?

Learning about a healthy diet

We will help you understand how to break out of the never-ending cycle of unsuccessful diets and replace it with a **healthy, balanced diet** in gradual, easily attainable steps. We also offer personal consulting with a clinical nutritionist.

Learning about emotional dynamics and the body

We will help you understand the obstacles which prevent you from reaching your goals and teach you how to begin to trust in yourself more, listening to your body and emotions.

Getting into good physical shape

In addition to the active physical exercise you undertake in our centres we will encourage and support you in making exercise an integral part of your life.



There are different ways to lose weight. We stand for being
“Slim in Harmony”.

We have created
the world of Linea Snella,
where, in addition to helping you shake off the extra kilograms,
we help you create a more balanced body shape,
introduce exercise and a healthy diet into your everyday life,
restore the balance of body and spirit and set you
on the path to a better quality of life.

For more information we invite you to a **free, no strings attached, introductory consultation**. Together we will put together an individual action plan and after the consultation is over we will also sign a contract - the **Linea Snella Written Guarantee of the results you will achieve**.

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