



IONITHERMIE

non-invasive wellness solutions



2010 Winner of
Favorite Anti Cellulite
Treatment – voted by
American Spa Readers!

FIRMS

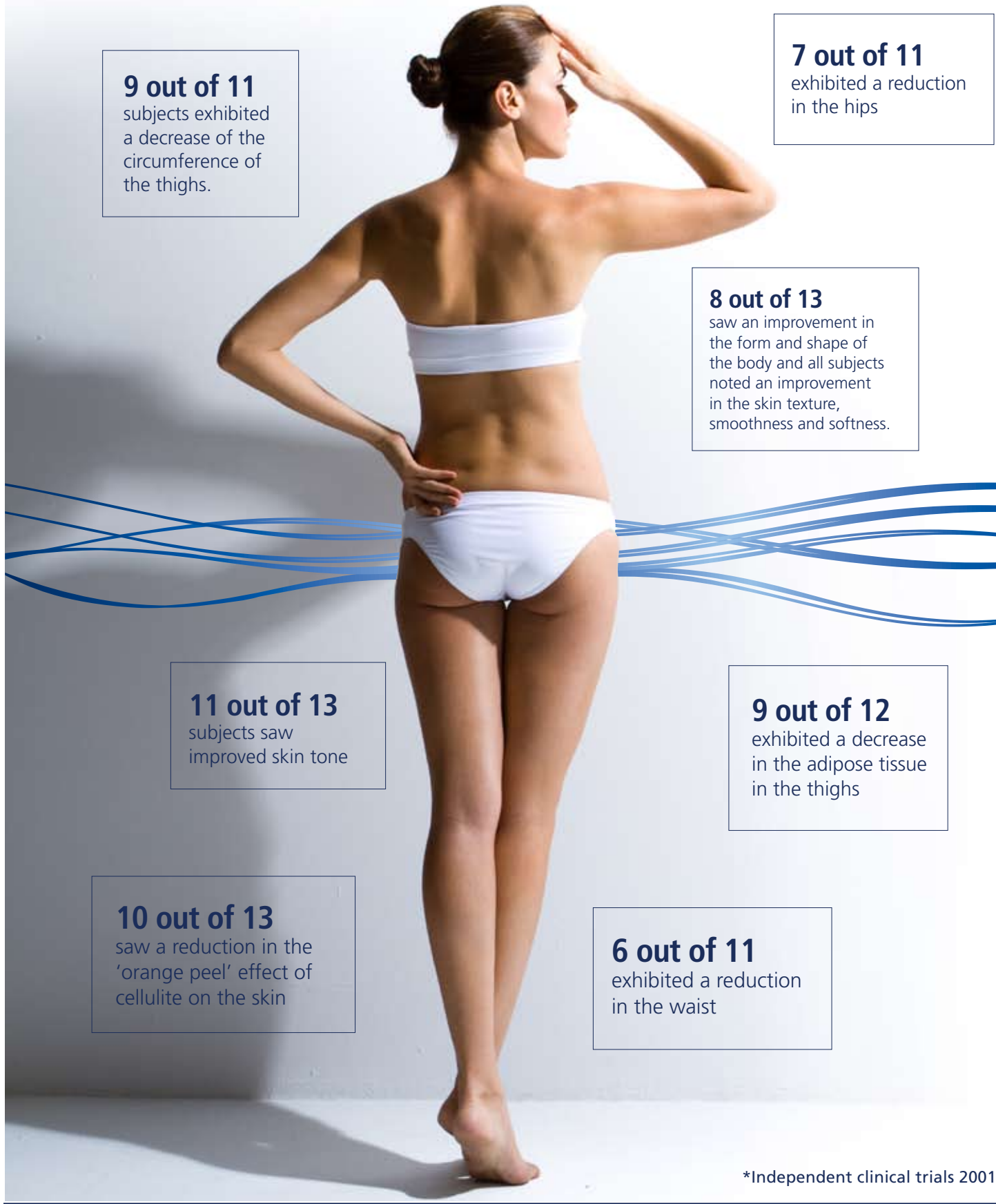
TONES

REDUCES FLUID RETENTION

ENHANCES CIRCULATION
AND METABOLISM

BOOSTS SYSTEM WITH VITAL
TRACE ELEMENTS

Independent clinical trials 2001: These were the official results measured after ten Ionithermie treatments.*



