

# FORMOSTAR

FAR INFRARED BODY WRAP



Lose That Baby Belly – FAST!

Increase Energy Levels

Lose Fat & Centimetres

Tone Skin & Muscles

Be Pain Free – Naturally & Effectively

All While You Lie Down & Relax Fully Clothed!

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## Why Formostar Works So Well

Far infrared has an enviable reputation as far as providing pain relief, detoxification and wellbeing with quite a lot of literature providing evidence of weight loss.

The Formostar's main advantages over other infrared heat devices and wraps are :

**Targeted Far Infrared Energy/Less Heat Dissipation** – The silicone wraps, which incidentally are manufactured from 90% natural raw materials, can be placed on the areas of the body people need to target and the heat can be regulated to each one. The wraps are against the body and therefore there is a greater absorption of heat into those areas. The head does not heat up in the way it may do with a sauna. Once a person is wrapped, they are covered with a large towel for minimal heat dissipation. The closer far infrared rays are to the body, the deeper the penetration.

**Faster Results** - A Formostar session is 50 minutes. It generally takes 15 to 20 minutes, as with exercise, to raise the body temperature and therefore the last 30 minutes are the most beneficial, with your body really working.

**Lie Down** - You lie down on a massage bed for the entire process and can sleep, read, listen to music or watch TV. Other treatments can be provided whilst you are wrapped such as foot, head and hand massages or even manicures or a facial.

**Clothing** – The client wears cotton clothing for their sessions to firstly absorb the heat so it isn't left on the bandages and secondly for their own modesty. Flannel PJ's are the most comfortable and best suited material for the wraps.

**Constant Waveband** – The Formostar emits the majority of its output in the 5.6 to 25 micron band. The output is evenly spread around the 9.4 micron point that is considered to be the most beneficial for humans.

**No Mess** – No messy oils or lotions are used. Wipe down your body with your towel and re dress, ready to face the rest of your day re-energised!

**Weight Loss to Wellbeing** – The Formostar provides a wide range of applications in one machine including detoxification, skin rejuvenation and pain management. A better feeling of wellbeing normally accompanies a decrease in weight.

## How Does Formostar work?

The core temperature of our body is 37 degrees Celsius. The outer areas of the body can be 10 degrees Celsius cooler, where excess fat is typically deposited. The Formostar increases blood circulation and as with exercise, causes the body temperature to rise and sweat is generated as the body attempts to cool itself. The heart works harder, pumping blood at a greater rate to boost circulation. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops.

The Formostar body wrap's far infrared heat is in the same waveband that we take naturally from the sun for energy and can penetrate around 4.5 centimetres below the skin. By promoting the blood into the areas that have poor blood circulation, lipolytic (fat burning) enzyme activity is activated. Fluid loss from induced sweating will be replaced as soon as people hydrate but the calories lost in the sweat will not. Weight loss is achieved through direct excretion of fat and the energy (calories) consumed during the sweating process.

## Frequently Asked Questions and Answers

### 1. **How long is the actual time that someone is wrapped?**

50 Minutes is the actual session time. Customers can expect an appointment of 60 minutes, allowing time to be wrapped and unwrapped.

### 2. **What parts of the body does the Formostar work on?**

There are several variations that are available. For most women, the special silicone bandages are wrapped around the thighs, hips, abdomen, and arms. For men, the usual configuration is thighs, abdomen, chest, and arms. If they don't feel that the arms need much improvement, the calves can be wrapped instead. We also have the ability to individually regulate the heat on certain areas that may need extra attention on or have pain.

### 3. **How much weight will be lost from doing treatments?**

The answer greatly depends on each person. Generally, ***the more someone has to lose, the faster and more dramatic the loss.*** Some don't experience much weight loss at all but rather lose centimetres or clothes sizes. If they are extremely physically fit and don't have much to lose - they'll experience more defined muscles. On the other hand, we can't control what happens after a wrap and if they go home and pack down a large pizza with a dozen chicken wings, results will be negated. Ideally, you want to do this with a balanced exercise and eating programme. Now if someone leads a very sedentary lifestyle without much physical activity at all, they will still benefit tremendously from Formostar - it's just that results will not initially be quite as dramatic until the metabolism ramps up.

