

Weight Loss benefits of Exercise

Promotes Fat Burning on a cellular level – Improves Circulation, Flexibility, Muscle Tone & Cardio-Vascular Health

**Weight Loss benefits of Massage - Scrubs
Body Masks – Aromatherapy**

Releases muscle tensions, reduces pain - Flushes out lactic acid - Eases edema - Increases fat burning - Alkalizes tissues – Balances mood, emotions and stress hormones - Ensures deep sleep - Increases energy - Optimizes Cortisol & Adrenaline system - Promotes skin breathing that increases cellulite and fat burning - Conditions joints and muscles for exercise – Prevents and Rehabilitates injuries.

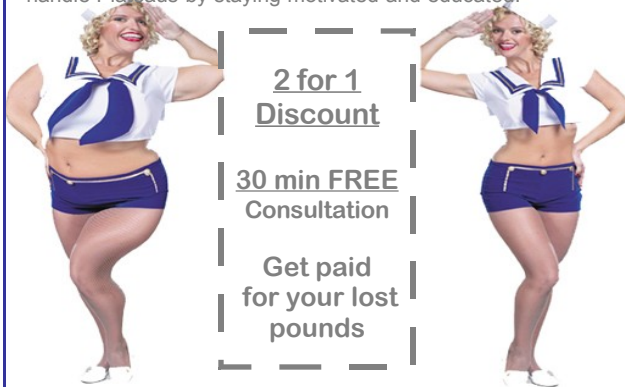
**Healthy Weight loss with Whole Vegan
Raw food – Green Smoothies - Raw Juices**

Vegan food prevents and reverses Diabetes, Cancer, Heart Disease, Stroke, Arthritis and Asthma - Fasting with Green Smoothies (green leaves and fruits) removes food addictions and alkalizes the body - Creates complete nutrient assimilation - Suppresses hunger - Juice Fasting helps with anxiety and depression – Fasting reduces toxicity and Fat deposits through the process of Autolysis.

Developed by the top American Doctors: Dean Ornish, Neal Barnard, John McDougall, Coldwell, Esselstyne, Colleen Campbell, Joel Fuhrman, Doug. Graham, Paul Bragg, and pioneered by the World Expert on Fasting Herbert Shelton

Education - Hypnosis - Guided Imagery - EFT

Reframes compulsive, emotional eating and cravings - establishes Healthy Eating and Living Strategies - Creates powerful body image - Generates interest in Healthy lifestyle - Stops self-sabotaging thoughts and behaviors – Helps to handle Plateaus by staying motivated and educated.



Urban Retreat Day Spa

**Endorphinzzz
Holistic Weight Loss Program
www.endorphinzzz.net**

| | Hypnotherapy | Endorphinzzz | Other |
|------------------------|--------------|--------------|-------|
| | | | |
| Cooking classes | | | |
| Exercise | | | |
| Massage | | | |
| Low Cost | | | |

Starts at Only \$265.00

Eight 1.5 hours semiprivate (2 -3people) \$420.00
Eight 1.0 hours individual weekly \$760.00

Fourteen days dramatic results

Four Hypnotherapy, - Six body treatment sessions – Food preparation Demos – Cardiovascular and Toning Exercises - Lectures \$ 990.00

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