*Independent clinical trials 2001

Ionithermie Offers Wellness Solutions For Women And Men

Ionithermie for firming, toning and detoxifying

Would you like to reduce the appearance of cellulite and lose between 1 and 8 inches in an hour? Well now you can. Ionithermie is a clinically-trialed Parisian treatment developed by the bio-chemist Dr. Oliver Fouché in 1978. It is one of the first non-invasive detoxification, firming and toning treatments to offer both women and men the ability to firm, tone, detoxify and boost the body's internal systems. The results are enhanced when Ionithermie is offered as a course of 3, 6 or 9 sessions, depending upon individual wellness goals. Treatments should be done every other day for maximum benefits for the duration of the program. Since Ionithermie made its debut, 80 million treatments are performed yearly in the USA alone. If you wish to continue the program once you are home, Ionithermie is offered in almost every state in the USA and also Canada, South America and in the Caribbean as well as throughout the United Kingdom and Europe.

Ionithermie is a treatment that assists the body to release trapped fluids that create an uneven skin texture and pockets of fat, while at the same time working out the muscles and replenishing the skin with vital trace elements. The full treatment requires the use of the Ionithermie homecare regimen, which is used in conjunction with your treatments for the duration of 12, 24, 36, 48 or 96 days depending upon your particular program. While results will occur with just one treatment, to get the maximum benefits, the homecare continues to break down the fluids in between services, thereby cleansing the internal systems more expediently.

Ionithermie for spot reduction and lifting

If you work out regularly and need a little help to firm and lift the buttocks, then opt for a course of the Ionithermie Cheek Lift, which literally focuses on the buttock area. Similarly if the abdomen tends to be the problem area, you can opt for Ionithermie tummy toning sessions instead. Ionithermie is customizable to address your unique concerns.

Ionithermie for relief from varicose veins

If you suffer from heavy legs associated with varicose veins, or are prone to water retention in the ankles and feet, then try the Ionithermie Revitalizing Leg Therapy. After just one treatment the strain and heaviness is eliminated from the feet to the knees. A wonderfully relaxing treatment, the Ionithermie Revitalizing Leg Therapy is as luxurious as it is therapeutic.

The Ionithermie Procedure for Wellness, Firming and Toning

STEP 1



After a consultation, your therapist will measure above the knee, middle thigh, upper thigh, hips, abdomen, upper waist and/or the arms, depending upon your customized program.

STEP 3



A warm blue clay is applied and the Galvanic and Faradic stimuli is activated propelling the active ingredients into the areas being treated.

STEP 5



At the end both you and your therapist will discuss the results and the Ionithermie products that should be used as part of your customized program.

STEP 2



Your therapist will apply the active ingredients to the body.

STEP 4



Your therapist will remeasure your body in the same places and record the results.



How does Ionithermie Work?

Ionithermie is for both women and men. Using the powerful detoxifying benefits of marine plants, combined with galvanic and faradic stimuli, Ionithermie enhances your body's natural functions. Galvanic stimulation begins the process of ionization, converting the molecules of actives (organic Algae, Ivy, Kelp, Guarana Extract, Amino acid, RNA and ATP) into an Ion and essentially freeing them so that they can penetrate through the layers of skin and break down trapped fluids that cause pockets of fat. Faradic stimuli is an alternating and interrupted charge that causes the muscles to flex and relax rhythmically and automatically, helping to stimulate lymphatic drainage and increase circulation often causing immediate inch loss. Ionithermie can be offered to focus on a particular area: hips and thighs, buttocks and hips, abdomen and arms, or we can offer an overall overhaul, focusing on each area per treatment in a course.