**Generally though, you could expect to lose 3-4 kilos in 10 sessions over 3-4 weeks. Not bad for just lying on a bed!!!**

### 4. **How & Why does the Formostar Infrared Body Wrap work?**

To truly understand the science behind the benefits of far infrared we recommend reading the documentation on our website [www.formostar.com.au](http://www.formostar.com.au) or we can supply you with a pretty enlightening booklet on the how's and whys of Infrared and the Formostar. I can tell you that a 50 minute session can burn up to 1200+ calories and we can supply you with the substantiation for this. There are also **clinical studies available** specifically for the Formostar which confirm its benefits for centimetre and weight loss plus pain relief.

### 5. **Isn't it just water weight that is lost after a session? Some body wraps claim you lose 15 centimetres in your visit!**

There are lots of different body wraps you can have. Some compress your tissues, others use clays or oils. They can help draw toxins from the body but a lot of the loss is water so even though the centimetre loss is dramatic, everything lost will eventually be gained after hydration or when the tissues reabsorb. **With Formostar, we actually encourage you to bring a big bottle of water and keep yourself hydrated during and after a session.** The water is actually one of your best friends to health as it is extremely effective in flushing toxins from the body. With Formostar, the loss comes from the calories in sweat (as per exercise)

and the direct excretion of fat and wastes. The centimetre and weight loss is achieved more slowly but it is definitely permanent - again barring people going home and eating pizza every night!

**6. People that have arthritis or back pain know that even a hot water bottle will help relieve it. Is Formostar as effective?**

Absolutely times Ten! The reason that relief is achieved is due to the penetration of the far infrared heat generated. It can create an analgesic effect, deadening the nerve endings. Many arthritis patients swear by **the Formostar and find immense relief from pain**. The Formostar was actually developed in Germany in 1983 to treat people with rheumatoid arthritis and joint mobility problems. The weight loss was a wonderful bi-product!! Of course we're not doctors and wouldn't dream of prescribing medical advice so if anyone has a debilitating physical ailment they should check with their doctor first. There is a very good chance, however, that your doctor is quite familiar with the benefits of far infrared and will send them right down to you!

**7. How often can someone do the Formostar?**

This is going to depend on lifestyle. For the physically active - meaning lots of walking, jogging, working out, or any competitive sports - they can do the Formostar as often as every 2 days. They preferably want to do this right before a workout as this will help burn the most dramatic amount of calories (plus they'll look much more defined!) Doing it more often is unnecessary as research indicates that there is a 24-48 hour peripheral blood flow following a session. Upon reaching goal weight, people may go on a maintenance only schedule which for most people will be 2-4 times a month or as needed. You will also find that the Formostar will greatly improve the overall sense of well being.

**8. What is recommended in terms of what to wear for a wrap session?**

Since the majority of people will sweat, it's best to not wear any super nice clothing; instead, track pants and a long sleeved cotton t-shirt or sweatshirt - since we don't want the silicone wraps to be applied directly to skin. It also makes it more hygienic and for a lot of people not having to take their clothes off for a treatment, is preferable. **Flannel PJ's are the best!**

**9. What do people normally pay for a session?**

Prices vary for sessions based on the results you are trying to achieve. The average price for a ten pack of wraps is \$750, get 2 wraps FREE . Many people package the Formostar and enjoy saving money while battling the bulge successfully. Buy a 2 month unlimited access to the Formostar for only \$799, Valued at \$1,200.00! A Detox diet will benefit from buy 5 wraps at \$375, get 1 free. We also sell a limited number of annual memberships.

**10. Doesn't a sauna do the same thing?**

Without getting too technical, Infrared rays travel straight so if there's glass in the sauna there are no rays coming from that area. The closer the rays are to the body (as they are in the Formostar) the deeper the penetration, so in the wrap they're right up against the body. It is important with any treatment that claims made can be substantiated so studies for the brand of product are important, not generic ones. A sauna session is usually around 30 minutes, IF you can last in it for that long without feeling like you are cooking from the inside! It takes around 20-30 minutes to get to fat burning stage – just read some fitness articles.

## **Who Can Benefit and Why?**

The major benefits of using the Formostar can be grouped into two major areas: Wellbeing and Weight loss.

## Wellbeing Related Benefits

**Sweating:** Most humans go out of their way not to sweat – especially women. Air-conditioned buildings, air-conditioned cars, anti-perspirants, lotions and potions on the body all can prevent the body performing at its best, clogging up the skin's pores. Sweating is a natural process and is good for you. Apart from cleansing the skin it also helps to stop toxin build-up and clear toxins out. The heat created by Formostar causes sweating (in 95% of cases). As the body's core temperature is 37 degrees C and it likes to stay that way heat is pushed to the outer part of the body and sweat is created. The sweat evaporates, cools the body, the body temperature goes down and the process continues. As people become more acclimatised to the heat, more sweating occurs.

