

STOP SMOKING



Break the habit - Cold Laser Therapy

JUNE SPECIAL 2 for 1

Break the habit with a friend Only \$480

Cold Laser Therapy is a new treatment to help you stop smoking for good! It is completely painless, relaxing and will help to free you for good from smoking.

What is Cold Laser Therapy? Cold Laser Therapy is a modern, laser based version of acupuncture. Instead of acupuncture needles a cold laser beam is directed at energy points in the body, ears, nose and wrists. The laser beam pulsates to stimulate the release of endorphins. Endorphins are the body's natural pain killers, research suggests that endorphins also assist to suppress physical cravings such as the craving for nicotine.

What does cold laser feel like? Only the beam of light touches your skin. Many people feel nothing while the laser works. Others feel a slight warmth or tingling. This treatment is totally non-invasive, completely pain free and hygienic.

Is Cold Laser Therapy Safe? Yes, completely safe, regardless of age or state of health. Cold laser light does not cut or burn, nor does it have any radio activity. Cold laser therapy has no side effects other than feeling relaxed.

How long do the effects of the treatment last? Approximately 9 out of 10 people stop smoking for good after a course of treatment. In clinical trials cold laser has been shown to increase endorphins and to help people stop smoking. The increase in endorphins lasts for a sufficient period of time to help overcome the craving for nicotine but as people vary, clients need to have made a conscious decision to stop smoking.

“I spent one hour of my life with Lynda from Lake Spa and that made it possible for me to give up smoking after 20 years. Having tried various other methods over the years, I say thank you because 5 weeks ago I gave up smoking and I know I will NEVER smoke another cigarette as long as I live.” M.Carrigan

Contact the Centre for an appointment or info 4393 1200

Lake Spa Wellness Centres
Head Office: 1 Callaghan Close, Charmhaven, NSW 2263
Shop 3, 335 Hillsborough Rd, Warners Bay NSW 2282
Ph: 61 2 4393 1200 or 1300 931 200 Fax: 61 2 4393 3333
admin@massageschool.com.au www.massageschool.com.au

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