What is involved in the treatment?

This treatment crosses the boundaries of spa and medi-spa treatment category and you will be required to fill out a consultation form to ensure this treatment is suitable for you and so that you can properly identify your areas of concern. Once your course of treatment is established, you will be measured in up to 12 places on the areas being treated from the midriff to above the knees on each leg. The areas measured will be marked, so we can re-measure in the same area, and record the results upon your personal card. An alchemy of active ingredients will be massaged into the skin, before you sit on a warm clay mask. Electrodes are applied to the areas being treated, making the absorption of active ingredients possible. The treatment itself is pleasant. The clay is warm and the faradic stimuli feels like a deep massage in every area where an electrode is placed. While your treatment is in progress, your therapist will talk to you about your lifestyle, diet and the Ionithermie at-home program, which will enhance the detoxification process. For maximum benefits after your first treatment you will apply the homecare, every morning 12 – 96 days depending on your program.

Ionithermie for spot reduction and lifting

Ionithermie is a wellness treatment designed to help you achieve your goals. Sometimes an extra boost in areas that don't seem to be responding to diet and exercise is all you need to achieve the results you want. The Ionithermie Cheek Lift offers excellent results, lifting the buttocks by firming the gluteus maximus – the largest of three gluteal muscles that is responsible for the shape of the buttocks. Often after one treatment, a notable difference can be seen and the buttocks are definitively lifted.



The Ionithermie Procedure for Abdominal Definition

STEP 1



After a consultation, your therapist will measure the abdominals.

STEP 3



A warm blue clay is applied and the Galvanic and Faradic stimuli is activated propelling the active ingredients into the areas being treated.

STEP 4

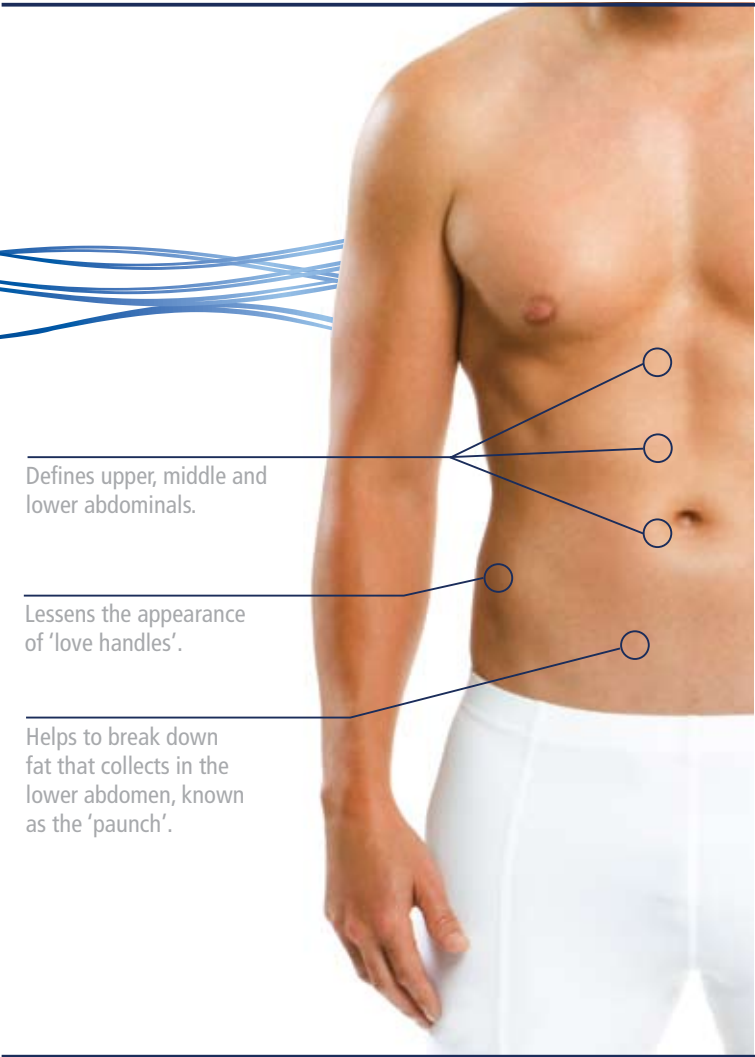


Your therapist will remeasure your body in the same places and record the results. Following the treatment your therapist will discuss the results and the Ionithermie products that should be used as part of your customized program.

