

TRIM & TONE SPA IS OFFERING A DISCOUNT TO STATE OF IOWA EMPLOYEES

We would like to offer state employees 50% off the membership fee if they join for 1 year or we can still give the 15% off the individual packages if they do not want to sign for the year.

We now offer a \$100 membership fee and \$40 a month when clients sign for 12 months that gives unlimited access to the Vacustep, Infrared saunas, jade massage bed and leg/foot massagers. We still sell the individual packages on VacuStep, Infrared Sauna, Jade massage bed and leg/foot massagers. Women have been having excellent results losing inches and cellulite with the vacustep.

Here is a description of our services:

1) VacuStep:

This machine is an elliptical trainer inside of a chamber with a vacuum inside of it. It is designed to have you work out for 30 minutes at your fat burning level (monitored by heart rate). You are to wear loose fitting shorts and flip-flops. This allows the vacuum to do its job and improve the blood circulation to the lower body to maximize inches lost and decrease the appearance of cellulite. Most women lose 9" after 20 sessions. The program was designed to have you do the machine for 4-5 times a week for 4 wks and then continue with 2-3 maintenance sessions a week after that.

2) LuxSauna:

This is an infrared sauna that uses infrared heat (110-120 degrees) for 38 minutes. It helps to burn up to 600 cal in ½ hr, detoxify the body of unwanted toxins and acids, dramatically improve the look of your skin and helps with relaxation. It also helps decrease muscle, arthritic or fibromyalgia pain.

3) Jade Heated Massage Bed:

A 30 minute massage to your legs, back and neck. You can use heat and vibration during the massage, if you choose. It helps to improve circulation, promote deep, peaceful sleep, soothe rigid joints, relieve muscle pain and help to decrease stress and anxiety.

4) Shiatsu Leg/Foot massager:

A 15 minute massage to your legs and feet. It helps to improve circulation in your lower extremities, relieves sore and tired feet, helps reduce the build-up of lactic acid, decreases pain and helps you to relax.

5) We also offer Yoga/Pilates classes as a separate service. Classes are M & W in the mornings and in the evening. Classes are 1 hr long and are purchased in 4 wk sessions with 2-3 classes in a week. Cost is \$120 - \$180 for 4 weeks (depending on 2 or 3 times a week).

We are happy to offer unlimited access to 1-4 above (with appointment) for a one time membership fee of \$100 (you receive \$50 off) and then \$40 a month for a 12 month commitment. We still sell the individual packages, but the 12 month membership is a better deal for you.

Contact Joe Johns for more information 331-6507

**Trim & Tone Spa
5525 Merle Hay Road, Suite 135
Johnston, IA**