

Winter Special

3D DETOX PACK

Special Price \$330

Save \$110

Including:

MINI DETOX PACK

2 COLON HYDROTHERAPY

Sessions

+

PROGRESS TEST

1 hour Naturopathic Consultation

ESTECK 3-D Body Scan

Urine Study for

Heavy Metals

pH,

Parasites

Winter Special

MINI DETOX PACK

Special Price \$231

SAVE \$99

Including:

LIVER GALLBLADDER BOWEL FLUSH

KIDNEY BLADDER FLUSH

2 COLON HYDROTHERAPY

Sessions

Winter Special

DETOX SPA PACK

Special Price \$197

SAVE \$45

Including:

2 HOURS OF INTENSE

DETOX & RELAXATION

TREATMENTS

30 minutes ThermoDome

30 minutes Detox Foot Spa

30 minutes Ultrasonic Body Spa

Full-body Detox Clay-Wrap

HEALTH COACH CENTRE

33 Tallebudgera Creek road West
Burleigh, QLD 4219

www.healthcoach.net.au

5520 2766

Monday – Friday, 10am – 6pm

We Want You to Get Through Winter Well and Happy

Dr. Thomas recommends the most suitable treatments and procedures to disease prevention and Healthy Ageing in Body and Mind

FULL-BODY DETOX CLAY-WRAP

This is a nurturing, pampering treatment and the benefits of using white French active clay are:

- * Firms, Tones and Cleanses the Skin
 - * Rids the Body of Toxins
 - * Reduce Cellulite as it compacts fatty tissues and tightens the skin.

The Clay comes from mother rocks, transformed after centuries with the help of time and water and is gorged with trace elements, rare mineral salts such as: Silica, Magnesium, Calcium, Copper, Potassium, Manganese, Selenium, Iron, Sodium, Zinc.

All the elements act in a synergy, some pick up impurities, some drain impurities, while others activate cellular replenishment.

COLON HYDROTHERAPY
with Medical Grade Oxygen inhalation to remove accumulated toxic waste, worms and parasites.

Stimulate & re-establish natural elimination processes.

Start with 15 minutes Detox ThermoDome followed by 45 minutes Colon Irrigation with Oxygenated Water through disposable speculum

NATURAL DETOX FLUSH

- **Liver Gallbladder Bowel Flush**

To clean the Digestive System.

Should be repeated every 3 months to maintain proper digestive functions.

- **Kidney/Bladder Flush**

To cleanse the Urinary System. Should be repeated every 3 months to maintain proper Kidney/Bladder functions.

ThermaDome

Get your metabolism back on track
A simple, new, affordable infrared heat treatment helps to boost your metabolism – while you relax.

If you don't or can't exercise, the new Detox ThermaDome helps:

- Accelerate detoxification
- Boost your metabolism and soothe a tired aching body
- Renew energy and rejuvenate skin
- Improve digestion and elimination
- Fight stress and nervous tension
- Promote better sleep
- Target cellulite and premature ageing
- Slimming and toning

Ionic Detox Foot Spa

The Ionic Detox Foot Spa works to dramatically remove toxins from your body through your feet. The foot spa accomplishes this by energizing the water and has the following benefits:

- Liver Detoxification
- Purge Heavy Metals
- Increase Energy and Reduce Stress
- Internal Cleansing with Full Body Purge
- Improve Sexual Health
- Improve Memory as Sleep
- Liver, Kidneys and Parasite Cleanse
- Enhance Immune System

The Detox Foot Spa cleanse system is a professional detoxification system which helps with total body purification and is therefore a powerful add on to every detox program

Ultrasonic Body Spa

- Natural Ultrasonic Waves
- Ozone and Negative Ions
- Far Infrared Rays

Total Body Massage and Lymphatic Drainage

Enjoy the relaxing sensation of simultaneous massage of at least 320 acupuncture points in your body and total relaxation of your nervous system

Deep Cleansing

Allow the Ultrasonic waves to cleanse your pores and skin without the harsh irritants of soap. Feel fully nurtured as the ultrasonic waves and anions penetrate your skin and stimulate your cells. Skin becomes firmer, smoother and more resilient.

Exercise and Relaxation

Relieve fatigue that rests deep in your muscle tissue and bones. Experience complete relaxation while the massaging effect helps to burn extra calories.

Call the Clinic for an appointment
between Monday-Friday, 10am-6pm



“I believe, the most powerful idea in protecting health today is regular person-specific, three dimensional – self-detoxification on all three levels of human existence, Intellectual/Physical/Emotional-” Dr.Thomas

“Every human being is the author of his or her own health or disease” - Sivananda

WHY DO WE NEED TO DETOX?

Our exposure to toxins is higher now than at any point of time in human history. So many aspects of our lives contribute to our toxic burden without our awareness. While many of us probably have some idea that being around pesticides, chemical fertilizers, preservatives, taste/color enhancers or industrial pollutions and car exhaust probably isn't good for us, most of you would probably be surprised to know that, for example, the fire retardants present in virtually everything in our homes also expose us to toxins. Even our carpeting in the house outgases over 12 chemicals known to cause cancer. Toxins damage cells, disrupt our endocrine system and impair the body's ability to absorb nutrients and heal itself.

Worsening the state of our health is our increased need for nutrients resulting from eating empty “supermarket food” drinking soft drinks and tap-water, our use of antibiotics, medications and our biggest enemy – our highly stressed life style. When it comes to detoxification there is more than just the physical toxins we must reduce. Our body's coping mechanism is tuned to 3 dimensions: Physical, Emotional and Intellectual. Our brain, most of the time uses this 3-D calculation to handle our life. Therefore, for best results, we should use 3 dimensions in detoxification as well. That will help us to handle the 4th Dimension - the effects of our micro-environment.