

## Muscle Relaxants

Frowning and squinting create wrinkles that make us look beyond our years. A simple muscle relaxant injection softens these lines without surgery. You will look fresher, more relaxed.



## Neck Lifting without surgery

This Neck Lift was the result from a combination your own Stem Cells, Calcium and Phosphate Ion Dermal Filler and Iontophoreses over a three months period. This is a non surgical procedure and uses your own body's cells to rejuvenate.



## Jaw Line Contouring

The bones of the face shrink as we grow older. A soft calcium and phosphate ion dermal filler will re shape the jaw line giving you a natural and healthy look.



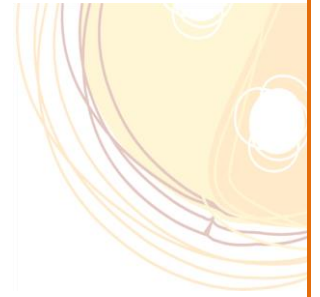
## Hand Rejuvenation

Calcium and Phosphate Ion Dermal Filler will plump thinning skin on the backs of hands.

The results are natural



*natural results to be expected*



Merry Christmas and Happy New Year  
to all our valued clients.



Ibuki Health and Wellness wish you a safe, happy  
and most of all a healthy holiday season. We look  
forward to seeing you in 2010 and will close from  
the 23<sup>rd</sup> Dec – 3<sup>rd</sup> Jan.

Ibuki is honoured to introduce -

Dr Jaimini Raniga *MBBS(Lon), LMSSA(Lon), Dip  
Hon (Syd), Dip BT (Syd), Dip UTM (S.A.)*



Please call our  
reception for your  
appointment and  
ask to see Dr  
Raniga.

Dr Raniga starts at  
Ibuki 28<sup>th</sup> January,  
2010

Dr Raniga has been formally trained in the UK, Australia,  
India and South Africa. After 14 years in general medicine  
she then furthered her studies in integrated medicine to  
encompass health and wellness for her clients

- Founding member of The Bowen Association, SA.
- General Practitioner, Holistic Health Centre, The Hale Clinic, EU.
- Principal of Integrated Health Centre.
- Nutritional Medicine
- Bio Identical Hormones
- Ayurveda and Unani Tibb Medicine
- Homeopathy
- Acupuncture and Yoga
- Stress Management
- Detoxification Programs
- Lifestyle Management
- [www.sivanna.co.za](http://www.sivanna.co.za)

## E . I . S

### ELECTRO INTERSTITIAL SCAN

Quick, Painless  
& Radiation Free



In less than 15 minutes, we can monitor your health

- Oxidative Stress
- Hormone imbalance
- Mineral imbalance
- Intestinal mal-absorption
- Digestive allergies
- Metabolism disorders
- Diabetes risk
- Potential depression or anxiety
- Virus

**3 Assessments Series is \$150**  
**plus Doctors consultation**



### Healthy Holiday Eating Tip

#### Berry Protein Smoothie

1 Scoop of Ibuki Protein Powder  
50 gms Berries  
1 cup of Rice Milk  
25 gms Crushed Macadamia  
1 Spoon of Yoghurt  
½ teaspoon Omega 3 Oil  
Blend for 5 minutes

## Does your skin need resurfacing?

### Photodynamic Therapy – PDT



Sun damaged skin.

Ageing skin, abnormal skin cells, actinic keratoses and skin cancers are prevalent in Australia. Uneven skin tone and blotchy skin is a sign of malfunctioning skin cell turnover. Once, the only remedy was to excise and to burn them off leaving scars and white marks. This can now be minimized with the treatment Photo Dynamic Therapy – PDT

### What is PDT treatment?

A cream or solution of 5-ALA (Aminolevulinic Acid\*) is applied to areas of skin that are sun damaged. The treated skin is then exposed to a specific light source sensitising damaged tissue aiding the body to destroy unhealthy cells and assisting in the formation of fresh healthy new skin.