STEP 2

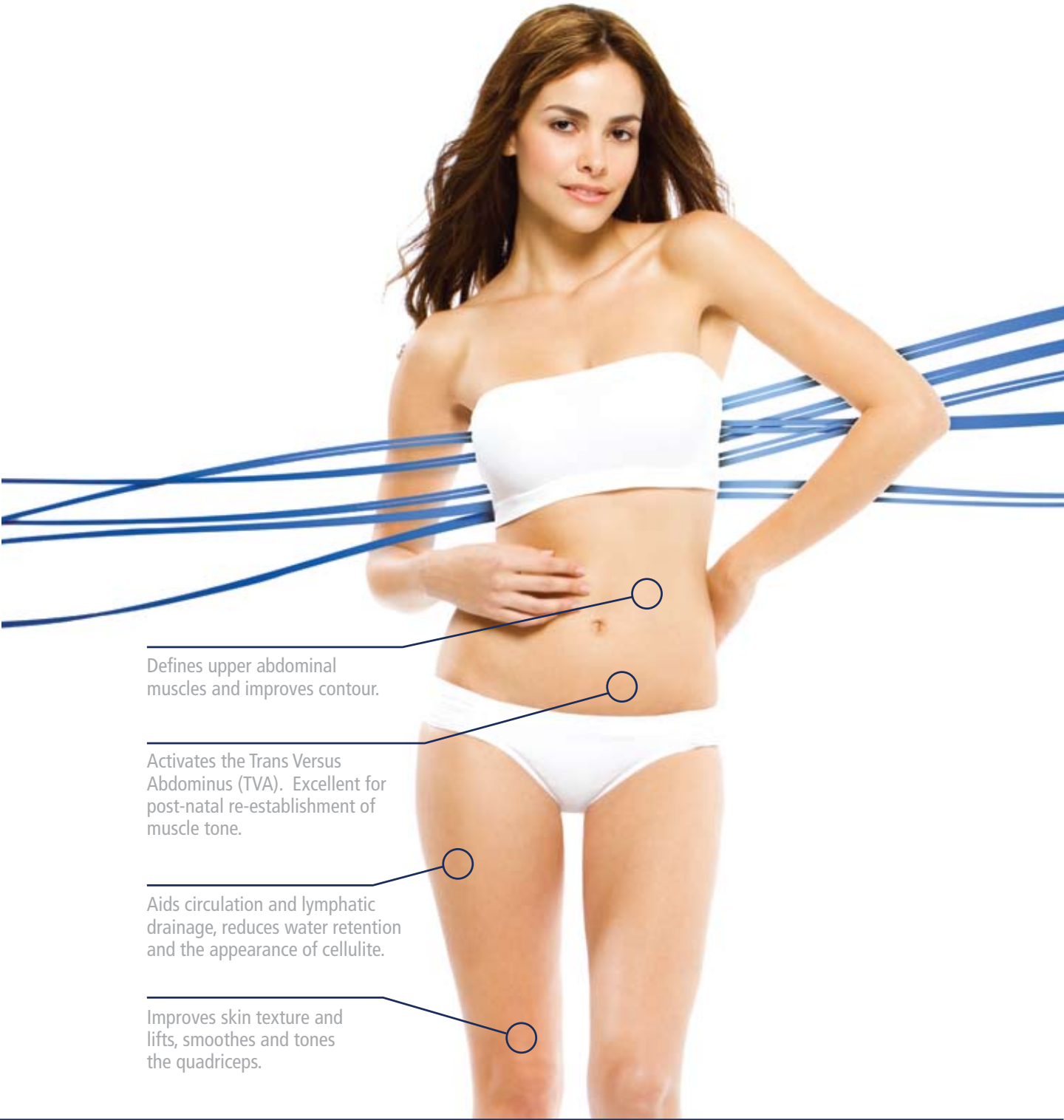


Your therapist will apply the active ingredients to the body.