**There are also calories in sweat.** One gram of sweat is equivalent to .586 of a calorie. Some people don't have a lot of sweat glands but that is unusual. When someone doesn't sweat on the wrap or hasn't sweated much at all, it is normally an indication that the body is using the heat, possibly for scar tissue regeneration or as an immune system response. Older people store heat longer than younger people and so will take longer to sweat. We recommend that initially older people have the wrap at 70% of the heat until you know how they tolerate it. People with a lot of fat generally have a higher body temperature due to the insulation of the fat and will get hotter faster.

**Stimulating the Metabolism:** Due to the increase of blood flow during the Formostar session, cardiovascular conditioning is also achieved (the heart must work harder in order to pump more blood faster through the body). The Basic Metabolic Rate (BMR) increases. One of the fastest ways to use calories is to increase your BMR.

**Aiding the Immune System:** Tissue production of infrared energy is associated with a variety of healing responses. At times, the infrared energy in our tissues may require a boost to a higher level to ensure the fullest healing possible for tissue repair. Body tissues that need an infrared boost selectively absorb infrared rays. The tissue will only use the infrared rays in the areas where it is needed. After boosting a tissue's infrared energy, the remaining rays pass onward harmlessly. This phenomenon is called resonant absorption. The immune system is defined as your body's defence mechanism against invasion by bacteria, microbes and infection. This defence mechanism includes the production of white blood cells (leukocytes) from your bone marrow and t-cells produced by your thymus gland. (White cells use nitric oxide and far infrared produces nitric oxide). When your body has a fever, the immune system triggers the production of these cells. The application of artificial heat internally can make the body believe it has a fever, thus stimulating an immune response.

**Detoxification:** The skin is the largest organ in the body and through the pores it plays a major role in the detoxifying process alongside the lungs, kidneys, bowels, liver, and the lymphatic and immune systems. The skin produces cool sweat to regulate the body's elevated temperature. It also has the ability to transform toxins from lipid-soluble or oil-based, into easier to eliminate, water-soluble form. Sweat carries toxins out of the body and flushes them through the pores. Some people will experience mild headaches, nausea, lethargy etc after a wrap and this is all part of the detoxification process. An isotonic/electrolyte powder can help this and we recommend a spoonful in drink bottles while people are in a wrap session.

**Improved Blood Circulation:** Many issues that manifest themselves in the body such as arthritis, sciatica, menstrual cramps and fatigue, or outside the body such as psoriasis and acne, can be to some degree, due to poor blood circulation. As the blood flow with the Formostar can increase in volume by twice as much as normal and travels around 3.5 times faster through the body, continued use can eventually provide a permanent improvement in blood circulation and blood pressure. The blood flows into areas that are poorly promoted with blood such as scar tissue and fat that is stored on the outer areas of the body, (which can be up to 10 degrees colder than the core body temperature) and into small capillaries closer to the skins surface.

**Pain Management:** The Formostar was developed for therapeutic purposes – mainly rheumatoid arthritis and joint mobility. Heat is a well-known treatment for pain relief with far infrared heat lamps being used by the Asians for a long time. Because the heat is absorbed around 4.5 cm's below the surface it helps blood vessels dilate (expand), bringing relief and aiding healing of muscle and soft tissue injuries such as sprains, strains, arthritis, muscle spasm

**and many other muscular-skeletal ailments.** Increased blood circulation not only carries off metabolic waste products but also delivers oxygen rich blood to oxygen-depleted muscles, to help promote faster recovery. The heat deadens the nerve endings, creating an analgesic effect.

Quite often relief is not realised until the morning after a sleep, as the rest allows the blood circulation to do its job better. One of our operators suffers from sciatica. One wrap on the Formostar relieved the pain for several weeks (the trial before she bought the machine) and is continuing to do so. We also keep on hearing stories of people who have been in car accidents where nothing else has relieved their pain other than the Formostar. Our customers who also do massage therapy are able to do deeper tissue massages due to more malleability and the lowering of the level of pain.

**Body Fluid Reduction:** As the Formostar has excellent sweat inducing capabilities, it is extremely effective in helping people lose excess body fluids. People with mild forms of fluid retention around the ankles and feet can help to decrease it quite quickly by using the variable wraps on the lower leg. This in turn provides people with a greater level of comfort and makes them more mobile.

