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*Yes, it's all about YOU,
for a change!*

Spring, Summer... What a divine time of year!. Why not make a change and **make this season all about you** for a change?

If you are like most of us, you may be struggling to find time for yourself.

Chances are that if you continue waiting for that perfect time it will never come around.

Why not take a little spring break? **Make this time all about you!**

Take advantage of the great specials—see page 3

Flush Away Toxins

Wake your body up to metabolize fat! Eliminate fluid retention and puffiness of extremities!

Imagine what would happen to your car if the exhaust system couldn't remove toxic fumes from the engine! It's the same in our bodies. When we experience frequent headaches, digestive symptoms, fatigue, recurrent infections, and immune deficiency, it may indicate a need for detoxification therapy.

Natural health practitioners recommend cleanses in the spring to shed those extra kilos and give our overworked digestive systems, especially our livers, a much-needed rest.

You can use [Presor Therapy](#) as a seasonal cleanse and detoxification plan of good health.

Would you like to tune up your body? Perhaps drop a few kilos? Flush away toxins? This may sound too good to be true, but think again.

Take advantage of this introductory super specials which are not going to last, see page 3 for details.

Here are four excellent reasons to experience the benefits of [Presor Therapy](#) yourself (based on offer #3)

REASON #1: SAVE a huge amount on Presor Therapy. When was the last time a salon or clinic offered you more than 50% discount just for giving their therapy a fair try? **Also get 12 Serum application—FREE!—a \$420.00 value**

REASON #2: Clinical studies on [Presor Therapy](#) revealed it is up to 3 times more effective, compared to other methods, on fluid retention and swelling. Application of a highly concentrated serum every Presor session accelerate results even further. Chose from fat /anti-cellulite/ firming concentrate.

REASON #3: To help you enjoy it even more, you'll also receive a complimentary MESO session! A \$175.00 value, FREE.

REASON #4: A surprise complimentary GIFT! FREE again.

A steal, I hope you'll agree Total Savings of \$915.00.

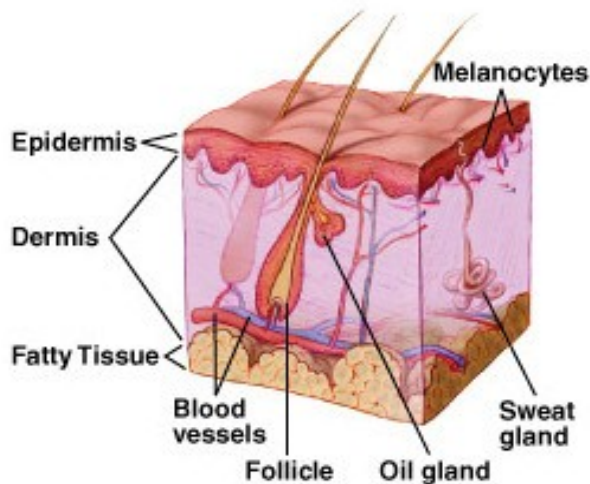
PRESOR 03-M beneficial effects have been clinically tested and thoroughly proven in cosmetic medicine and physiotherapy



Pause the ageing of your skin—PART I

FACE—THE MAP OF YOUR LIFE

Pleasures, stresses of life, along with the simple passage of time tend to cause our skin to appear older & worn out. **Fine lines, deep lines, smile lines, frown lines, spots, dots and dimples all form a map of our lives.** It is also a map most of us want to soften and “blur” to help us age gracefully.



SIMPLE SKIN ANATOMY

Before any recommendations can be given let's look at basic skin anatomy and structure.

1. Epidermis: The outer layer of your skin. This protects the inner layers to whatever the environment may cause them.

2. Dermis: This is the skin's second layer. It contains its structural elements (hair, glands) and various types of connective tissue (collagen which gives skin strength, elastin which gives it elasticity etc).

3 Dermal-Epidermal Junction: This important feature interlocks in finger like projections called rete ridges, which increase area of the epidermis which is exposed to blood vessels for nutritional supply to the epidermis.

4. Subcutaneous tissue: This is the skin's bottom layer and contains the fat cells which insulate your body and make your skin full and plump.

PAUSE YOUR SKIN'S AGEING PROCESS

So, is there anything at all that we can do in order to prevent wrinkles and improve the appearance of our skin

Of course you can.

Starting with the small and simple changes in your lifestyle and ending with high-tech-super-facial treatments. These won't only boost your skin's natural collagen and elastin production, they'll also help reduce existing wrinkles and improve your skin's texture & even out your skin's color.

Skeyndor Mesoscience is a scientific breakthrough that is at the forefront of technological advancement in aesthetic modalities. It consists of a mini skin peel before each treatment and the four phases of electrotherapy (don't worry, it doesn't hurt!!)

The preparatory phase stimulates skin metabolism. Hydro **electrophoresis** assist ionisable active ingredients penetrate into the epidermis.

Following by **electroporation** to promote permeability of the cell membrane to transport active substances into the deeper layers of the skin.