### What does PDT treat?

uneven skin tone - acne vulgari - fine lines - rosacea  
blotchy or poor quality skin - oily skin - cystic acne  
hypertrophic lesions - sun spots - seborrheic keratoses  
large pores – warts- hydradenitis suppurativa  
non hyperkeratotic keratoses  
sebaceous gland hyperplasia

### 10 tips to healthy skin

1. Eat fresh fruit, vegetables and protein.
2. Eliminate excess alcohol and smoking.
3. Do not use harsh and drying soaps.
4. Apply Vitamin A and antioxidant skin cream to repair sun damage and maintain healthy skin.
5. PDT treatment to remove sunspots and actinic keratoses.
6. Medical Grade Skin Peels to regenerate new skin cells.
7. Keep out of the sun and use sun protection.
8. IPL will remove pigmentation and facial capillaries.
9. Platelet Rich Plasma will rejuvenate collagen and elastin.
10. Ionzyme Vitamin Infusion Treatments for skin cell nutrition.

## Rationale Niacinamide Serum



Your skin has its own immune system, designed to alert the body of toxic matter or damaged cells that may become skin cancers. As a result of natural ageing and sun damage, the skin's immune cells become **w e a k e n e d .**

Topical **Niacinamide** (vitamin B3) helps to protect and boost your skin's immune and barrier functions. Niacinamide also helps to even out skin tone and balance oil flow.

Like all the B-complex vitamins, it is important for converting calories from protein, fat and carbohydrates into energy. But it also helps the digestive system function and promotes a normal appetite and healthy skin and nerves.

## The Essential 6

The Rationale philosophy is based on the concept of the 'Essential Six'



Preparatory Cleanser,  
Niacinamide Serum,  
Rejuvenating Serum,  
Intelligent Suncare FACE SPF30+,  
Retinaldehyde Serum and  
Skin Refining Serum.

In combination, these products fortify the skin's barrier function, protect cells against harmful UV damage, nurture, intensively moisturise and deliver healthy, radiant skin for a lifetime.

## BODYLIFE SHIATSU MASSAGE

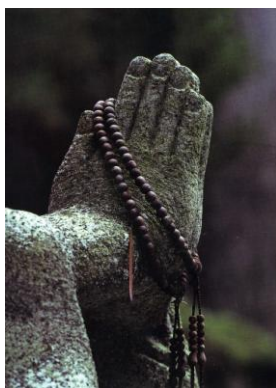
### *Heart Mind and Body all at Peace*



*Practitioner - Wolfgang Stuth*

**BODYLIFE** is a unique form of therapy combining the principles/techniques of Shiatsu (acupuncture without needles) with Traditional Thai Massage (stretching, releasing of muscles, tendons and ligaments). Effective Osteopathic techniques (mobilising joints and deep connective tissue) are added to most treatments enabling the client to realign his/her structural and energetic body back into balance and well being.

**BODYLIFE** has proven itself very successful in many disharmonies in the musculo-skeletal system as well as organ, digestive and nervous system imbalances. It draws knowledge from traditional natural therapies that have roots in both Ayurvedic and Chinese Medicines that have proven themselves over thousands of years.



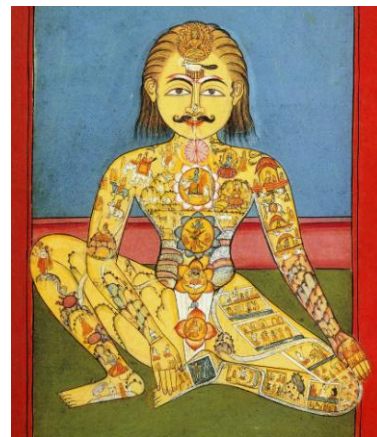
*The heart of BODYLIFE is like pure maternal affection.*

*The pressure of the hands causes the springs of life to flow.*

**BODYLIFE** has a number of benefits that can be both short term and long term. It is important to note that it is primarily a healing massage and you may notice the following.

- ❖ Relieves pain and muscle tension
- ❖ Strengthens and rejuvenates the body
- ❖ Improves blood and lymphatic circulation
- ❖ Frees blocked energy flows
- ❖ Facilitates relaxation
- ❖ Invigorates the nervous system
- ❖ Increases ability to absorb food
- ❖ Enhances elimination of wastes and toxins

**BODYLIFE** is especially helpful in relieving certain specific ailments including headaches, sciatica, neck and back pain.



*Having hands we reach out to receive  
and we extend ourselves in work.*

*Being heavy we need something to lean on,  
the Earth lends us her body for support.*

*In BODYLIFE our partners lend their body  
for support.*

*Then, resting and strong,  
we can offer our hand in help.*

*Breathing Heaven's Spirit,  
two people, really one.*