



Vibrosaun
for **BODY**
& *Soul*

aliento
INVIGORATING MIND & BODY

*Combining heat and
vibration in a reclining
position to simulate the effects
of exercise and massage.*



THERAPEUTIC | RELAXING | REJUVENATING

A state-of-the-art **THERAPEUTIC** dry sauna



VIBROSAUN

Vibrosaun is the result of a long and intensive study by a Medical Practitioner, a Chiropractor, an Osteopath, a Physiotherapist and a Design Engineer.

A state-of-the-art therapeutic dry sauna, Vibrosaun is a self-contained unit consisting of a gently vibrating bed. During treatment, dry heat circulates throughout the unit and fans cool the face. Stereophonic music and aromatherapy are integrated into the headrest, which is outside of the heating unit. All functions can be controlled by the user, or they can be preset to suit each individual's personal preferences. The unit is not locked and can be easily opened at any stage throughout treatment.




Key **BENEFITS** *of* Vibrosaun

WEIGHT LOSS

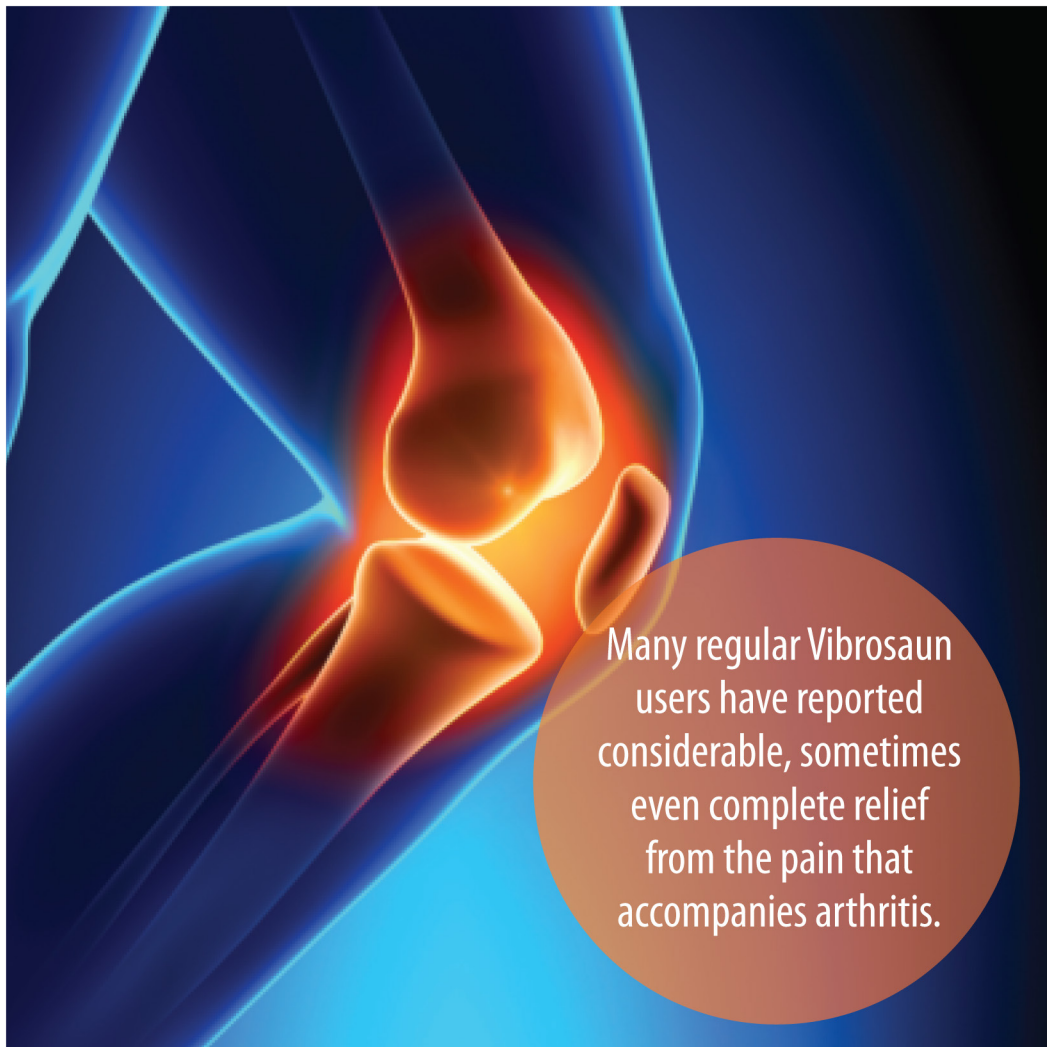
Vibrosaun has proven, over 25 years, to be an effective support tool for weight management.

