All-Natural, Organic Supplementation

We provide only the highest quality supplementation to help you lose weight and maintain optimal health! Solutions4 products are free of fillers and all ingredients are sourced locally (with the exception of the top quality protein found in Nutritional Shakes, which comes from an organic, grass-fed, free-range dairy in New Zealand).

Solutions4 Detox Kit or 7 Day Cleanse



This kit is designed to deep clean your body from the inside out. Each kit comes with three potent, synergistic supplements to ensure that your detoxification is extremely effective, and that the results are long lasting.

Facials

Our **Certified Estheticians** provide a variety of professional facial treatments with satisfying results.



Massage Swedish, Thai, Sports, Deep Tissue, Prenatal Our Certified Massage Therapists offer some much-needed time for you to switch off and relax, recharge, reflect, detox and beautify.

Far Infrared Sauna

Far Infrared Sauna energy causes you to sweat which aids in getting rid of environmental toxins, hence it is great for detoxifying the body, increase micro-circulation and impacts the parasympathetic nervous system and mitochondria.



Solutions4 Nutritional Shake



Our shakes are loaded with the healthy protein, fiber, probiotics, omega-3 fatty acids, and digestive enzymes that your body needs to lose weight safely and effectively

These shakes can be a meal replacement or as a delicious post-workout recovery beverage. Available in chocolate, vanilla, orange, mocha and strawberry.

Boost Your Immune System!

My LAX Spa Services

FREE HEALTH & NUTRITION SEMINAR
STRAWBERRY LASER LIPO BODY CONTOURING
ANTI-CELLULITE, DETOX BODY WRAP
MEDICAL WEIGHT LOSS
CHIROPRACTIC CARE

MASSAGE
FACIALS
SAUNA
HYPERBARIC OXYGEN

Call (310) 910-0238

Spa Memberships are available

www.idealw84u.com

Email: support@idealw84u.com

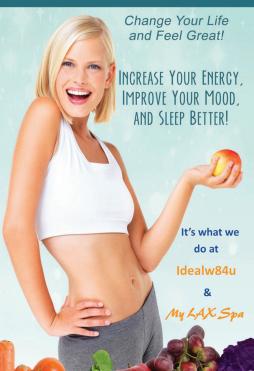
8732 S. Sepulveda Blvd, 2nd Floor Westchester, CA 90045 Free Parking. Entrance in back to the left of the Flame Broiler Restaurant.





My LAX Spa

Relax and Renew!



What Makes Us Different

Our goal is to help you balance your body naturally, to reduce unwanted weight and help keep it off and boost your immune system!



You will receive a one-on-one personal evaluation with our doctor or coach who will use a Symptom Assessment to help uncover possible reasons keeping you from accomplishing your health goals, and determine the best plan of attack.

We also provide proven body contouring and therapeutic services - such as the FDA Approved Strawberry Laser Lipo, Detoxifying Natural Body Wraps, Massage, Facials, Whole Body Vibration, Infrared Sauna and Hyperbaric Oxygen—to assist and detoxify your body which then speeds the inch and weight loss and return to a better state of health.

Diet-Based Therapies and Weight Loss Programs

Step-By-Step Daily Guidelines and Proven Eating Programs resulting in weight loss and increased energy.

You will be given exact steps to follow on a daily basis, Including:

- · Foods to eat to lose weight and feel great!
- Delicious recipes
- "Foods to Enjoy"

These programs and food guidelines were put together after many years of successfully helping thousands of patients.



Chiropractic, Massage & Facials

Memberships are available!



- Increased energy
- · Reduced back pain
- · Less nervous tension · Helps neuropathy
- · Reduced headaches
- Dr Donald L. Stokes. Clinic and Spa Director. has been licensed for 36 years as a Doctor of Chiropractic. His focus is helping people achieve Wellness and avoid injury. He provides Wellness Care and treats those involved with Auto and Work Related Injuries.

- · Reduced neck pain
- · Reduced sciatica
- · Reduced radiating arm and leg pains
- · Immune system boost



Body Contouring and Therapeutic Services

Detoxifying Body Wraps

for increased inch loss and diminished cellulite.

This wrap was developed by a bio-chemist from the UCLA Medical Center. Our wraps increase circulatory and lymphatic flow, which leads to inch loss, cellulite reduction, body contouring, and cleansing of the tissues. In fact, it's typical to lose 4-14 inches in just one treatment! These results are completely safe and can be permanent. This relaxing treatment is quite possibly the best 60 minutes you will ever spend on yourself!

Near Infrared Sauna

to help you detoxify and burn calories.

An Infrared Sauna can help you burn up to 600 calories in half an hour and produce as much sweat as a six-mile run! The sharp increase in blood and lymphatic flow helps your body transition into fat-burning mode, and the boost to your circulatory system helps you stay there. The more toxins you flush from your body, the better your body will be at burning fat and staving healthy.



areas, giving any cellulite problem areas a smoother look.

Whole Body Vibration, With Oxygen to speed up your weight loss with effortless exercise.

Whole Body Vibration accelerates weight loss by stimulating all the cells in the body to function at a higher rate, which in turn increases metabolism. 10 minutes of Whole Body Vibration is like 1 hour of exercise! It also improves muscle strength in the same way as regular exercise and it increases circulation to targeted

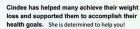
Tools to Develop New, Healthy Habits

Personalized Accountability Coaching

If you could have lost weight on your own, you would have!



Thousands of people have lost weight using this system and now it's your turn! In order to lose weight, you need to surround yourself with positive and supportive people. So we will have a health coach assist you.



Cindee

Spa Memberships are available for our services for less money!

Hyperbaric Oxygen Therapy



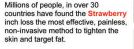
Hyperbaric oxygen therapy uses high pressure to increase the amount of oxygen into the bloodstream, which can help the healing process.

8'6" x 34" size chamber The 40 hour Hyperbaric Protocol: It has been well documented that daily applications of HBOT, for as many as 40 one hour sessions, can have the best results.

Laser Lipo Therapy

Imagine the results of liposuction Without pain & surgery...Strawberry Laser Lipo Inch Loss

Treats Abdomen, Arms, Thighs, **Buttocks, Hips, Male Breasts**



- Painless, instant results
- Unrivaled results in 30 minutes Effective for men & women
- Non-invasive
- Suitable for all skin types
- No downtime. No needles





8 Treatment

Double Chin Reduction, Neck and Jowl Lift

New Treatment targeting the face tightens skin, contours cheek, double chin reduction, neck & jowl lift.

Instant, quaranteed results lasting approximately 18 months

These before and after images show results after 4 treatments

