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Reviews

Latest REVIEWS

Can't buy me love... Wedding season hits back pocket

Amical invites Women to Talk

Chico-Son's Wellness Retreat

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Power-Plate® - The Ultimate Anti-Ageing Solution

Rimmel Recover Illuminating Anti-Fatigue Foundation

Spencer & Rutherford

Stonkiss Classic Whites

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Can't buy me love... Wedding season hits back pocket

Natalyee Malibu knows all about the organization and budget planning that go into a wedding. Savvy in financial affairs, she knows that it involves more than just being sales, choosing a dress and organizing a venue. Her own wedding drove her home.

Amical invites Women to Talk

Discussing Women's Health

Chico-Son's Wellness Retreat

If you are looking for a health retreat where you can unleash the stately grace (and commands) of a boot camp instructor nurturing environment of Chico-Son International Health's Wellness Retreat.

ckin2u

she only knows his screen name, but can see that he has known what she looks like, but he wants to know what she likes, her body, her hair etc.

It's intense, for right now.

Stax

Get Nicole Richie and Kate Bosworth's Look with Gipsy

Power-Plate® - The Ultimate Anti-Ageing Solution

Power-Plate®, one of the most exciting developments in health, is now available in Australia.

Rimmel Recover Illuminating Anti-Fatigue Foundation

New from Rimmel. It's the London look.

Spencer & Rutherford

The Aussie princess and the American beauty grace Spencer & Rutherford's Sydney boutique....

Stonkiss Classic Whites

Classic Whites add instant appeal to bridesmaids

Power-Plate® - The Ultimate Anti-Ageing Solution - The Bride's Diary

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Power-Plate® - The Ultimate Anti-Ageing Solution

Power-Plate®, one of the most exciting developments in the field of anti-ageing and health, is now available in Australia. Based on Whole Body Vibration technology, Power-Plate® boasts a number of benefits for users, including significant improvement in the skin's appearance and texture, and a reduction in the appearance of cellulite.

Whole Body Vibration training on the Power-Plate® creates an intense workout that affects virtually every muscle in the body. This causes the brain to produce enormous blood flow throughout the entire body while also causing a dramatic spike in Human Growth Hormone (HGH) which is key to the repair and regeneration of tissues. At the same time there is a rise in testosterone, and significant elevation of neurotransmitters and endorphins which help to suppress pain and elevate one's mood respectively.

During the first 90 seconds of use the Power-Plate® will begin to boost the body's production of collagen, as well as work to increase flexibility and range of motion. These elements combine to give the user a marked advantage in the fight for a firm, 'but booty'!

GOOD BYE CELLULITE - HELLO TAUT SKIN!

Scientific research has shown that Power-Plate® produces a positive effect on lymphatic drainage as well as helping to improve blood circulation. Power-Plate® assists the body in producing collagen, and will also enhance the production and release of key regenerative hormones such as HGH. In combining these four elements Power-Plate® is leading the fight against cellulite! People who use Power-Plate® for just 10 minutes, three times a week, also report a fast improvement in areas where fat is typically stored - ie thighs, stomach and buttocks!

Study: Impact of Power-Plate® on Cellulite

An established and respected dermatology centre in Germany studied the effects of Power-Plate® on cellulite levels in 60 women. After 6 months, the participants showed a significant decrease in cellulite levels by exercising only 3 times a week for an average of just 11 minutes on the Power-Plate® per session. A group combining Power-Plate® with cardio-Aerobic took four times as long to achieve only a marginally better result, proving that the most of the result can be attributed to the Power-Plate®!

The Power-Plate® will also leave it's users with an overall feeling of youth and energy thanks to its effects on increasing serotonin (the happiness hormone) in the body. This means greater mental stimulation and improved basic brain functions (such as better concentration). Almost immediately you will notice positive influences to your overall strength and well-being. By decreasing cortisol levels, the Power-Plate® helps eliminate the effects of stress making the Power-Plate® a great tool for relaxation.

For more information on Power-Plate® visit www.powerplate.com.au or for stockist information call 1800 633 009.

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