

What Can Electro-Body Sculpting do for you?

- Lose Inches and Fat
- Burn Calories
- Tone Muscles
- Eliminate Cellulite
- Improve Circulation
- Lymphatic Drainage
- Fibromyalgia
- Stress Reduction
- Increased Energy
- Improved Skin Elasticity

Specials

Sign up at the end of your first Electro-Body Sculpting session for a series of 9 sessions and receive a 10th session free!

Refer a friend who signs up for a series of Electro-Body Sculpting treatments and get one week added on to your paid program. 2 free sessions-A \$200 Value!



Exclusively offered by Nurturing
Touch Day Spa

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www.electro-fit.com

Electro-Body Sculpting



State of the art
computerized fitness
therapy program

What is Electro-Body Sculpting?

Electro-Body Sculpting is a painless, relaxing way to give your muscles an intense workout. Our state of the art computerized exercise program has been exclusively featured on Discovery Health Channel, ABC, NBC, CBS, and Fox Television News. Most Recently it was featured on Oprah as the newest, fastest, "fat burning machine."



How Does Electro-Body Sculpting Work?

Electro-Body Sculpting is an extensive fitness therapy program. A one hour session is equivalent to a 6 hour workout! Our equipment is specially programmed with 3 powerful currents that go right to your targeted areas. These programs use the most powerful electrical stimulation available today to break down and dispense of fat pockets. The fat cells in the body are agitated and the damaged cells and toxins causing cellulite are released. As a result, your body will not only become more toned and tightened, but it will start to produce new, healthy cells instead of the damaged cells that cause cellulite.

What Happens during an Electro-Body Sculpting Session?

A consultation is done before the first session. After the consultation, electrodes, or disks, are placed on the targeted muscle groups of the body. The number of disks used will be determined in the client consultation. From there, lay back and relax in a comfortable room and let your muscles get a workout! Each session is one hour.

Where Can You use Electro-Body Sculpting?

Electro-Body Sculpting is safe to use anywhere on the body: arms, buttocks, abdomen, thighs, waist, and back. Areas that are difficult to reach with regular exercise can be targeted with Electro-Body Sculpting. Electro-Body Sculpting is also proven to promote the release of endorphines, which are natural painkillers produced by the body.