



"Your Guide to the Spa Lifestyle"

## Latest and Greatest Spa Products

You work out, eat right, but still can't seem to get rid of those pesky extra inches. Sound familiar? You're not alone: Classic trouble spots like thighs, abs and hips are often tough to tackle, no matter how much you exercise. But according to the people behind the innovative Arasys III machine, the key is not how much you work out, but how to maximize muscle activity and get the body to burn fat, not glucose. Using cutting edge technology, Arasys III encourages this kind of deeper muscular contraction while also boosting the body's metabolic rate, creating an almost instant loss of inches, and offering a non-invasive alternative to cosmetic and plastic surgery.

Founded in the U.K. after 17 years of research, Arasys III was developed by Gerry Pollock, the co-inventor of the first pacemaker. In a typical session, clients choose what areas they'd like to target (the abdomen and hips are favorites), then are measured so that any post-service inch-loss can be appropriately monitored. Next, a moist pad is wrapped around the trouble spots, and small pads—similar to those in an EKG—are placed on top. Once the machine gets going, a safe combination of up to 1,000 different frequencies sends a signal directly to the nerves to contract the appropriate muscles, creating a physical movement of the muscles even though the client is lying down. While during regular exercise the body first taps into the glucose from food for energy before moving on to any stored fat, Arasys III gets it to jump ahead to the fat burning stage. The result? A 17-minute Arasys III procedure mimics a 3-hour visit to the gym.



BEFORE

AFTER

First used for the physical rehab of patients with MS or muscle atrophy, Arasys III next proved effective for helping new moms tighten and tone the post-pregnancy flabby bits. Today, the treatment—which launched in the U.S. in 2006—is used by doctors, gyms, plastic surgeons and spas to do everything from jump-start workout regimes and decrease muscle pain to boost the metabolism, shave off inches and tone loose or post-surgery skin. We recently tried that service at New York City's Institute Beaute, and fell in love with the results. Though the sensation was at first a little uncomfortable, our expert therapist guided us through some focused breathing techniques while the machine worked its electromagnetic magic. After about 20 minutes, we'd lost a total of 2 1/3 inches around the stomach, waist and hips—all without breaking a sweat.

See [www.arasysperfector.com](http://www.arasysperfector.com) for more background information, testimonials and how to locate a practitioner near you.

--Sandra Ramani

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