

# Burn Kilojoules While Reading eLocal!

Enhance Body & Soul is the latest 'new and exciting' thing to happen in Pukekohe.



Jo Hunt - Enhance Body & Soul

With all this fuss over the dreaded recession we believe it's time to get over it and get healthy, fit and gorgeous for summer – that goes for the guys too! Combining the proven benefits of Vibration Training with the renowned success of the SureSlim wellness programme, Enhance offers something for everyone, whether you're young or old, fit or have never exercised before. Many professional athletes are using Vibra-Train as part of their regular training as it gives a unique workout, totally different from other types of conventional exercise. As a hesitant gym goer myself, I was at first sceptical about this form of exercise but after trying it once I was blown away by the fact that I got the same high and felt like I'd been at the gym for an hour and a half in only 10mins, I'm now getting great results using it for just 10mins 3 times a week. At Enhance we offer an holistic approach to health and well being, so along with combining exercise and SureSlim's lifestyle plan we also have an exciting piece of equipment called an Infrared Sauna.

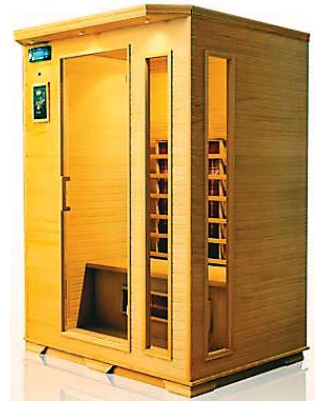
Imagine burning kilojoules while relaxing and reading your favourite magazine! (hopefully eLocal – editor). Unlike conventional steam models, saunas utilizing infrared heaters are far more comfortable to use: The air is easier to breathe, surfaces do not heat up, so you'll never burn yourself on the sauna's benches or walls, and you will accomplish a deeper sweat at a lower temperature. Infrared rays

heat your body rather than the air inside the sauna which is the same sensation you get when you lie in the sun, without the hazards of skin-damaging UV rays. Studies also show that the sweat produced in an infrared sauna is around 80% water and 20% toxins, whereas your conventional steam sauna has you sweating 97% water and only 3% toxins. Also believe it or not it has been medically proven that your body is furiously burning kilojoules while you are relaxing in the sauna, and because there is no steam you can even read your favourite book.

When you try our sauna you will experience relaxation, gentle warming, and a release of joint pain and inflammation in the body. As you sit longer in the sauna, you should continue to have immediate relief from inflammation, your circulation will be enhanced, and your skin will detoxify. The best part is this whole process with infrared therapy takes less heat than a regular sauna, and is more effective than just plain dry heat. It is easy to feel the difference. And most importantly, this is not a chemical—so it encourages your own body's cycles to become healthy with no side effects!

So what are you waiting for, take advantage of our opening specials, and Enhance yourself today!

**For more information phone 0800 427 010, or visit 14 Nelson St, Pukekohe ■**



New to Pukekohe Infrared Sauna - available at Enhance Body & Soul

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