**Skin Toning:** As for Toxin removal. Pores get clogged up with Toxins and other materials (e.g. an instant tan, cosmetics etc.). The significant sweating created by using the Formostar can help to unclog pores, improving the condition of the skin, including problems such as acne and psoriasis. One person who used the Formostar had a fake tan applied some weeks before a wrap. As a result of the wrap, the towels were yellowed from the fake tan being sweated out. The first improvement people seem to notice even after their first wrap is improved skin condition.

**General Well-being:** A 50 minute session can help people relieve stress and tension promoting relaxation and a general sense of well being. Many people experience additional energy after Formostar sessions due to the stimulation of the metabolism. While we cannot publicly talk about wellbeing at this stage (until TGA approval is finalised), continual Formostar sessions can help improve blood circulation and the efficiency of the metabolism.

**Increasing Flexibility:** Heat loosens muscles and joints enabling easier movement. If someone stretches for 10-15 minutes after a wrap they can improve their flexibility by up to 20% permanently. For someone who has arthritis this could be very valuable. It makes sense, when you think about it, that it is much easier to stretch when your body is warm.

## **Weight loss Related Benefits**

**Fat loss:** You need heat to breakdown fat. You either create the heat yourself, normally through exercise, or in the case of the Formostar the heat is put in passively. Due to the penetration of far infrared rays the Formostar can get into the fat layers. We use the analogy of the butter in the frypan – if it's large and hard-packed it takes longer to melt, if it's a small sliver, it's a lot faster. Fats are released predominantly in the lymphatic system – the waste disposal system that runs through all the body. Fat released cannot be absorbed by other fat cells until it has been through the liver and as such, until it has been transported to the blood. This is a gradual process and depends mostly on circulation in the lymphatic system and levels of enzymes to break down the fats to transportable parts. After the fat is in the blood it will partly be used for energy by muscles, cells or organs (predominantly liver). It can also be expelled through stool and the remainder absorbed into remaining fat cells. The level of re-absorption depends on how much of the fat is used for energy or expelled. There will always be a certain amount of usage so the fat released is very unlikely to be redistributed in its entirety. One can, however, affect the rate at which the fat is used for energy and reduce the rate of re-absorption. If people load carbohydrates in excess of energy requirements, they will be stored as fat, so if people want to achieve maximum benefit from the metabolised fat, they should keep their intake down. If people hydrate they can also help flush the wastes through their system. Most people don't realise that In order to lose ½ kilo fat you need to either expend 3500 calories or decrease intake by 3500 calories. Based on the results from the clinical study and results from a large number of customers, the minimum we would expect someone to lose in three wraps is ½ a kilo. If they don't, they may need to keep a food diary.



sessions to detox, gain greater flexibility and pain management - Jeanine gained all of these benefits and much, much more...

**Jeanine kept a diary of her 10 Pack experience – this is the story of her 10 Pack journey.**

**Monday, 5<sup>th</sup> November 2007 – First Wrap**

*Back feels good after the wrap – towards late afternoon my back feels tight again.*

**Tuesday, 6<sup>th</sup> November 2007**

*Had a busy day, back felt OK but neck is sore.*

**Wednesday, 7<sup>th</sup> November 2007 – Second Wrap**

*Neck is feeling better this morning. Back feels good after second wrap – went to bed with no pain killers.*

**Thursday, 8<sup>th</sup> November 2007**

*Back is a little stiff this morning, no pain killers since 2:00 pm Wednesday. Neck is sore today.*

**Friday, 9<sup>th</sup> November 2007 – Third Wrap**

*Back feels OK. Neck is feeling better today. Have some pain in my lower back. Back felt better after wrap.*

**Saturday/Sunday, 10<sup>th</sup>/11<sup>th</sup> November 2007**

*Had a busy weekend! Back felt tight but not too much pain. I am looking forward to my wrap tomorrow.*

**Monday, 12<sup>th</sup> November 2007 – Fourth Wrap**

*Back felt great after wrap. I also felt more lifted (upright) after the wrap. Benefits of the wrap lasted most of the day.*

**Tuesday, 13<sup>th</sup> November 2007**

*Have had no lower back pain for a few days now. Have had upper chest and back pain which I do not usually get. Had trouble sleeping.*

**Wednesday, 14<sup>th</sup> November 2007 – Fifth Wrap**

*Feel great after the wrap and I can feel how much it has helped my upper back pain. The pain that I was experiencing in other areas seemed to have been due to the movement of muscles I have not been able to feel for an extended period of time. I feel like I want to throw my head back.*

