

# Med Spa

## Rejuvenation Center

Guachipelin de Escazú, San Jose, Costa Rica



## WEIGHT LOSS PROGRAMS

MASC

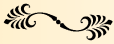
# Med Spa - Rejuvenation Center

The main purpose of this intensive program is to teach patients the basic knowledge of a healthy diet, including a vast diversity and balance in the food intake, as well as a regimen of physical exercise. With this, adequate weight control and well-being can be achieved.

All physical activities listed for each program are subject to be moderated depending on each person's medical evaluation and lab test results. The exact schedule times for each week activities will be given upon arrival at the Med Spa.

The 6-week program activities are scheduled Monday through Friday, with weekends off. The 2-week program activities are scheduled Monday through Saturday, with Sundays off. Adequate free time will be given for meals and rests in between activities.

All treatments are performed by licensed professionals. We accept all credit cards. Financing available - ask for more information. Contact us for pricing.



## All programs include the following treatments:

### Doctor's visits

Doctor visits once a week during the six weeks of treatment

### Basic laboratory tests

Basic lab tests twice during the six weeks of treatment

### Nutritionist visits

Consultations with the Nutritionist once a week during the six weeks of treatment

### Personal trainer

Personal training of toning exercises twice a week during the six weeks of treatment

### Physiotherapist

Slimming Body wraps followed by a reducing massage twice a week and 2 lymphatic drainages during the six weeks of treatment

### Massage therapy

Reducing massages twice a week during the six weeks of treatment

### Body detox

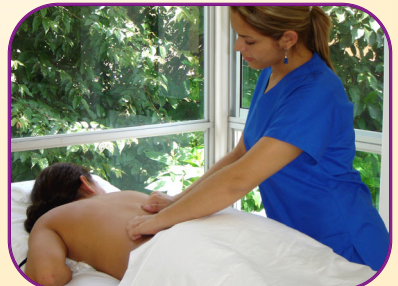
Body detox sessions using the Q<sup>2</sup> Energy Spa

### Hydro-Fitness

Toning exercises in the water twice a week during the six weeks of treatment

### Healthy cuisine training

Learning how to prepare meals in a healthier way



The **Budget package** includes a two week all-inclusive weight loss program with hotel, three daily meals, and snacks. Transportation to and from airport.

*budget*

### Week One - Monday through Saturday

- Medical evaluation performed by the MD of the Med Spa
- Lab test
- The medical doctor of the Med Spa will explain about the program and its expectations
- Nutritionist visit
- Three sessions of cooking classes given by the chef of the Med Spa
- Three walking sessions at a nearby park
- Five hydro-fitness sessions in the pool
- Five personal trainer sessions
- Two slimming body wraps
- Three reducing massages
- Lymphatic drainage
- Four sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water

**Optional: La Paz Waterfall Gardens**

### Week Two - Monday through Saturday

- Nutritionist visit
- Three sessions of cooking classes given by the chef of the Med Spa
- Five walking sessions at a nearby park
- Six hydro-fitness sessions in the pool
- Six personal trainer sessions
- Three slimming body wraps
- Two reducing massages
- Lymphatic drainage
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water



The **Deluxe** package includes a six week all-inclusive weight loss program with hotel, three daily meals, and snacks. Transportation to and from airport.

*deluxe*

### **Week One - Monday through Friday**

- First Medical evaluation performed by the MD of the Med Spa
- Lab test
- The medical doctor of the Med Spa explains about the program and its expectations
- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Two walking sessions at a nearby park trail
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two personal trainer sessions
- Two slimming body wraps
- Two reducing massages

**Optional Day Tour: San Jose City Tour**

### **Week Two - Monday through Friday**

- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Two walking sessions at a nearby park
- Lymphatic drainage
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two slimming body wraps
- Two personal trainer sessions
- Two reducing massages
- A welcome Facial treatment

**Optional Day Tour: La Paz Waterfall Gardens**

### **Week Three - Monday through Friday**

- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Three walking sessions at a nearby park
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two slimming body wraps
- Two personal trainer sessions
- Two reducing massages

**Optional Day Tour: Coffee Plantation**

## Week Four - Monday through Friday

- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Three walking sessions at a nearby park
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two slimming body wraps
- Two personal trainer sessions
- Two reducing massages

**Optional Overnight Tour: Arenal Volcano & Tabacon Hot Springs**

## Week Five - Monday through Friday

- Medical Re-evaluation performed by the MD of the Med Spa
- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Four walking sessions at a nearby park
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two slimming body wraps
- Two personal trainer sessions
- Two reducing massages
- Lymphatic drainage

**Optional Day Tour: Sarapiquí River**

## Week Six - Monday through Friday

- Nutritionist visit
- Two sessions of cooking classes given by the chef of the Med Spa
- Four walking sessions at a nearby park
- Two sessions of Body detox (30 minutes each session), using the Q<sup>2</sup> Energy Spa, an aid for relaxation and well being that allows the body to remove negative toxic energies into the water
- Two hydro-fitness sessions in the pool
- Two slimming body wraps
- Two personal trainer sessions
- Two reducing massages



The **Ultimate** package is the same as our deluxe program, but with the sixth week of the program being held at **Issimo Suites Resort in Playa Manuel Antonio**. It is an all-inclusive weight loss program with hotel, three daily meals and snacks (not included in the sixth week). Transportation to and from airport included.

