

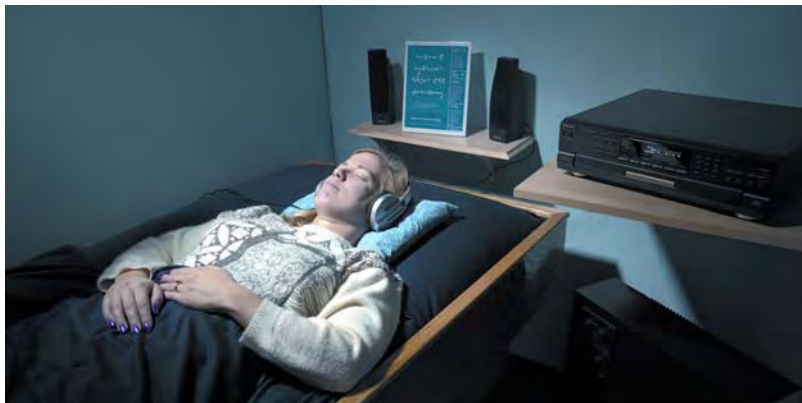
## Relax Your Way to Better Health The HydroSonic® Way

Being relaxed is more important than having important people in our lives tolerate us – it helps our bodies to heal and reduces pain. Stress, affects every aspect of our lives. All of us are becoming more aware of the tolls stress takes on our health, well-being and productivity.

When muscles get tight, circulation decreases. When we relax our muscles the opposite occurs - circulation improves and heart rate is lowered. When circulation improves, much needed blood carries oxygen and nutrients to the body's cells and metabolic toxins are removed. The relax process also stimulates endorphins - the body's natural pain relievers (there is a belief that our body's endorphins can be more potent than morphine). The release of endorphins also helps to reduce inflammation. The end result is a dramatic improvement in how you feel - you have less injuries and a shorter recovery time.

There are many methods you can use to relax, including: massage, acupuncture, chiropractic care, and a variety of new technologies. One technology many are talking about is the **HydroSonic® Relaxation System** that uses low frequency sound waves to create an intense state of body relaxation.

To get the most benefit from a relaxation method, find one you like, feels good and one that you will continue with on a regular basis. Listen to your body – it will tell you what method works best for you.



- Meditative
- Saves Time
- Weightlessness
- No Pressure Points
- Unique Technology
- Cumulative Benefits
- Non Invasive – No Bruising
- Natural Healing – Reduced Stress

The **HydroSonic® Relaxation System** is easy to use – you keep your street clothes on and as you enjoy relaxing original music, the system's ultra low frequency sound energy penetrates surface muscles and internal organs to produce the rejuvenating and restorative effects of a deep pleasing massage.

A session lasts about 30 minutes – followed by a 'cool down'. Afterwards, clients report feelings of tranquility, localized pain relief and freedom from stress. Feedback from regular clients includes: on-going pain relief (even migraines), in some cases elimination of injury pain, better sleep and a deeper state of relaxation with each Relax.

**SOUND RELAXATION** 

'enhancing health and lifestyle through relaxation'

The Sound Relaxation studio is located at 2638 Parkdale Blvd N. W. Calgary, AB T2N 3S6  
In Calgary 403- 283-2121 or Toll Free 1-877-759-2278 • [www.soundrelaxation.com](http://www.soundrelaxation.com)

## Client Testimonials

*Clients have reported relief from arthritis, back pain, chronic pain, fatigue, fibromyalgia, headaches, knee injuries, leg cramps, migraines, stiff and pulled muscles, tight neck and shoulders, new/old/repetitive injuries and sleep difficulties.*

'I had a groin pull and had experienced constant pain for over a month and a half. By the end of my 3 sessions the pain I was experiencing was greatly diminished and my mobility greatly increased. I was extremely pleased with these results.'

*Manuel Corriea*

'Best back treatment ever invented, better than a massage.'

*Josh Svendsen Professional Caddie on the PGA Nationwide Tour*

'I have had back pain for the last three months, and now after five relaxes my back does not hurt as much. Overall I feel much more relaxed. Thank you very much for the experience. It has been great!'

*Jaime Gomez PGA Canadian Tour Professional*

'I entered the Relax with a neck problem as a result of falling asleep on the plane. I have no doubt the time spent on the table rid me of the pain and helped me get through the day pain free.'

*Nationwide Tour*

*Professional Caddie (from Australia) on the PGA*

'Left limping around the office after a knee injury at soccer, I went for my first Sound Relaxation session. I noticed a great improvement in my mobility immediately. The next day, I was able to make it up the stairs more easily, move around the office with less pain, and generally feel less discomfort sitting at my desk.'

*Lindsay Harrison*

'Absolutely wonderful! I felt totally relaxed and uplifted. I would highly recommend this to anyone who has had a very busy, stressful day!'

*Darlene C.*

'I am still on Cloud Nine after my HydroSonic [experience] and am bubbling to anyone who slows down long enough to listen!'

*Yvonne M.*

'I sleep a lot better and my hands don't hurt as much.'

*Elfriede B.*

'Most rejuvenating sleep I've ever had and the best way to relax that I've ever found!'

*Bill B.*

'The deep relaxation benefits of the HydroSonic System have helped me to: heal a back injury (without the bruising of massage therapy), find relief from insomnia and heal an inflamed/painful wrist. I will continue to use the system to help maintain my health and I recommend anyone wanting to reduce their stress and feel better to give Sound Relaxation a try.'

*Susan B.*

'It's the only treatment that provides relief from the pain in my left shoulder – massage therapy and muscle relaxants have not helped.'

*Margaret A.*

'I feel great – very relaxed. My migraines are few and far between – no longer every day. I feel great after each visit.'

*Robin M.*

'After a couple of Relaxes I was able to sleep better, be more productive at work (more focus and less procrastination) and the tightness in my shoulders was relieved.'

*Candace W.*



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