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Getting in shape for summer

PROVEN Sliming 1
Green Coffee

A lot of research has been done into the many (well marketed) ways of fighting against cellulite and fat. The truth is there are very few methods that actually work.

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If your battle with unwanted fat and cellulite is still in full bloom there are two roads you can take. You can either temporarily cover up the problem or you can attack your cellulite to get rid of long term. What path you choose depends on your goals, budget and timeline.

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If you have a wedding, social gathering, or a day at the pool or beach coming in the near future than you need to act quickly to get into shape

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PRODUCT OF THE MONTH

Leptin Slimming Green Coffee

Melbourne's secret weapon to fight fat and cellulite

- Leptin Slimming Green Coffee— an **organic** beverage
- Made from 100% **top-quality** organic green beans
- Curbs your appetite, **reduces** sugar & carbs cravings
- Stimulates your body to **burn** stored **fat** and calories
- Contains the anti-oxidant qualities necessary to cause **thermogenesis** which increase the metabolism of fat

How does Green Slimming Coffee work?

Ingredients in the green coffee beans inhibit the uptake of glucose in the intestines, regulating metabolic rate and resulting in weight loss over a period of 60 days.

Already recognised as an excellent anti-ageing food, green coffee is loaded with anti-oxidants which fight free radicals, the substances that cause cellular damage and diseases.

Slimming Green Coffee — good on its own or

Even better as an extra kick factor in conjunction with our

Fat dissolving and Anti-cellulite therapy treatments



Busting FAT & CELLULITE myths

The causes of cellulite remain somewhat a mystery. Some possible factors include hormones, lifestyle (inactive, poor sleeping habits), poor diet (hydrogenated oil, processed foods), toxins in the body (cigarettes, alcohol, some medications) and of course genetics. Bust some cellulite myths and **make a wise treatment choice to reduce fat & cellulite.**



MYTH 1: MEN DON'T GET CELLULITE

FACT: Over 6000 men sought treatment for the condition in 2006. It was found that these men generally had lower levels of androgens.

MYTH 2: REDUCED CELLULITE BY DRINKING WATER

FACT: If you are medically dehydrated, you need more water. Most people do not get 8 glasses of water daily but it should be the goal for all of us. Water does not help skin problems and that is what cellulite is. Water does help evacuate toxins though and the amount of water you need on a daily basis has a lot to do with your body type & lifestyle.

MYTH 3: EXERCISE FIXES OR PREVENTS CELLULITE

FACT: While it helps to trim and tone the body and can replace fat tissue with muscle mass the exercise does not eliminate cellulite and even most physically fit women can suffer from cellulite deposits.

PROVEN FACT: YOU CAN MELT FAT AWAY & REDUCE CELLULITE

YES! It is actually Possible to reduce volume and firm up your skin. You can achieve this by combining **fat** melting procedures with **toxin** evacuation treatments
Four powerful strategies to help you trim up for summer!

MESOSLIM—dissolves fat cells & contours the body.

MESOFIRM—tightens your skin & reduces cellulite.

PRESOR—evacuates released toxins.

GREEN COFFEE—controls appetite & sugar cravings & increases your fluid intake.

MYTH 4: DIETING PREVENTS CELLULITE

FACT: Eating good wholesome healthy diet in correct proportions is always a good idea. Fatty, greasy foods will not only make you look worse but will create health problems. There is no evidence that eating any particular food will prevent or remove cellulite. Stay away from processed foods containing lots of sugar & are high in saturated fat. Your body will find it harder to put on weight if its blood sugar levels are kept within a specific low range.

