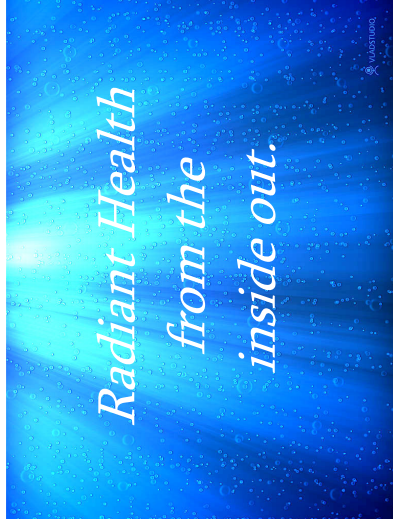


*The “Body Flush”
and your health*



Inside:

Discover a new way help your body be at it's best, better able to repel disease, and be stronger and healthier—so you can live life *your* way!

Atlantispa™
235 W. 35th St., Suite 5B
Davenport, IA 52806

563-445-7331
www.atlantispa.com



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ATLANTISPA Services:

Atlantispa™

235 W 35th St., Suite 5B
Davenport, IA 52806
(Above Nick Tarpein's Karate)
563-445-7331

A message from Michael Grady, owner of Atlantispa:

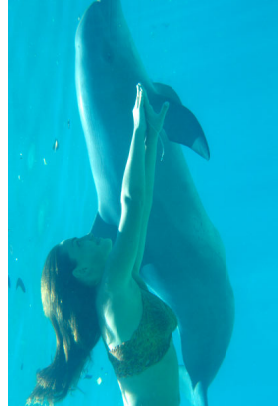
We created the Body Flush here at Atlantispa to help people get and feel *better*. The Body Flush is based on the understanding that over-acidity in the body causes health problems. The flush helps detoxify from this over-acidity, and we follow that with ionized alkaline water. You see, some researchers have found that people who have diabetes, obesity, and even arthritis, have acidic bodies. The Body Flush helps reduce acidity in the body.

The Body Flush takes place in a private hydrotherapy room fitted with a deep tub and a machine that generates ozone and ultrasonic bubbles, and combines them with far-infrared light – which helps heal the body. All of these technologies are contained in one unit: the Atlantispa hydrotherapy unit.

The multiple benefits of the 15 minute spa include body detox, 300 calories burned, skin beautification and the toxin-clearing benefits of a one-hour professional massage. Amazingly, to your body, it's like you've just taken a two-mile jog – in a tub! There's a lot of sweating going on in there, and it's all very hygienic – we meet the standards set by the Iowa Department of Health.

We're inviting everyone in the area to come and try out our Body Flush. Try it and see what difference you'll feel when your body is in balance. After all, you want the best out of life—don't you?

None of these statements have been evaluated by the FDA. The information in these pages is not meant to diagnose, treat, cure, or prevent any disease. The purpose of this information is to educate the reader and not provide medical advice. If you have a specific medical condition, seek advice from a qualified medical professional.



15 Minute Spa

\$22.50

Relax in one of our two private soaking tubs while the ultrasonic bubbles massage you and you enjoy the aromatherapy benefits of pure, 100% essential oils.



Robes are available, or you can bring your own. We have a relaxation lounge for your enjoyment as you sip the free alkaline water to rehydrate.

Our private lounge is available for special events. Plus, we have a full range of alkalizing supplements available.

Call 563-445-7331

today to reserve your private or group spa.

Atlantispa™

**235 W 35th St., Suite 5B
Davenport, IA 52806**

Hours: Mon-Thurs 9-7, Fri-Sat 9-5.

**\$10 off first Body Flush
spa with this coupon**

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ATLANTISPA
Discover a healthier you.

ATLANTISPA

What is ionized alkaline water, and is it good for my health?

Ionized alkaline water is water with more negative ions than positive ions. Drinking ionized alkaline water after a spa can help your body by replacing the toxin-filled sweat with water that helps your body get more alkaline.



Ionized alkaline water helps fight free radicals, and can be better for your bones.

