

## 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](http://www.idealw84u.com)

Email: [support@idealw84u.com](mailto: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



## My LAX Spa

### Relax and Renew!

*Change Your Life  
and Feel Great!*

**INCREASE YOUR ENERGY,  
IMPROVE YOUR MOOD,  
AND SLEEP BETTER!**



**It's what we  
do at**

**Idealw84u**

**&**

**My LAX Spa**



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

**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.



## 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 staying healthy.



### 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 areas, giving any cellulite problem areas a smoother look.



## Tools to Develop New, Healthy Habits

### Personalized Accountability Coaching

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



Cindee

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 has helped many achieve their weight loss and supported them to accomplish their health goals. She is determined to help you!



**Spa Memberships are available for our services for less money!**

## Hyperbaric Oxygen Therapy



8'6" x 34" size chamber

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

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

Millions of people, in over 30 countries have found the **Strawberry** inch loss the most effective, painless, non-invasive method to tighten the skin and target fat.

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



## Double Chin Reduction, Neck and Jowl Lift

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

Instant, guaranteed results lasting approximately 18 months

These before and after images show results after 4 treatments