The final stage, **cryophoresis**, has a strong toning and firming effect on skin and helps “lock in” the active ingredients in the cells.

It is a credible and scientifically proven technology that can assist you in achieving effective targeting of the facial wrinkles.

Laser, Skin & Wellness [anti-aging wrinkle therapy](#) tends to approach the issue of aging from various angles.

MesoScience reverses the whole metabolic process of aging and help restore a youthful look.

PART II (read in next issue)

- Your contributions to skin's ageing process
- The giveaways & What really works
- Healthy options for our skin - yes they do exist

BLOG-A-TOPIC FOR A PRIZE!!!

Do you have a question or a topic for discussion? Suggest it on our blog www.chadstone-wellness.com.au/blog. Monthly PRIZES for the most interesting topic!!

The treatment that you have been waiting for



Before

After

SPECIAL # 1—MESO
Buy 6 sessions get 1 FREE
(save \$175)

SPECIAL # 2—PRESOR
2 sessions for only \$50
(normally \$85 each)

Reduce Fat & Cellulite with Combined Meso-Presor Therapy

Virtual Needle Meso Therapy

- Stimulates skins natural functions
- Helps break down fat cells
- Infuses formulations into skin
- Facilitates direct-to-cell delivery
- Actives act from within the cells

Presor Therapy

- Eliminates left over debris
- Removes toxins & excess fluid
- Evacuates via lymphatic system
- Greatly improves skin's texture
- Helps recover skin's firmness
- Increases skin's elasticity
- Helps prevent varicose veins

1+1 = 3

The Principle of Synergy

Combine these two powerful therapies for truly unbeatable results. They work in synergy, greatly enhancing each other's effects.

To further enhance your outcome, application of a highly concentrated serum on every Presor Session is highly recommended.

You have a choice of either **fat burning/anti-cellulite** concentrate or **skin firming/tightening** concentrate solution.

**MESO-PRESOR
 COMBO PROGRAM
 SUPER SPECIAL!**

SPECIAL # 3—COMBO
Buy 6 meso & 8 presor sessions

GET ALL THIS!

1 extra meso session **FREE**

4 extra presor sessions **FREE**

12 **FREE** serum applications (\$35ea)

COST \$1690
VALUE \$2605
SAVING \$915

**PLUS extra
 Bonus surprise GIFT!**





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YOUR COMMENTS & QUESTIONS

We would like to thank you for your continued support and trust that you enjoy our services.

Visit us on the web—we welcome your questions and comments on our new exciting blog!!

www.chadstone-wellness.com.au/blog

Our Services

- Permanent hair reduction
- **Foto-Facials**
- Anti-wrinkle/ hydrating treatments
- **Fat/Cellulite reduction**
- Brightening/Lightening/ Anti-pigmentation
- **Acne and spots reduction**
- Medi peels (superficial & deep)
- **Cosmetic tattoo & injectables (Botox etc)**
- Prevention of varicose veins
- **Holistic counseling & self empowerment**
- Bowen therapy as well as Emmet & Dorn Methods
- **Relaxation massage**
- Lymphatic drainage therapy
- **Remedial massage & acupuncture**
- Reiki, Shiatsu & Energy detox
- **Podiatry**
- Baby Massage

Are all Laser/IPL machines made the same?

Many of my clients and students ask me questions on equipment and how they differ. It is a complex subject but let me try to shed some light on the subject.

by Julia Grinberg

In a world of ever-changing technology it's hard to tell what types of ipl and laser hair removal machines are suitable for what skins and application. With hundreds of machines available, over 70 sold and promoted in Australia and more coming every year, which one to chose?

ORIGINS OF EQUIPEMENT: This wonderful light-based technology comes from all over the world. Some come from Europe and USA, others from Asia. But not all European equipment is good. And not all Asian one is bad. **IMPORTANT NOTE:** some manufacturers have produced several generations of machines which stood the test of time and have accompanying proven clinical studies. Others are new and have not yet invested enough time and effort into their equipment to be trusted.

ENERGY OUTPUT: It is generally accepted that higher level machines are more effective. Statistically though, incidents of side effects are higher with low energy machines. Additionally, most lower energy machines will generally create what's called a "laser-waxing" effect,

where hairs will fall out temporarily but without permanent damage to any of the hair follicles. So be aware!

COST OF EQUIPMENT: Generally, the more expensive the machine the more flexible it will be and the wider variety of treatment options it can perform. Cost of your treatments can also depend on the price of equipment as well as how often it is maintained (both hardware & software) by its owner to make sure output of energy is adequate and safe.

RADIATION & SAFETY: Usually, all good quality machines have correct filters in/on their hand pieces to filter out UV radiation, making treatments very safe. However, when I recently trained someone on a newly imported equipment from Asia, I noticed that filters were installed (permanently) the wrong side in. Of course I suggested to change equipment immediately. But this raises question marks in my head about what types of machines are really out there and what they do to the consumer. Most good machines have the approval of radiation and other authorities.

More on this in the next issue.

I welcome questions and comments, so feel free to blog!!!

www.chadstone-wellness.com.au/blog