



aliento  
INVIGORATING MIND & BODY

Vibrosaun  
for **BODY**  
& Soul

*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.

aliento



# Key **BENEFITS** *of* Vibrosaun

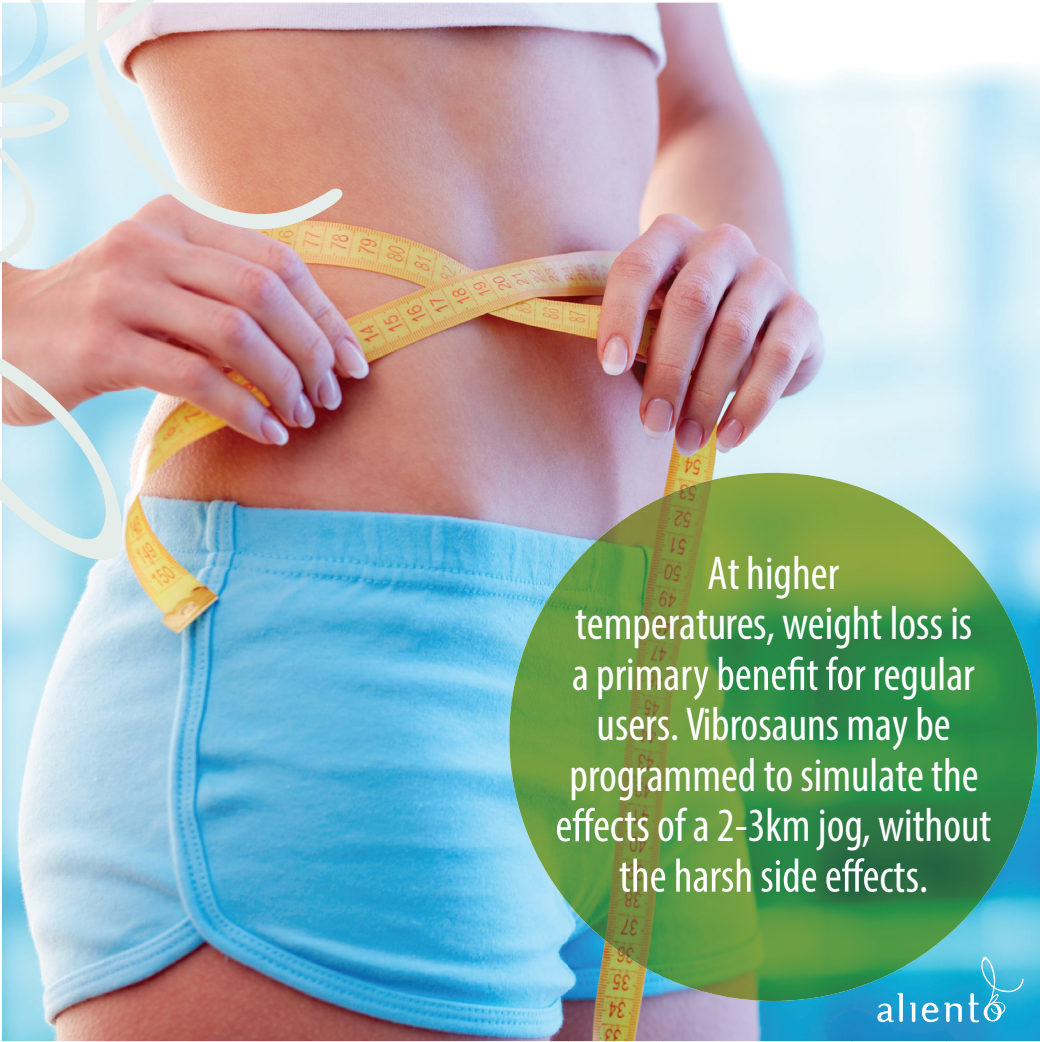
## WEIGHT LOSS

---

**Vibrosaun has proven, over 35 years, to be an effective support tool for weight management.**

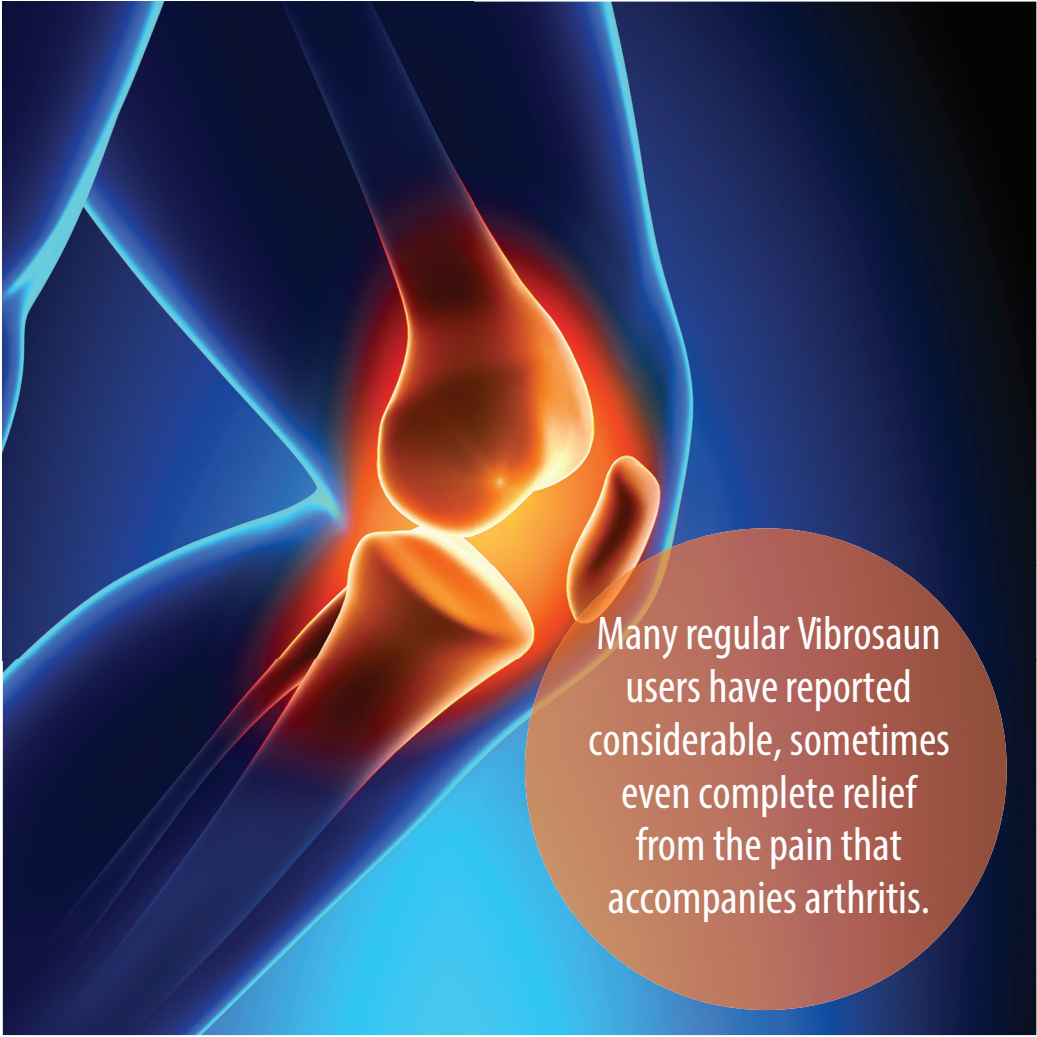
Vibration relaxes the muscles and simulates movement, whilst the introduction of dry heat increases body temperature. The combined effect of vibration and heat gently tones the muscles, promotes perspiration, dilates blood vessels and increases circulation. When circulation is increased in this way, 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 chronic health 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. Their hands are holding a yellow measuring tape around their waist. The background is a bright, out-of-focus blue sky. On the left side of the image, there are decorative white and light blue swirling lines. A large green circle is positioned on the right side, containing text.

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.

aliento



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 Vibrosaun helps to reduce the build-up of waste products, such as lactic acid, that cause pain.

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



*Vibrosaun provides a natural solution to pain management.*

## 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 (to protect), 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.

If lying flat is uncomfortable, a bolster can be placed under the knees during treatment.



## 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.





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

aliento

## 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*



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

aliento 



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 ...*