Case Studies

Four models ranging from the 20's to 50's with different body types experienced nine Ionithermie wellness treatments over a period of three weeks. Pictures were taken before the first treatment and after the third, sixth and ninth treatment. All models applied the homecare between treatments.



Ionithermie Case Studies

4 female models, from different age groups, diverse lifestyles and body types agreed to do a course of 9 Ionithermie treatments over a course of 3 weeks. In conjunction with the treatments, each model used the Ionithermie homecare program consisting of body brush, Tonic Silhouette, A&B ampoules, Pro-Metasyteme and Lait Pour Les Corps. The models agreed to combine their Ionithermie program some positive non-intrusive lifestyle changes including: drinking lots of water and reducing the intake of processed foods and alcohol. This study was performed internally by The OnboardSpa by Steiner at a Steiner-owned spa by professional spa therapists and is not an independent clinical trial.



Case Study 1 (LOST 14.5 INCHES)

Age: 28 years old
Lifestyle: Active
Diet: Conscious eating habits/vegan
Work out: Goes to the gym 5 times per week
Body type: Tall and slender
Main concern: Accumulation of water around the waist and abdomen area. Model would like a more defined waist and a flatter, more toned tummy.

Therapist observation: Model is in very good shape, but still holds water in the abdominal area and finds it hard to tone up in this specific area. This is mainly due to a sluggish circulation, which will be improved by Ionithermie. Area of focus will be the abdominal region, with some treatments incorporating the hip and thigh area.

Results: After 9 sessions a total of 14.5 inches were lost. Model's natural waist decreased by 2 inches and lower waist decreased by 2.7 inches. All together model lost 7.8 inches on the abdominal area and a further 6.6 inches on the thighs and hip area.

Model's own observation: "I enjoyed the treatment and I felt it drained all the excess fluids from my stomach area. Immediately my stomach was flatter. As I really do take care of my health and am at my optimum weight, my goal was to achieve more definition which I felt was achieved after 3 sessions."



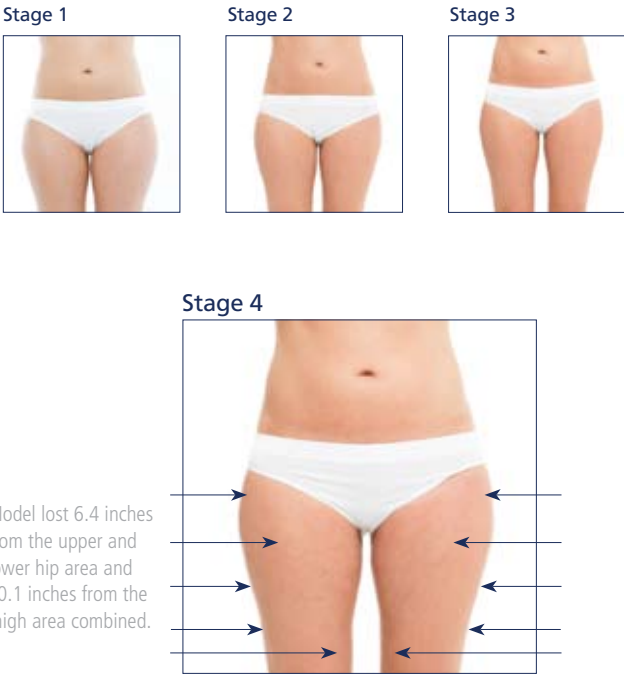
Case Study 2 (LOST 20.3 INCHES)

Age: 34 years old
Physical Lifestyle: Fairly Active
Diet: Eats most things and sometimes too much
Workout: No fixed workout routine, but does engage in high energy activities, like hiking, jogging and skiing. Jogs once a week at the moment.
Body type: Within recommended weight to height ratio, but has a tendency to carry more weight on the hips, buttocks and thigh area. Model has an hourglass figure that can be emphasized with Ionithermie.
Main Concern: Mid-section, stomach, love handles, buttocks and thighs.