**Thursday, 15<sup>th</sup> November 2007**

*Went to the gym and feel much more energetic. Did 8 minutes on the skier – have only ever been able to do 2-3 minutes in the past. Feeling much better within myself and upper back pain has settled down.*

**Friday, 16<sup>th</sup> November 2007 – Sixth Wrap**

*Back feels great after the wrap. I think I feel more upright, not as bent over and as tight. I know I have more energy and am sleeping better.*

**Saturday/Sunday, 17<sup>th</sup>/18<sup>th</sup> November 2007**

*Very slack, I am writing this on Monday. Still no lower back pain and my back feels much looser, but it does make my neck feel tighter.*

**Monday, 19<sup>th</sup> November 2007**

*Had an infusion today! Feel a little stiff and tired from sitting still for hours.*

**Tuesday, 20<sup>th</sup> November 2007 – Seventh Wrap**

*Back feels great after my wrap. Back pain has decreased.*

**Wednesday, 21<sup>st</sup> November 2007**

*Had a massage this morning, I felt my back needed a stretch – especially the neck. Had a tooth out this afternoon; don't feel well.*

**Thursday, 22<sup>nd</sup> – Sunday, 25<sup>th</sup> November 2007**

*I had to cancel wrap on the Thursday. I spent time in bed, very sick from having the tooth out and getting a massive infection. I had no trouble with my back. My neck is a little sore but I think the Dentist did that when he took the tooth out. I can't wait for my wrap tomorrow!*

**Monday, 26<sup>th</sup> November 2007 – Eighth Wrap**

*My back feels great after the wrap; I feel as if I can stand upright when I get off the bed. I have noticed that I am more upright when I walk.*

**Tuesday, 27<sup>h</sup> November 2007**

*Went to the gym and did 10 minutes on the skier.*

**Wednesday, 28<sup>h</sup> November 2007 – Ninth Wrap**

*Have noticed a huge difference! I feel my neck needs a massage and I feel that I want to throw my neck back.*

**My Last Wrap**

*I had a massage first then the wrap. I felt it made such a huge difference – it is not as hard to look up at people.*

**My Overall Experience**

*I have noticed a decrease in pain levels and I feel more upright and have heaps more energy. I don't like my neck but I didn't realise how much emotion is tied up in my neck. As I have felt more upright I have felt happier and more positive. I have more energy walking and going to the gym and am so much happier within myself. I feel so much more relief – I have gone from being as tight as a ball to being more normal.*

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**Client:** Sarah Wood

**Diet:** No Specific Diet / Focused on Healthy Eating

**Exercise:** Light – 20-30 Minutes Treadmill x 3-4 Times a Week

**Number of Wraps:** 12 Wraps – 3 Times a Week for 4 Weeks

**Reason for Using Formostar:** Had Two Babies in the Space of 13 Months. Wants to gain a healthy body again after the delivery of the two children. Hopes the Formostar will help reduce weight, assist with dermatitis/spotting on upper arms, skin tone and improve energy levels.

**Major Goal:** To be a Fit and Healthy Mum for my Kids.

	Start 5/5/	End Week 1	End Week 1	End Week 2	End Week 2	End Week 3	End Week 3	End Week 4	End Week 4
Bicep (R)	40.5	38	-1.5	37	-3.5	37	-3.5	36.5	-4.0
Bicep (L)	40.5	38	-1.5	37	-3.5	37	-3.5	36	-4.5
Chest	122	121	-0.5	117	-5.0	116	-6.0	113	-9.0
Upper Abdomen	104	104	0	101	-3.0	100.5	-3.5	100.5	-3.5
Waist	105	102	-2.5	100	-5.0	100	-5.0	96	-9.0
Lower Abdomen	117	117	0	116	-1.0	115	-2.0	107	-10.0
Hips/Bottom	119	116	-3.0	115	-4.0	115	-4.0	115	-4.0
Upper Thigh (R)	67.5	65	-2.5	65	-2.5	65	-2.5	64	-3.5
Lower Thigh (R)	56	54	-2.0	52	-4.0	51	-5.0	51	-5.0
Upper Thigh (L)	67.5	65	-2.5	65	-2.5	65	-2.5	65	-2.5
Lower Thigh (L)	55	54	-1.0	52	-3.0	51	-4.0	51	-4.0
Calf (R)	42	41.5	-0.5	41	-1.0	41	0	41	0
Calf (L)	41	41	0	41	0	41	0	41	0
Total Cm +/-			-17.5		-38		-41.5		-59.0
Total Weight Kgs +/-	98.8	97.1	-1.7	95.0	-3.8	94.2	-4.6	93.2	-5.6



Men benefit enormously from the Formostar as well.