You see, your bones do more than just hold you up. They're also where *calcium* is stored, and calcium plays a role in balancing the pH of your body. If you take in too much acid—like soda pop, sugar, processed foods—your body gets more acidic; then calcium has to come out of your bones to offset the acid. If you lose too much calcium out of your bones, you're at risk for *osteoporosis*.

Drinking ionized alkaline water helps offset the acid from our diet, and reduces the amount of calcium your body has to take out of your bones. So, do yourself a favor—**keep the calcium in your bones** by avoiding soda pop, sugar, and processed foods— and by drinking alkaline water.

Special Bonus!

Bring in a one-gallon jug and we'll fill it with our special 9.5 pH ionized alkaline water. Comparable products at local health food stores retail for up to \$12.00, but it's yours **FREE** when you purchase a spa.

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Balneotherapy and the “Body Flush” at Atlantispa™

What is *Balneotherapy*?

Essentially, *balneotherapy* is water therapy—water you soak in, and water you drink. At Atlantispa™, we use both to get the most benefit.

Our hydrotherapy spas aren't just water. They combine **100% pure essential oils** with ultrasonic bath bubbles (to relax, massage, and detoxify the skin), far infrared (deep-heating energy that helps your body sweat), and ozone/negative ion generation (helps draw out positive ion free radicals—which are proven to damage tissue and *age* you prematurely).



The deep, soaking bath relaxes you while the invigorating ultrasonic bubbles massage your body. Your body “sweats out” toxins—like the free radicals that age your body.

Overall, it's the same benefit to your body as *30 minutes* of exercise—including 300 or more calories burned off.

After the spa, you'll be given some of our special ionized alkaline water (see page 6) to replenish the fluids your body lost while flushing out the toxins. That's why we call it our “Body Flush”: you sweat out the toxins (positive ion free radicals that age the body) and replace them with alkaline water that helps your body heal.

Check out the health benefits from regular visits—next page.

Are there health benefits from visiting the spa regularly?

Most people find that there are many different benefits. We'll talk about some of them in a moment. First, let's see *why* you need to visit the spa.



Acid balance vs. alkaline

Most people's diets contain too many processed foods, and these foods create acid conditions in your body (too many positive ions). Unfortunately, most of the enzymes that help our body run need *alkaline* conditions (more negative ions than positive).

When your body has too much acid, problems like diabetes, kidney stones, osteoporosis, arthritis and obesity can arise. Keeping your body alkaline helps your enzymes work properly.

Plus, when you visit the spa regularly, you're helping your body by eliminating excess positive ions (toxins from processed foods, carbonated beverages, air pollutants) and replacing them with negative ions. Your body reaches it's correct balance; it can work properly, and a body that works at it's peak is better able to stave off health problems and illnesses.

Life is just easier and much more fun when you feel better. Imagine how much more you could get out of life if you rarely, or never got sick; how much money you'd save if you didn't need prescriptions and doctor visits because your body stayed healthy. You won't need to imagine if you give your body a fighting chance by keeping your body less acidic, and more alkaline.



What have other people experienced at Atlantispa?™

Here are some things our patrons have said about their experience:

"If people knew about Atlantispa, they would be standing around the block waiting to get in." Rachel Griffith, "Radish Magazine", twice per week.

I used to have headaches and after taking a spa 3 times per week, they are gone. Also, previously my palms would occasionally itch badly, and this has also ceased. Lina Grady, Davenport, IA

"Since alkalizing, I no longer need my allergy medicine". Tracy Taylor, Davenport, IA

"As a Palmer student and an MLM fighter, I can attest to a faster recovery time with a Body Flush I do at least once per week, and drinking the alkaline water at home." Scott Baker, Davenport. IA

Who would benefit from a Body Flush?

Just about anyone making a commitment to improve their life, and: reduce aches and pains; lose weight; prevent tiredness and illness; feel great; have great skin and true beauty; maximize the likelihood of a long, healthful life.

To get these benefits—and more—we recommend two spas per week as optimal, with once per week at a minimum.

What is ionized alkaline water?
Find out next page.