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FOR IMMEDIATE RELEASE

Introducing The Spa at San Diego Center for Health

Brought to you by Dr. Rumel M. Llantada, Clinic Director, and the elite team of San Diego Center for Health

San Diego, CA – Dr. Rumel M. Llantada and San Diego Center for Health, a leading healthcare and wellness center in Southern California, are pleased to announce their recent expansion with the addition of **The Spa at San Diego Center for Health**. Lavish indulgences and aesthetic services included Enzymatic European Facials, Glycolic Facials, Basalt Lava Stone Therapy, Reiki and **Endermologie®**.

Endermologie®, is a subdermal, non-surgical approach that reduces the appearance of cellulite and circumferential body measurements. Developed by LPG Systems in France nearly two decades ago, Endermologie® was **the first to be FDA approved** in the USA. Cellulite lies in the subcutaneous fat layer, which responds mainly to hormones and minimally to diet and exercise. Inadequate nutrition and inactive lifestyle tend to worsen the appearance of cellulite, therefore a balanced diet and regular exercise are recommended because they are complementary to Endermologie®.

Endermologie® involves the use of a motorized device with two rollers and controlled suction, creating a symmetrical skin-fold. As the skin comfortably folds and unfolds under the continuous action of the rollers, it allows for smooth, deep tissue mobilization. This action allows for stretching of the connective tissue, increasing lymphatic and blood flow, facilitates fat metabolism and stimulates collagen production.

Endermologie® treatments are generally 35 minutes in duration, twice a week. The average woman will need 15 to 20 treatments to achieve optimal results. Once a month follow-up treatments are usually recommended to maintain results. Endermologie® is also used as a facial treatment. By stimulating the production of new collagen fibers, it can improve skin tone and slow down the aging of the skin.

Discover for yourself the dramatic results Endermologie® makes possible with the ultimate advancement in body contouring and skin conditioning at **The Spa at San Diego Center for Health**.



In addition to **Endermologie®**, **The Spa** is pleased to present a full line of skin care services and treatments, using the elite skin care line of products from **Dermalogica®**. All Dermalogica® products are non comedogenic and contain no occlusive mineral oil or lanolin, no artificial colors or fragrance, no drying alcohol and are not tested on animals. In-depth skin analysis, customized facials, effective peels and waxing are all at hand for skin health, beauty and maintenance.

A wide array of therapeutic, relaxing and innovative massages are also services found at The Spa at San Diego Center for Health. Treat yourself to the soothing, flowing strokes of a Swedish massage enhanced by the therapeutic touch of warmed, smooth stones. Motherhood massages help relieve additional stress on weight bearing joints and assist with proper posture, reduces swelling and provides emotional support.

Sports and Deep tissue massages focus on specific areas of need to improve sports performance, expedite rehabilitation, increase range of motion and provides warm-up to activity. Reiki, Aromatherapy and Reflexology are additional choices in the array of massage options one has at The Spa. For more information, please visit www.sdcenterforhealth.com

About San Diego Center for Health

Founded in 2003 by Dr. Rumel M. Llantada D.C., *San Diego Center for Health* is a full service health and wellness center. Professional services include joint manipulation therapy, exercise rehabilitation, deep tissue massage, radiology and diagnostic imaging, nerve conduction velocity testing, custom-fitted orthotics, flexibility training, strength and conditioning, sports nutrition, acupuncture and Chinese herbs. The Spa at San Diego Center for Health offers a range of aesthetic and therapeutic treatments include customized facials, peels, waxing, Swedish massage, motherhood massage, reflexology, lava stone therapy and Endermologie®.

San Diego Center for Health mission is patient/client education, emphasized by the knowledge about one's current state of health and wellness, the road back and how to sustain it. Dr. Llantada and his team of professionals have the education and experience to help you achieve optimum mind, body and spirit. SDCH's team of professionals, along with colleagues and associates, include chiropractors, medical doctors, exercise physiologists, massage therapists, strength and conditioning specialists, estheticians and acupuncturists.

For more information, please visit our website at www.sdcenterforhealth.com. San Diego Center for Health is centrally located in Mission Valley at 2667 Camino del Rio S. #112 B San Diego, CA 92108.