MESOSLIM (fat melting/body contouring) **NEW FORMULA** \$175 per session (approx 55min)

MESOFIRM (anti-cellulite/ skin firming) **NEW FORMULA** \$175 per session (approx 55min)

PRESOR THERAPY (toxins evacuation via lymphatic drainage) \$85 per session (approx 40min)

SLIMMING GREEN COFFEE—LEPTIN \$59 per pack/18 sachets

GET 1 BOX (18 DAYS)

**LEPTIN SLIMMING GREEN COFFEE
FOR ONLY \$55**

BUY 4 MESOSLIM / MESOFIRM

**GET 2 BOXES (36 DAYS)
LEPTIN SLIMMING GREEN COFFEE**

SUPER SLIMMING SPECIAL

With 6 MesoSlim / MesoFirm Sessions

GET \$432 EXTRA value

GET FREE 3 Presor Sessions

& FREE 3 Slimming Green Coffee packs

Choosing the right skin care ingredients

Identifying credible ingredients and to knowing their position in the formula are the key success factors in choosing appropriate product for home or salon use. In the last newsletter we published our findings on "**Skin Health**" ingredients. This issue concentrates on the elements you want to avoid as they may cause "**Skin Harm**" when you use them.

Let's start with **mineral oil**. I have seen it used in literally hundreds of over the counter products. *Mineral oil may also go by the names liquid paraffin, paraffin wax & petrolatum on the label.* It's a cheap and nasty by product of petroleum and should be avoided wherever possible. **Why?**

Once applied, **it prevents the skin from "breathing."** It can clog pores, interfere with your skin's natural ability to eliminate toxins, and can even lead to acne flare ups. It is irritating to the skin and if used for any length of time, your skin can become dependent on it, causing chapping & dryness. Lastly, **it can lead to premature aging of the skin.** It's amazing this substance is even allowed in so-called "skin care" products at all.



Other ingredients you should watch out for are:

Dioxane: synthetic derivative of coconut. High concentration of dioxane in the skin care product can cause cancer. In some countries it is prohibited.

Fragrances: Non-natural oils produced from ingredients that are known to be toxic or carcinogenic. Especially for the skin care applied and massaged into the skin all over your body.

Parabens: methyl, propyl, butyl, and ethyl paraben. Many skin care products (& moisturizing products) will use parabens as a preservative to extend the product's shelf life. The reason is purely economical. Some studies suggest parabens may cause cancer and interfere with the body's endocrine system, as well as cause an allergic reaction and skin rashes.

Alcohols: ethanol, ethyl alcohol, methanol, benzyl alcohol, isopropyl alcohol and SD alcohol. Not all alcohols have the same properties, but these, which are commonly found in skin care products, are very drying and irritating for the skin.

KNOW THE PRODUCT BEFORE YOU PAY FOR IT

Research, review and sample skin care products

Our new [budget clinical facials](#) contain powerful boosters in a pure, stable forms



BUDGET SESSIONS from only \$90 or 3 +1

Anti-Aging Power Repair—Renew and protect your skin!

Hydration Boost—Soften, smooth, rehydrate your skin!

Anti-Oxidant Infusion—Repair, renew and protect your skin!



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IPL CHAPTER.

Home hair removal devices. KNOW YOUR FACTS

Things have changed a lot over the last decades in the area of laser hair removal. The most recent new topic which attracts a lot of attention from many people concerns **home laser hair removal** devices.

What are they, really?

Are they effective?

What about safety?

Do they really work?



First, **laser hair removal** treatments could only be carried out by medical practitioners. Then **IPL hair removal** devices came out hair removal treatments and were allowed to be performed by trained technicians in medispas and salons. Now, **home IPL hair removal** machines have been approved by the FDA in USA for use in the comfort of your own home.

In general, these lightweight, slim-n-sleek looking

portable laser hair removal gadgets **use more or less the same technology** as most practitioners of **IPL services**. So consider the same factors we'd be considering before committing yourself to a DIY home-based treatment.

The lighter the skin the less risks you have. The bigger the contrast between skin and hair colors the better result are achieved with your home laser hair removal device. **Currently, all home hair removal devices are marketed only for pale skin/dark hair individuals.** Dark skin is listed as a contra-indication/ highest risk factor for all of the home laser equipment.

Although you will find a range of home hair removal products on the market, only very few of them prove beneficial in actually reducing hair growth. **Remember that home hair removal machines are for home use only and cannot possibly emit the same kind of strong energy levels as the professional IPL hair removal machines.**

QUESTIONS? COMMENTS? FEEL FREE TO BLOG!!!

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