

SUPERIOR SERVICES ★★★★★

Dr Gunn's Wellness Studios offer a range of superior services

Prevention is better than cure and rehabilitation is better than replacement. How would you know if you are suffering from excessive stress? When you live with ailments for so long, you may believe them to be incurable or accept them as part of life and the ageing process. You may be selling yourself short. Dr Gunn's Wellness Studios have a range of superior services to help improve any physical or mental challenge.

FITNESS AND BODY TONING



The Power Plate is the latest in health and wellness technology, using high speed body vibration to achieve increased muscle strength, flexibility, co-ordination, bone density and tone. The power plate machine was invented for astronauts to keep them healthy and in space longer, with no ill effect. 20 minutes on the machine 3 times per week is the equivalent to hours spent in the gym.

THERAPEUTIC MASSAGE AND STRESS RELIEF

Professional therapeutic massage by accredited therapists for muscle tension, relaxation, improved blood and lymph flow and stress relief.

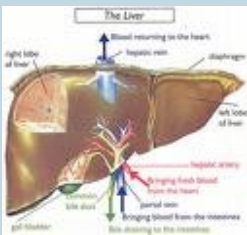


WEIGHT LOSS & CELLULITE REDUCTION

We follow a holistic approach to weight and cellulite reduction, incorporating education, diet, nutritional supplements and using Power Plate vibrational technology.



DETOXIFICATION AND CIRCULATION



The combined effect of healthy diet, water and nutritional supplements, plus massage

and the Power Plate, promote cellular detoxification and improved blood and lymphatic circulation.

ADDITIONAL SERVICES

WELLNESS EDUCATION & TRAINING

SKIN CARE & REJUVENATION



Superior quality, scientifically validated skin care products and professional advice is available at Dr

Gunn's Wellness Studios.

Dr Gunn's Wellness Studios offer professional educational talks, lectures, seminars and workshops for corporates and communities, conducted by a team of doctors, psychologists, allied health professionals and other experts in the Wellness industry.



PHYSICAL & MENTAL HEALTH STATUS PROFILING

Dr Gunn's Wellness Studios use a range of tests and devices to determine general health status, physical intelligence, emotional intelligence, spiritual intelligence, stress levels and financial intelligence.