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

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

Left and right speakers are positioned to maximise stereo effect

Lightweight gas assisted lid is easily lifted by the user



Headphone jack

Vibrating bed - adjustable by user

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

Master switch and aromatherapy controls

Music - Radio, CD & iPhone

## **Bookings Essential**

Ph (03) 9764 1110 or

Book via the free Aliento App or  
online at [www.aliento.com.au](http://www.aliento.com.au)

# Pricing & Packages

## SINGLE TREATMENT\*

30 mins \$45 | 45 mins \$55

## INTRODUCTORY PACKS\*

**Buy two and get one free!**

3 x 30 min treatments \$90

3 x 45 min treatments \$110

*Available to all new Vibrosaun clients*

## CASUAL PACKAGES\*

5 x 30 min treatments \$200 (\$40 per treatment)

5 x 45 min treatments \$245 (\$49 per treatment)

*\*Terms and Conditions - 12 month expiry*

## VIBROSAUN MEMBERSHIPS#

1 x 30 min treatments / week \$32

2 x 30 min treatments / week \$58 (\$29 each)

3 x 30 min treatments / week \$78 (\$26 each)

1 x 45 min treatments / week \$39

2 x 45 min treatments / week \$72 (\$36 each)

3 x 45 min treatments / week \$99 (\$33 each)

## 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 a private room without clothing. You are, however, welcome to wear undergarments/bathers if preferred.
- Aliento does not cater for children.

*#Terms and Conditions:*

- Memberships run for 3 months (13 weeks) and may be rolled over.
- Memberships may be prepaid or paid weekly 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.

aliento 

# Vibrosaun

*Maintain a degree of muscle tone*

*& fitness in a gentle, soothing and relaxing way*

**aliento**  
INVIGORATING MIND & BODY

Level 1, 7A Darryl Street Scoresby

**p:** 9764 1110

**e:** [info@aliento.com.au](mailto:info@aliento.com.au)

**[www.aliento.com.au](http://www.aliento.com.au)**

