

## Jason Alexander and iBlanket

Jason Alexander, famously known as George Costanza from Seinfeld has been actively working not only as an actor but also as a comedian, singer and a director.

Taking time away from such a busy schedule is crucial to recharge your batteries in order to ensure that you can give your 100% to each task you undertake.

iBlanket is the perfect pick-me-up treatment designed to detoxify your body and give you the intense feeling of relaxation. Available in 30min and 60 min sessions, it is easy to incorporate into your busy routines.

iBlanket works on the principals of infrared technology which effectively penetrates the insulating lipid layer and warms the body from the inside out eliminating toxins through sweat. After each treatment, you're left feeling lighter, clearer and relaxed.



### SPECIAL OFFER

Buy 6 Treatments  
+  
1 FREE Treatment

[Click here for  
more  
information  
on iBlanket](#)



Jason Alexander and Julia Grinberg

# Detox, Slim Down, Relax



## PRESOR Therapy

A method of treatment based on intermittent compression with air (pneumatic massage) to promote fluid/ lymphatic drainage & activate venous return. Treatments are incorporated in many European hospitals, spas & resorts

- Easy and incredibly relaxing
- Fast (immediate benefits in just 30min)
- Rebalance blood pressure
- Relieve tiredness
- Get rid of jetlag
- Cure hangover
- Release general malaise

## Indications

- Cellulite and inches loss
- Blood pressure balancing and normalization
- Relaxation and as anti-insomnia therapy
- As preparatory sessions for fat loss/inches loss therapy
- Stimulating venous return
- Lymphoedema and venous oedema
- Post-operative oedema or oedema due to trauma
- Prevention of thrombosis in the bedridden
- After all general surgery
- After liposuction, body contouring and hydrolipoclasia
- During surgery, to prevent thromboembolism
- Poor peripheral circulation
- Preventing varicose veins/ maintaining normal venous return
- After general anaesthetic—to enhance all body functions

## Contra-indications

- Recent thrombophlebitis; phlebothrombosis ; skin infections
- Lymphangitis; inflammatory arthritis; Gross external varices
- Cardiocirculatory decompensation or cancer
- Serious disorders in blood pressure, eg arterial hypertension
- Myocardial infarction or Cellulitis (as such)
- Neoplasias (recurring and/or active)
- Heart failure , Respiratory failure, Kidney failure



## INFRARED iBlanket

Infrared Thermal Therapy stimulates & increases circulation helping activate the body's natural healing & repairing processes. This special treatment will warm up your whole body in just 20-30min.

It works faster & more effectively than a conventional sauna without causing any breathing difficulties.

- Safe and fast
- Effective and affordable
- Improves blood circulation
- Detoxifies the body through sweating
- Burns fat
- Speeds up metabolism
- Inches and weight loss are common with treatments
- Improves the immune system
- Enhances body's reparative & healing capacity
- Accelerates post pregnancy recovery
- Promotes sleep and wellbeing
- Helps with muscular aches and pains
- Allows for smoother heavy metals detoxification

## Investment

30min session	\$65	2 pack	\$84 (save \$46)
6 pack	\$216 (save \$390)	(Treatments are combinable)	

## Contra indications

- Pregnancy/ lactation
- Multiple sclerosis
- Unstable hypertension
- Predisposition to haemorrhage
- Diabetes
- Acute/chronic edema
- Cholinergic urticarial
- Malaria
- Attempting to conceive (M&F)
- Recreational drugs use
- Superficial metallic implants
- Dehydration
- Heat illness (cramp/exhaustion/stroke)
- Severe hypotension
- Hemophilia
- Neuropathy
- Lymphedema/joint issues
- Acantholytic dermatosis
- Burns/scarring/heat rash
- Systemic lupus erythematosus
- Respiratory issues (past/present)
- Do not eat prior to treatment

### Medications which may:

- reduce perspiration ability [eg. diuretics, barbiturates,  $\beta$ -blockers]
- with a narrow therapeutic index, one out of which is life threatening
- predispose you to heat illnesses when exposed to heat [eg. Sympathomimetics, anticholinergics, tricyclic antidepressants, antihistamines, phenothiazines]