### **WEEK 1 of Sarah's Comments:**

*When I started my wraps I had just had 2 babies a year apart so my body had basically been carrying babies for 18 months; it took a huge toll on my body.*

*Before starting the wraps I had:*

- *Big itchy stretch marks;*
- *My belly was hanging from having my belly stretched with the pregnancies;*
- *Dermatitis and scarring on the tops of my arms;*
- *Heavy Cellulite; and*
- *I was also losing my milk supply – I was only expressing about 30mls of milk.*

*I was a bit apprehensive before my first wrap as I did not know what to expect. The wrap process was explained to me and they spent the entire first wrap with me. During the wrap I felt very hot and perspired heaps. When I was un-wrapped I felt great. After my second wrap I felt my milk supply returning and started expressing more milk – after the third wrap I was getting 180mls of milk and it was great to be breastfeeding again.*

*I completed 5 x 20 Minute Walking Sessions on the Treadmill. I was absolutely rapt when after the first week I had lost 1.7 Kgs / 17.5 cms and felt my energy levels increasing. I also felt more positive mentally than I had for quite a while.*

**WEEK 2 Comments:** *During the second week I noticed my stretch marks had started to go silver and they stopped itching, my dermatitis on my arms had started clearing up and I noticed my skin was not as dry. I completed 4 x 20 Minute Walking Sessions on the Treadmill this week.*

*The wraps are helping me stay motivated and focused on my little steps toward becoming a healthy mum for my children. I am starting to notice the change in my body through my clothes – they are much looser and my pants are hard to keep up.*

*3.8 Kgs / 38 cms Lost in Two Weeks – All while lying down and a bit of walking on the treadmill – Fantastic.*

**WEEK 3 Comments:** *A huge change in the appearance of my stretch marks, the dermatitis and spotting on my arms has all but gone and my skin feels great.*

*I completed 3 x 30 Minute Walking Sessions on the Treadmill this week. I need to buy new clothes! My husband thinks I look great and I have much more energy for the kids and daily chores around the house. The ladies at Play Group have all started to notice and want to know what I am doing.*

*4.6 Kgs / 41.5 cms Lost in Three Weeks – I feel like I have lost much more than the 4.6 Kgs. I feel great!*

### **WEEK 4 Comments:**

*Stretch marks still improving, no noticeable dermatitis and spotting on my arms. Didn't get to do much exercise this week as the kids have been sick. My energy levels are great though – I have been able to cope well.*

*I am so excited because I fit into my Ripcurl pants I bought 12 months ago; I desperately wanted to fit into these after my first child was born but the second pregnancy stopped that. Achieved all my initial goals – time to set new ones.*

*I feel great and a lot more confident. 5.6 Kgs / 59 cms Lost in Four Weeks – I look great in clothes again – My new Goal: Lose another 15 Kgs – I have just booked my next series of Body Wraps.*

## Motor Vehicle Crash – 1st September 2007



The Captiva Maxx



Injuries from the Drivers Airbag



Injuries from striking the windscreen

*At approx. 7:40 am Saturday, 1<sup>st</sup> September 2007 I was involved in a two vehicle crash in Camira as I was heading to our clinic. The details of the crash are not important suffice to say our vehicle has been replaced at no fault to us.*

*As a result of the crash my left hand impacted the windscreen and I have experienced pain in the region of the neck, upper and lower back since.*

*I have continued to work every day since the crash and have been receiving treatment from Paula and the best physio I have ever been treated by (Joanne Bullock-Saxon - Fig Tree Pocket Physio) – the physio treatment is hands on and one-on-one.*

*I am unable to take anti-inflammatory medication as I am allergic to aspirin.*

*My recovery and pain management program has included physio, remedial massage (by Paula) and Formostar Infrared Body Wraps (by Paula).*

*Whilst Paula and the physio have provided the remedial treatment to assist in recovering my body to its pre crash condition the Infrared Body Wraps have been instrumental in achieving a level of pain management that has allowed me to continue working within our business – my clients can testify to my ability, since the crash, to continue to provide a quality massage without their feeling the effects of the crash on my body in the service I provide to them.*

*When the stress and strain of a physically demanding day becomes all too much Paula massages and wraps me (usually at midnight and beyond – thank you Paula) and I am once again ready to meet the challenges the next day.*