Therapist observation: Model has a body type that responds quickly to exercise and diet and is in good shape. Her body type naturally accumulates weight on the hips, buttocks and thighs, but model also wants to trim the midriff area, so treatment focus will be distributed to both areas.

Results: After 9 sessions a total of 20.3 inches were lost. Model lost 6.4 inches from the upper and lower hip area and 10.1 inches from the thigh area combined. All together the model lost 16.5 inches from the thigh and hip area and 3.8 inches from the midriff and waist area combined.

Model's own observation: "After the very first treatment I noticed a huge difference in my waist. After the 4th session I noticed that my clothes had become loose! Overall I was really pleased with the results.



These internal trials were performed by voluntary models by therapists at a Steiner-operated spa.

Case Study 3 (LOST 18.9 INCHES)

Age: 47 years old
Lifestyle: Fairly Active
Diet: Tries to eat healthily but is not very strict.
Workout: Does not work out at the moment, but used to walk 3 miles, 3 times per week.
Body type: Within recommended weight to height ratio, but collects weight around the waist/hip and buttock area.
Main concern: Lose inches and smooth the appearance of cellulite.

Therapist observation: Model has the early stages of cellulite and fluid retention that accumulates in the abdomen area. We will focus on the upper waist to the tops of the knees for a general firm and tone. Model's metabolism is very healthy and she noticed a difference immediately.

Results: after 9 sessions 18.9 inches were lost. Model lost 7.5 inches from the overall waist area and 11.4 inches from the thigh and hip area combined.

Model's own observation: "After three treatments I could actually fit into a pair of jeans that I hadn't worn for two years. I also lost 3 pounds which may have been a mixture of water retention and weight loss from eating healthier during the 3 week test."



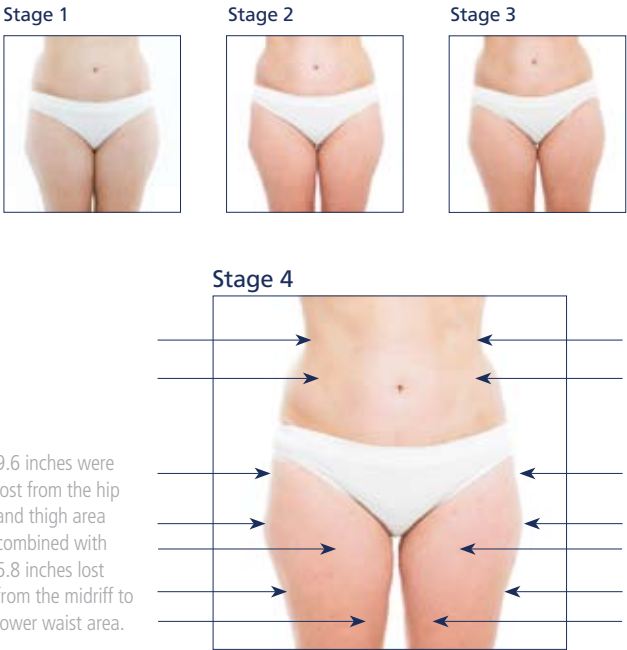
Case Study 4 (LOST 16.4 INCHES)

Age: 53 years old
Lifestyle: Not very active
Diet: Tries to eat healthily but is not consistent. Wants to cut down on red meat.
Work out: Walks on a treadmill 3 to 4 times a week.
Body type: Body needs toning but in overall good shape.
Main concern: Metabolism has become fairly slow and model is prone to weight accumulating on the thighs and buttocks. Model would also like to trim the waist.