Vibration relaxes the muscles and simulates movement, whilst the introduction of dry heat increases body temperature. The combined effect of vibration and heat (ranging from room temperature to 82°C) gently tones the muscles, promotes perspiration, dilates blood vessels and increases circulation. When circulation is increased in this way, the body releases stored energy in the same manner as when circulation is increased by physical exercise.

Body cells use oxygen to burn up carbohydrates, such as starch, and then fat cells. Regular Vibrosauns help users to maintain a healthy body weight, whilst improving the health of the heart and blood vessels. They reduce the risk of conditions such as diabetes and improve sleep, energy levels and mental wellbeing.

A close-up photograph of a person's midsection. They are wearing a white crop top and light blue athletic shorts. A yellow measuring tape is wrapped around their waist, and their hands are visible holding the ends of the tape. The background is a soft, out-of-focus blue. In the bottom left corner, there are faint, light blue decorative swirls.

At higher temperatures, weight loss is a primary benefit for regular users. Vibrosauns may be programmed to simulate the effects of a 2-3km jog, without the harsh side effects.



Many regular Vibrosaun users have reported considerable, sometimes even complete relief from the pain that accompanies arthritis.

RELIEF FROM ARTHRITIS

Muscles are dynamic structures that dislike stillness and welcome movement. The circulation of blood to the muscles, and the venous and lymphatic drainage of the muscles, is partly dependent on their rhythmical contraction and relaxation - which pumps nutrients in and waste products out. The gentle massage provided by Vibrosauns helps to reduce the build-up of waste products, such as lactic acid, that cause pain.

This, coupled with the dry circulating heat of Vibrosauns, provides considerable and immediate warmth to joints, helping to reduce pain naturally and effectively.

Vibrosauns provide a natural solution to pain management and relief.

RELIEF FROM TEMPORARY AND CHRONIC BACK PAIN

Gentle vibration, combined with heat, not only relaxes the muscles but as the user is in a recumbent position, the vertebrae are separated, allowing blood to flow unobstructed throughout the spinal column. When pain is registered in the back, the brain sends a message to the appropriate muscles to contract, restricting the flow of blood and placing pressure on the nervous system. The relaxing of these muscles and the increased circulation, when combined with heat and a relaxed state of mind, provide relief and accelerate the healing process.



IMPROVED CIRCULATION

The circulatory system - comprised of the heart, arteries, veins and smaller blood vessels - is the unsung hero of good health. Like breathing and digestion, circulation operates on autopilot but boosting circulation benefits the entire body, including mental processes, hearing and vision.

When functioning properly, blood moves freely through the heart, lungs, arteries, veins, and capillaries, providing the cells with life-sustaining oxygen and nutrients while removing carbon dioxide and other waste products. But if blood flow is obstructed or if blood vessels are constricted, every cell in the body is affected.


Vibration relaxes the muscles whilst the introduction of heat dilates the blood vessels. This increases the flow of blood to peripheral muscles and soft tissues, improving the exchange of oxygen and other nutrients as well as improving the elimination of wastes.

A NATURAL DETOX

Vibrosauns boost the overall wellbeing of the lymphatic system, kidneys, bowel and liver - all of which are responsible for cleansing the body and removing impurities and toxins.



*A natural way to purify
and cleanse the body.*

A close-up photograph of a person's lower legs and feet. They are wearing bright blue athletic sneakers with white soles and pink laces. A pink, fuzzy, wrist-like device (the Vibrosaun) is wrapped around their right lower calf. Their right hand is resting on their right ankle, suggesting a stretch or a moment of rest. The background is a blurred outdoor setting with green trees and a clear blue sky, indicating a park or running path.

Vibrosauns
support the body's
natural desire and
ability to heal.