*For those who wonder WHAT I AM ON when I am talking about the Formostar Infrared Body Wrap System – NOW YOU KNOW WHY! It is not only because of the wonderful results experienced by our clients to date but from my own personal experience.*

John Potts, CSC

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## KickStart Journey – Sue Fulford

10 Pack Infrared Body Wraps / 3 Massages / 5 Personal Training Sessions



*I am one of those fortunate individuals to have a GP who is young, progressive and open minded to the benefits of using Allied and Complementary health in conjunction with conventional medicine. But even she was impressed with the healing of my C-section scar when I attended the six week check up. In fact she put my recovery, physically and emotionally weeks ahead of where it was expected, particularly considering it was my second C-Section in two years. **Suzanne Fulford***

***I was completely sceptical that the Formostar*** could live up to its own hype, which is why I am so surprised at the results I have experienced firsthand.

*After **one session I experienced a feeling of peace and wellbeing**, coinciding with a detoxification my body sorely needed. I noticed my skin was soft and looked healthy, and some lower back and knee pain I have been experiencing for years was eased.*

*After three sessions my friends started to comment on my weight loss, and I too had noticed my clothing was starting to feel looser.*

***After 12 sessions my body was a dress size smaller*** – and all I had done is lie on my back and drink water during the warm Formostar wraps. I especially noticed a slimming of my thighs, torso, tummy, arms and face. I have to admit that although the delightful team at Belle Affair had suggested stepping up my diet and exercise I had not changed a thing about my eating and exercise habits during the first 12 sessions.

*It wasn't just the weight loss which delighted me, the lower back pain I had endured for 22 years was gone, my skin looked great, and I felt more energy thanks to Formostar's detoxification effects.*

*I'm almost 20 sessions along now and continue to lose weight and enjoy the healthy feeling of wellbeing I get from Formostar wraps.*

*Before my first session I read glowing reviews like mine from other 'wrapped' customers and I didn't really believe Formostar could possibly deliver all that. You just have to try it for yourself and see. Formostar delivers more than you'd expect from such a relaxing process.*

**Kiesten McCauley**

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***The Formostar body wrap treatment has enabled me to wake up each morning completely pain free.*** Chronic muscle pain greeted me each morning, an inheritance from old injuries, sixteen hour days and excessive gardening. It was a struggle to loosen the tightness in the muscles and the pain was always there to a lesser or greater degree. Half way through the series of ten wraps, I noticed I could literally get out of bed without any resistance or stiffness. Furthermore, my family commented on my straighter posture. The deep heat has been a pleasurable experience, relaxing and very calming. ***It seemed to calm my anxiety eating*** and consequently I wasn't eating as much as I used to in my stressful times. I am overjoyed that I have stumbled onto something that has truly worked in my situation and will continue with periodic maintenance programs.

**Sue Danielli**

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*A couple of years ago, I was at the peak of good health and had never been fitter. I exercised at least twice a day, whether it was a brisk walk up the trails of Brownhill Creek, bike rides or strenuous sessions at the gym. Have you see the trainers on Biggest Loser? They're nothing compared to how my trainer used to be able to push me! At the age of 46, my body fat was calculated at 23% and I looked and felt fantastic.*

*Then I had an enforced lifestyle change. Just over two years ago, **I was diagnosed with a debilitating arthritic condition in my chest and spine.** I couldn't exercise without causing severe*

pain and breathing difficulties. My flexibility decreased and I got very grumpy!! I changed from a dynamic person to someone who could hardly get out of bed in the morning. I was newly married, running a business and most importantly mother of a young lively boy. I was exhausted. But as we all do, kept struggling on with a drastically reduced quality of life. Not being able to exercise, I obviously lost muscle tone and put on weight. The worst thing for me though was that I missed the endorphins that accompanied my exercise regime, made me feel great and helped me enjoy my life to the full.

My illness meant being on continuous courses of very strong anti-inflammatory medications, steroids and painkillers. I knew that both my medication and the body fat that I was accumulating through not exercising was detrimental to my long term health.

I searched extensively for some form of pain relief and natural pain management and tried almost everything. I was fortunate enough to find the Formostar Infrared Body Wrap and experience a treatment. The promise of pain relief by simply lying on a bed, with all my clothes on, no mess, reading a magazine for 50 minutes and drinking a hydrating drink. Believe me, I was cynical.