Therapist observation: Model has very dry skin and poor circulation resulting in fluid retention around the knees and also resulting in saddle bags and broken capillaries on the upper thigh. After three sessions skin texture was notably improved as was the fluid retention.

Results: After 9 sessions 16.4 inches were lost. 9.6 inches were lost from the hip and thigh area combined with 6.8 inches lost from the midriff to lower waist area.

Model's own observation: "I noticed after three treatments that my jeans were looser and this result has lasted even though I finished my course weeks ago. I also noticed that the skin on my thighs felt much tighter and firmer. I am very pleased with the results."



These internal trials were performed by voluntary models by therapists at a Steiner-operated spa.

Ionithermie Assists Heavy Legs

The Ionithermie Revitalizing Leg Therapy is a treatment you should consider if you suffer from water retention in the knees, calves or ankles and if you suffer from heavy leg syndrome. This highly relaxing treatment helps to soothe the legs by using anti-inflammatory Cedar infused Himalayan Salts, Green Coffee and Yerbe Mate which prevent lipid build up in the adipocytes and Micro-Algae which protects and stimulates collagen fibers in the conjunctive tissue. These effective ingredients combined with lymphatic drainage massage techniques help to boost the circulatory system, expelling excess fluids from the body. The Ionithermie Revitalizing Leg Therapy reduces swelling in the legs and offers great relief after traveling by air or ship for long distances, excessive walking or standing and if your circulation needs a boost.



Ionithermie is part of a healthy lifestyle

Ionithermie is a wellness treatment. While after just one treatment there will be a measurable difference (most client's lose between one to eight inches), true results are seen when Ionithermie is combined with a healthy lifestyle.

What is a healthy lifestyle? Very simply put, it is a balanced lifestyle that includes physical exercise, healthy eating, rehydration and enough sleep. It is a lifestyle that manages to cope with the daily stressors healthfully, so as not to overburden the body with stress hormones and toxins.

Ionithermie helps you cope with the daily toxins that make their way into the body through food, environment, alcohol/drugs/medicine and stress by helping to release them back into the lymphatic system to be exported from the body. Toxins in the body are poisons that are stored away from the vital organs. In women, this is normally the tops of the thighs, buttocks and the arms and in men, the abdomen, back of the neck and chin. However, each of us have a unique physiology and so toxin and fat storage locations vary from person to person. What is very important is that toxin storage and fat build up, wherever it is, can be a burden on the body's internal cleansing system, making the metabolism and circulation sluggish and less efficient. Ionithermie infuses the body with trace elements as well as metabolism motivators (Ivy, Algae and Guarani Extract) to ensure that the body's entire system is given a vital boost. The result is a healthier, more efficient internal cleansing system.



What can you do to help yourself?

1



Eat organic food, cut out or if you can't, cut down on red meat and dairy products. If you do eat red meat, ensure it is grass fed. If you eat dairy, ensure it is organic and at the very least no hormones have been added. Why? Non-organic foods are infused with pesticides which are best avoided as much as possible.

2



Eat little and often, but don't snack. If you like eating three times a day, that is fine – but the body finds it much easier to cope with smaller quantities of food eaten at more regular intervals. You really can eat up to five times a day. However, do not snack. The snacking habit is responsible for many unnecessary excess pounds.

6



For those who are already inclined, become vegetarian. Eliminate saturated animal fats completely from your diet. However, see a nutritionist to ensure you don't fill your body with empty, fat forming carbs. You want to be a healthy, trim vegetarian, not an unhealthy overweight one! (Vegetarians often put on weight rather than lose it because their grain consumption increases, but this is not necessary).

7



Exercise a little bit every day and engage in more powerful workouts 3 to 4 times a week. Your daily exercise could be as simple as a 30 minute walk. Your more focused longer workouts could be yoga, cardiovascular exercise like jogging or cycling or time spent in the gym for at least 45 minutes to 75 minutes. As many jobs are sedentary, it is vital that some daily effort goes into moving the body and stretching.