RELIEF FROM STRESS AND INSOMNIA

Gentle vibration, coupled with heat and increased circulation, lull the body into a sense of deep relaxation and serenity.

Vibrosauns are extremely beneficial for those suffering from stress, depression, insomnia, hypertension or anxiety.

Vibrosauns provide an ideal opportunity to meditate. Research shows that meditation affects your brain in the same way that exercise affects your body – making it stronger, healthier and more efficient. Meditation helps delay, and can even reverse the effects of ageing on the brain and can considerably improve alertness and memory.

Gentle vibration reduces stress by promoting mental and physical relaxation.

RELIEF FROM INFLAMMATION AND INJURY


Vibrosauns relax the muscles, allowing blood to circulate freely around the entire body - assisting in the healing process and providing relief from unwanted muscle and soft tissue aches, pains and muscle spasms. Relaxation and increased circulation accelerate the healing process, increase flexibility and reduce stiffness.

Healing balms Vibrosauns open skin pores and stimulate the flow of fluids and oxygen to the skin, assisting applied healing balms and oils to reach their target areas more quickly, thereby increasing their desired effect.





Regular Vibrosauns
strengthen the heart
and help lower high
blood pressure -
supporting healthy
circulation.



Vibrosauns can be used as an entire treatment or in conjunction with other wellbeing treatments.

CELLULITE REDUCTION

The key features and effects of Vibrosauns are widely considered to be the major contributing factors in cellulite reduction. Many Vibrosaun users have reported a noticeable reduction in unsightly cellulite and fluid retention.



PREPARATION AND RECOVERY FROM TREATMENTS

Vibrosauns relax both the body and the mind, preparing patients for treatments such as spinal manipulation and clinical massage. They reduce the risk of injury to patients due to the calming effects of this relaxed state.

Vibrosauns also provide post treatment relief and can be used to accelerate the recovery process.

De-stress! A high-stress lifestyle causes an increase in the level of catecholamines (e.g. adrenalin) which have been associated with cellulite and increases in abdominal weight.

The inner workings ...

Internal controls allow the user to alter settings whilst in the unit

Contoured headrest area for maximum comfort. The head remains outside of the heating unit and is cooled by an external fan

Left and right speakers are positioned to maximise stereo effect

Headphone jack

Aromatherapy unit - Optional inclusion of relaxing essential oils for an indulgent therapy

Music - Radio, CD & iPhone

Lightweight gas assisted lid is easily lifted by the user



Vibrating bed - adjustable by user

Master switch and aromatherapy controls

Pricing & Packages

SINGLE TREATMENT

30 mins **\$40** | 45 mins **\$50**

INTRODUCTORY PACKS*

Buy two and get one free!

3 x 30 min treatments **\$79**

3 x 45 min treatments **\$99**

**Available to all new Vibrosaun clients*

CASUAL PACKAGES

5 x 30 min treatments **\$185** (\$37 per treatment)

5 x 45 min treatments **\$225** (\$45 per treatment)

ALIENTO MEMBER PACKAGES#

5 x 30 min treatments **\$160** (\$32 per treatment)

5 x 45 min treatments **\$195** (\$39 per treatment)

Members of Aliento's Body Toning & Rehabilitation Studio

FOR YOUR CONSIDERATION

Aliento caters for women and seeks to provide a relaxing, rehabilitating and rejuvenating experience. In order to maintain this experience, we would appreciate your co-operation and understanding of the following:

- Please arrive 10 minutes prior to your initial appointment so that we may review your medical history without impacting upon your treatment time or the treatment time of others.
- Treatment is enjoyed in your own private room without clothing however, you may prefer to wear undergarments if desired
- Aliento unfortunately does not cater for children.

Bookings Essential

Ph (03) 9764 1110 or

Book your Vibrosaun online
at www.aliento.com.au

Terms and Conditions: All Vibrosaun purchases attract a 12 month expiry

aliento 



OPENING HOURS

Mon - Thur 6.30am - 8.00pm

Friday 6.30am - 7.30pm

Saturday 8.00am - 3.00pm

Level 1, 7A Darryl Street Scoresby

p: 9764 1110

e: info@aliento.com.au

www.aliento.com.au