*ultimate*

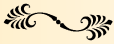
## Weeks One to Five

• Same as Deluxe program

## Week Six - Saturday through Friday At **Issimo Suites Resort in Manuel Antonio**

- Luxurious room accommodations
- Daily full breakfast of your choice
- Special candlelight dinner for two
- Flower petals on your bed upon arrival
- Mangrove tours for two
- Mini-facial head to toe package
- Daily free shuttle to and from beach

**NOTE:** Lunches and dinners are not included in this sixth week of the program, but there is a wonderful restaurant on the hotel premises.



Issimo Suites  
[www.issimosuites.com](http://www.issimosuites.com)



## Med Spas

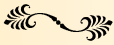
Med Spa is the concept of the future. In a short span of time, medical spas have sprouted up quickly. In 2003, just fewer than 100 medical spas existed in the United States. Now, more than 700 medical spas have cropped up in small towns and big cities alike, according to the Spa Association, a Fort Collins, Colorado-based organization representing medical spas, resorts and day spas. Demand is fueling this growth, as patients want a full complement of spa services, but with the safeguard of a medical facility.

## History of Med Spas

Although medical spas seem to be a recent phenomenon in the United States, they have a history in this country. George Washington and Thomas Jefferson used to frequent these kinds of services. Medical spas have a longstanding history in Europe as well. The average European frequents a spa several weeks a year. Recently, the Japanese have also developed this kind of practice of a medical spa for better care of their bodies and minds.

Medical spas are not new. What is new is that doctors and estheticians work together. With this modality, the esthetic clinics and spas reach a higher level of service, offering "multiple professional services under one roof". Services such as dermatology, general medicine, reconstructive plastic surgery, nutritional care, facial and body treatments, and weight control, are all performed by licensed professionals working within their specialty.

And last, remember that not all medical services are considered cosmetic, so they can be covered by a medical insurance.



## QEnergy Technology - "A Quantum Interactive Device"

This technology is precisely designed to create an interactive field between your energy field and a bioenergetic field created from water. The interaction allows your body to remove negative toxic energies into the water. Additionally, the body's battery is charged up allowing it to perform its internal healing programs that include detoxification, repair, and cellular rejuvenation.

This fine tuning action is experienced as a dramatic decrease of stress, and a sense of peacefulness found in deep meditation. Clinical studies have shown that with even a single session, there is a major reduction in hostility, anxiety, unhappiness, and depression. Accomplishing this interaction requires the precise tuning that is only found in the Q Water Energy Spa. Other products attempting to imitate this process are only haphazardly producing bioenergy that occurs when putting electricity into water. This does not create the coherent (orderly) field that is necessary for the profound results experienced from interacting fields.

## How can the Q<sup>2</sup> help?

By using the Q<sup>2</sup> ENERGY spa™ regularly, you (and your family) can increase your energy levels whenever needed. Healthy or not, the benefits of the Q<sup>2</sup> Energy Spa can be an advantage to all.



## Optional Tours

Not included in the packages are tours we make available for those wanting to enhance their relaxation experience while in Costa Rica. There is a different tour proposed at the end of every week in the programs, except the last week.

The tours range from half-day tours (Saturdays only) to overnight tours (Saturday & Sunday). The tours are organized by a trusted tour company with which we are very familiar.

You must make reservations for these tours before your arrival. Simply tell us which tours you would like to participate in and our travel coordinator will contact you and make arrangements.

While there are countless tours offered in Costa Rica, we have hand-selected the most popular. The tours listed are ones we recommend as “must do” tours. A description of each tour is listed on the back cover of this booklet.

### Tour Descriptions

#### Coffee Plantation

Cafe Britt takes you deep into the heartland of Costa Rica to show you how the finest coffee in the world is farmed and produced. They have an entertaining way to teach you the history of coffee plus you can taste and buy as much coffee as you want.

#### Sarapiquí River

Chilamate to Puerto Viejo (7 miles). A float through the lowland wet forest on the Atlantic side. The trip is ideal for those birdwatchers and nature lovers that appreciate the wildlife found in the river's corridor. Tour includes comfortable roundtrip transportation.

#### Arenal Volcano & Tabacon Hot Springs

Travel three hours through the central highlands to one of the world's most active volcanoes. See constant eruptions and lava flows of this magnificent volcano. Relax, swim, and stay overnight at the Tabacon Hot Springs Resort.

#### San Jose City Tour

This tour immerses you in the rich Costa Rican culture and history by experiencing the beautiful museums and historical sites of San José.

#### La Paz Waterfall Gardens

A trained staff member will guide you through the trails of Waterfall Gardens. This will be your ultimate Costa Rican experience of flowers, butterflies, orchids, hummingbirds, Cloud and Rainforest, and waterfalls.

Contact us for pricing.



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