3



Eat when you are hungry and not before. Your body is wise and it will tell you when it needs to be fed or rehydrated. Your only job is to listen and then provide it with what it needs. On the other hand, never wait until you are ravenously starving to eat – you are bound to over eat and eat anything that is put in front of you.

4



Become an avid label reader. If there are more than five ingredients on a food list, it is probably over processed and rife with artificial ingredients. Unfortunately sometimes it is hard not to eat processed food, but try to cut down and become more aware of what you are putting in your body and always ask if there is something else you could have, like an apple or banana, instead of, for example, a packet of chips.

8



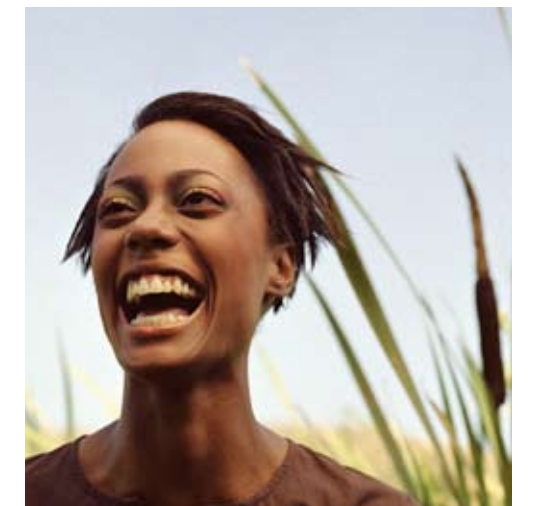
Drink alcohol moderately. A glass of wine with dinner or just at the weekends is fine. Excessive drinking puts a burden on the liver and is never good. Obviously if you smoke, cut down or if possible stop altogether.

10



Sleep at least 6-8 hours every day. We all have different needs, but it seems most of us benefit from at least 6 hours. During sleep time, the body repairs itself and keeps you trim. People who suffer from insomnia, generally have a much harder time losing weight.

9



Destress and declutter your life. Stress creates toxins in the body and unless you vigorously work out to eliminate these stress hormones, the chemicals remain in the body and can eventually make you feel very rundown. If you do have a very stressful life, you owe it to yourself to try and find psychological and emotional ways to deal with it so that it does not have a negative effect on your health.

5



Get back in the kitchen: home cooking is the healthiest and it is the only prepared food that you have full knowledge of all ingredients.

Continuing Wellness at Home: Ionithermie Homecare Regimen



Step 1

Ionithermie Tonic Silhouette

Tonic Silhouette cleanses the body and calms and soothes the skin with Allantoin, Cornflower, Vitamin A, Vitamin E and Witch Hazel.



Step 2

Ionithermie Ampoules A+B

These individually packaged ampoules help to smooth and beautify the skin's texture. Ingredients include algae, fucus vesiculosus (seaweed extract), guarana extract and ivy extract.



Step 3 Ionthermie Pro-Metasysteme

This rich cream is the final step to firm and moisturize the skin. This slimming aid strengthens and cleanses the body with algae, almond oil, ATP adenosine triphosphate, fucus vesiculosus (seaweed extract), guarana extract and lemon.



Step 4

Lait Pour le Corps

This light body milk soothes the skin with Avocado oil following your Ionithermie program. Apply liberally to the body to keep the skin conditioned, hydrated and healthy.

AREAS	IONITHERMIE RECORD SHEET																		TOTAL CHANGE
	TREATMENT 1			TREATMENT 2			TREATMENT 3			TREATMENT 4			TREATMENT 5			TREATMENT 6			
	BEFORE	AFTER	RESULTS	BEFORE	AFTER	RESULTS	BEFORE	AFTER	RESULTS	BEFORE	AFTER	RESULTS	BEFORE	AFTER	RESULTS	BEFORE	AFTER	RESULTS	
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UPPER WAISTE																			
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