

What is VacuShape?

VacuShape combines the benefits of exercise and vacuum or compression treatment to reduce fat and cellulite in the lower body

- **Targeted** fat burning for the tummy, hips, thighs and buttocks
- Energy expenditure is 50% higher than a traditional treadmill
- Up to 3x more efficient than traditional cardio exercise at burning lower body fat
- Visibly reduces cellulite, improves skin tone and texture
- Low impact & low intensity
- Suitable for women of all ages and fitness levels
- Reduces post-pregnancy belly
- Personalised programme

Enjoy VacuShape in a private, climate controlled treatment room



Why Women Love VacuShape

- A natural and highly effective method of targeted cellulite and fat reduction
- Boosts metabolism and kick starts weight loss
- Walking pace, intensity and slope are fully customised by each client
- Improves heart health by increasing cardiovascular fitness
- Improves skin tone and texture
- A non-invasive alternative to liposuction
- No special or restrictive diets required
- Sessions by appointment - no waiting
- 30 mins of uninterrupted *ME* time

Results will vary for each person



The Inner Workings

Vacuum Treatment

Women are genetically predisposed to poor circulation around the tummy, hips, thighs and buttocks - resulting in stubborn fat stores in the lower body.

VacuShape operates like a standard treadmill except the walker's lower body is covered by a vacuum pod that creates a lower than normal atmospheric pressure. The lower body experiences increased blood circulation, oxygen and nutrition as the workout continues.

Blood is drawn into the skin and fat layers by the combination of vacuum and exercise, supercharging the metabolic process and ensuring that concentrated fat burning occurs in the fat prone areas of the tummy, hips, thighs and buttocks - where the results are most desired.

Compression Treatment

Compression therapy is like hydrotherapy without the water!

Warm air fills the capsule and buoys the lower body for weightless/anti-gravity training, freeing joints from the strain of percussive impact.

Compression therapy makes cardio training and fat burning possible even for those who have difficulty walking

Compression is also a great recovery programme for high impact workouts.

Infrared (Optional)

Infrared helps to significantly shorten the warm-up phase of training and ensures the faster onset of fat metabolism

Design Your Body

Casual Packages

Single Session	\$45	
6 Sessions	\$240	(\$40 each)
10 Sessions	\$380	(\$38 each)

Casual purchases are prepaid and valid for 12 months

3 Month Memberships

1 Session Per Week	\$32 per week
2 Sessions Per Week	\$58 per week (\$29 each)
3 Sessions Per Week	\$78 per week (\$26 each)

Membership Terms and Conditions

- Memberships run for 3 month (13 weeks) and may be rolled over.
- Memberships may be prepaid or paid weekly or monthly via direct debit from a nominated bank account or credit card. A once-off Ezidebit Establishment Fee applies to all autopays.
- Terminations within the 3 month term attract a one month cancellation fee.
- Memberships may be suspended in advance as required. Retrospective suspensions require the support of a medical certificate.
- Late arrival may shorten treatment time.



LOW IMPACT, TARGETED FAT BURNING FOR THE LOWER BODY



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Your Questions Answered

How long is each session?

A 30 min brisk walk provides optimum results

Do I need to train hard to achieve results?

No. Training under pressure is designed to be low intensity and low impact. Your pulse rate should be between 70 and 130 beats per minute.

How often should I exercise in the VacuShape?

Initially, two to three sessions per week is recommended for a period of 6 – 8 weeks. Three sessions per week delivers an optimum result. You may then decide to continue with further fat breakdown at the same intensity or to stabilise your achieved result by completing one session per week for maintenance or casual sessions as required.

Do I need any special clothes or shoes?

Wear comfortable, light exercise clothing and sports shoes. Bring a water bottle.

What results can I expect?

In clinical trials, even women with persistent fat build-up, who were naturally prone to fat accumulation, lost up to three times more on their thighs using VacuShape than normal fat-burning training. For women who store excess water, these results were even greater.

Are the results lasting?

Long-term studies on women with a predisposition to fat and cellulite have not only shown the longevity of results achieved from VacuShape, but formative tissue in the affected areas has regenerated – turning back the skin's biological clock by up to 10 years.

Can I start slowly and build up?

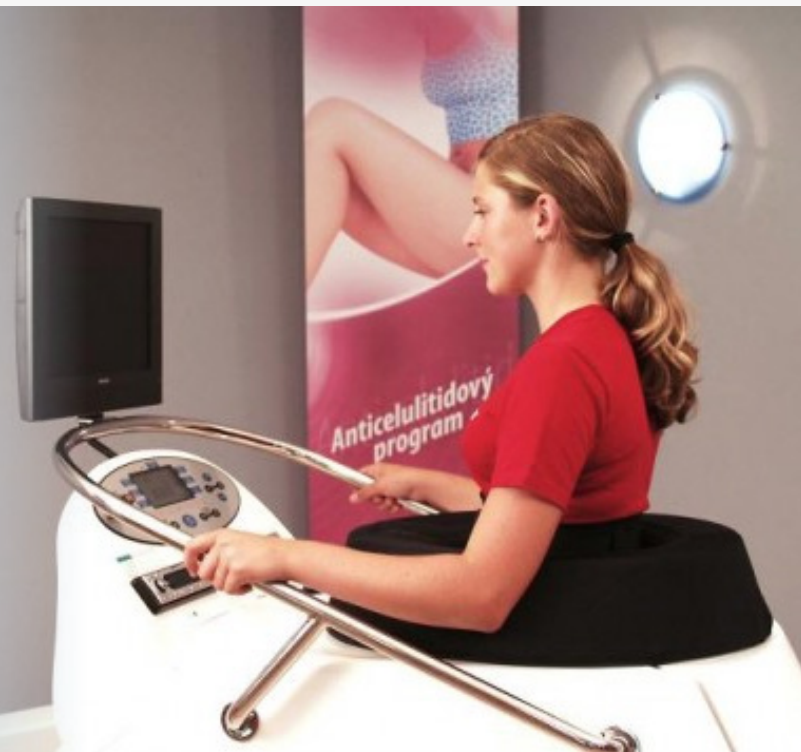
Yes. Walking speed, slope and vacuum intensity are fully customised for each client and can be adjusted as fitness and mobility improve.

Contraindications

VacuShape is not suitable for those with;

- Deep vein inflammation or ulcers in lower limbs
- Thrombosis or lymphedema of the lower extremities
- Type 1 Diabetes
- Heart attack or stroke history
- A history of cancer or tumours
- Insufficiency of liver, heart or kidney
- Cirrhosis of the liver
- High blood pressure - unmedicated

VacuShape is also not suitable for pregnant or breastfeeding women



OPENING HOURS

Mon - Fri 6.45am - 7.30pm
Saturday 8.00am - 3.00pm

