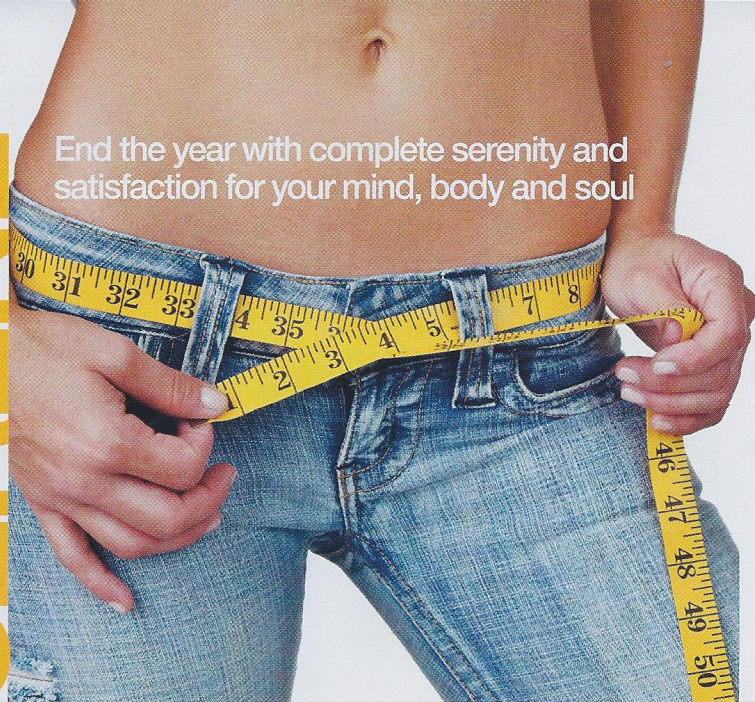


# GET SERENE

End the year with complete serenity and satisfaction for your mind, body and soul



## SHRINK BEFORE **YOUR EYES!**

Get the body you've always dreamed of in just six weeks with the 3D Body Renewal

» Skin and Body Renewal has the perfect solution to achieving your dream body without going under the knife! It's a medical weight-loss programme that consists of a strict, low-GI, low-fat and low-calorie diet combined with a daily homeopathic injection of a lipotropic hormone, hCG. This hormone is very safe and, in fact, is produced naturally in much larger quantities by women during pregnancy to help maintain a healthy

body and foetus when food is limited and scarce. While undergoing this medically assisted weight-loss programme your calorie intake has to be maintained between 500 and 650 calories in order to metabolise your own abnormal fat, a novel way to unlock resistant fat stores quickly and efficiently. The eating programme not only helps one lose abnormal fat reserves, but also allows clients to rethink their eating patterns in order to

promote long-term results.

As a client reaches a healthier BMI (body mass index), the 3D Body Renewal programme can be initiated, which includes the medical weight-loss programme together with body-shaping treatments to improve cellulite, residual fat pockets, or lax skin generally found in areas such as the abdomen, buttocks, thighs and arms. After a consultation with one of the doctors at Skin and Body Renewal, a package is created to suit one's individual needs, goals and budget constraints. I was recommended Carboxytherapy, to be combined with Lipodissolve and Velashape.

**Carboxytherapy** involves injecting tiny amounts of carbon dioxide under the skin to stimulate circulation and lymph drainage to the lower parts of the body.

**Lipodissolve** is injected into the abnormal fatty areas (saddlebags, lovehandles and tummy rolls) to break down resistant fat.

The above processes are combined with the use of the **Velashape**, a magnificent new 4-in-1 therapy that smoothes out any lumps, bumps and cellulite.

This novel combination of treatments was created to ensure that I'm looking my absolute best in just two to three months. The result? After just two months I had experienced amazing results, losing a total of 33.5cm in total – so I can honestly vouch for the fact that the 3D Body Renewal programme is truly a great solution to becoming healthy, slim, firm, smooth and sculpted. *Skin and Body Renewal has branches in Joburg, Cape Town and Pretoria, [bodyrenewal.co.za](http://bodyrenewal.co.za)*