



## EXERCISE AND TREATMENTS

### **Golden Nano Brightening Therapy**

The amazing beauty secrets of re-known ancient women, Cleopatra is wearing golden mask every night for brightening skin and eternal youth. Science has confirmed that gold removes the harmful substances contained in the original gold through nanotechnology, retains the 9999 pure gold element beneficial to the skin regeneration and anti-aging.

### **Muscle Robust 30**

Totally Safe and Painless! The non-contact electromagnetic field technology is used to stimulate the muscles, so that different parts of the muscles can be exercised at high intensity. In 30 minutes, 30,000 movements can be contracted to strengthen the muscles and accelerate fat metabolism. 650nm Infrared promotes the blood circulation and prominent result.

### **Private Pilates Lesson**

Pilates is a stand-alone discipline and will positively change the body in a number of ways when performed on a regular basis. Pilates combines proper breathing, awareness of the spine and horizontal, non-weight bearing exercises to restore symmetry and alignment whilst building strength and flexibility. The individual is assisted to learn and re-educate herself to isolate awareness about her own body's posture. Pilates is a complete fitness method since various Pilates exercises can be done alone aerobically.

### **Personal Fitness Training**

Our fitness professionals guarantee you expert advice and guidance by one on one Personal Trainer services on how to use the equipment in their state-of-the-art gymnasiums. Training can be done in various aspects such as Yoga, Pilates, Boxing and Stretching.

**Living Hair Rejuvenating**

The Treatment is utilizing Cell-electroporation mesotherapy without needle equipment from JBP Japan. The 2 types of premium high concentrations of natural essence, 100% human placenta extract and Rejuvenation anti hair loss nutrition essence, which can help reduce hair loss and blood circulation. This can also relieve muscle tension, shoulders and neck pain and help head relaxation and stress release which is a hair treatment that helps anti-hair loss, revitalize, strengthen and nourish hair.

**Massage & Reflexology**

Massage is delivered to improve the flow of blood and lymph, to reduce muscular tension or flaccidity, to affect the nervous system through stimulation or sedation, and to enhance tissue healing; Reflexology is a series of pressing movements which are applied around the feet to stimulate reflexes linking to every part of the body. It is extremely beneficial for the whole body since toxins are released and circulation is improved.