**From my first treatment, I experienced an improvement in pain and energy levels. To experience some weight loss and lose my "muffin tops" has been an added advantage.**

At the time of writing this I have been treating myself on the Formostar 2 to 3 times a week for only three weeks. In that time I have lost one kilo, dropped 2% of body fat and best of all have been able to stop all medication. I have not changed my diet or activity levels. I finish a treatment feeling just like I used to after a really strenuous run, endorphins flowing and ready to face the day. My energy levels have improved considerably and my pain levels are minimal.

**The results have inspired me** and I am going to watch what I eat a little more closely. I hope to introduce some walking into my routine again soon too.

I know that everyone is different and can expect different results, but for me this treatment has been life changing. I liked what the Formostar did for me so much that I bought the machine!

**Deb Westland**

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5 years ago I was **diagnosed with a giant cell tumour in my left knee** - benign but bone eating, it was 6cm by 8cm in size when it was discovered - no lump, I had been snow skiing for the first time in my life at Thredbo and I could not stand the pressure of being on the skies - with the knees bent after 2 hours of skiing I had to call it a day!

For the rest of my trip, I limped and it was painful - I came home and saw the Dr who suggested I do physio for my leg and thought I strained the muscles - after 1 month of physio and getting worse I went back to the Dr and was then x-rayed. They discovered the tumour and sent me off to a specialist - for confirmation of the tumour - it was confirmed and I was booked for surgery - the first of many..... I was put onto crutches at this stage - as my knee was that weak it was likely it was going to break, the thin bit of bone left at the knee joint (where the knee knuckles together).

November 21st - was to be the first surgery - gowned up and ready to go for 2 hours my surgery was cancelled - staff shortage - they would run out of time doing my surgery so I was postponed to the following week.

November 28th 2003 -surgery commenced with a bone graft from the hip and cement into the knee ( where the tumour had eaten my bone) affectionately I called this a patch and bog, my knee had fractured and complicated the surgery a little. I spent a week in hospital recovering before being sent home.

Still on crutches from November its now March 2004, and I could still not walk and having a lot of pain and discomfort - I had my usual check up x-ray of the knee and it was discovered that the first surgery

had failed, the tumour was still there and eating my knee away - so I was booked in for surgery 6 days later.

March 4th 2004 - a hinged knee replacement was performed, with a titanium rod going inside my femur - to stabilize the knee. Again a lot of pain and I a bit of a hurdle to get used to the fact that I have all this metal inside me - but it's me and I have to get used to it, I can't run from it. (suffering a little depression for 2 months nothing serious) I am once more back on the road to recovery.....

With many physio sessions and a lot of hard work - intense physio is just like exercise, its a workout everyday for at least 1/2 hour just to be able to walk again.

By May 2004 I am still on crutches from November 2003 and unable to walk unaided, my knee is not bending to 90 degrees - my mother used to have to try and force my leg to bend - and I made a deal with her - I would not make a single noise - I would just tell her when I could no longer take the pain. No mother wants to do this to their child (at 28 I am still a child). The pain and the suffering was horrendous! I am now under threat from the surgeons (and it's not an empty threat) to get this leg to 90 degree bend or its more surgery!!!! It didn't happen I could not get it to bend past 60-70 degrees - and that is not enough leg bend to get by with in everyday life, you cannot go up stairs or down stairs with that amount of bend.

So I am booked in for a manipulation - where they knock you out, take you into theatre and force your leg to bend up as much as possible while you are out to it. There is always a chance they can force your leg too far in this procedure and break it while you are out.

I recall waking up in recovery grabbing my leg - saying " oh my leg", my god it was painful. With a 4 day stint in hospital and my leg in a machine to keep it bending during the day after the procedure, I am released once more - with my trusty crutches. It was a matter of weeks 4 or so then I finally came off the crutches and started to slowly walk. And lots more physio I got walking for the first time in a long time. (July 2004).

November 2005 -

My check up at the hospital with the usual x-ray to look at what is happening with my knee has revealed that the tumour is back - still growing, this time its above the knee -more towards the femur. It's more surgery! The surgeons did another scrape and bog style surgery where - they scrapped out the bone and curetted, then cemented up the area. (with the tumour there is nothing there to see only cancer cells that eat away, so its a bit of a guessing game did we get it all). - lets hope so! another week in hospital back to the trustee crutches and a recovery period of about 8 weeks - and more physio. Gee I am getting good at this whole surgery thing by now - they are actually starting to get easier, something has got to, this is just cruel - how many surgeries does one need????

Back to my check up's every 3 months, we get to you guessed it November 2006, the tumour is back - further up the leg. (and I had only started to get on with my life - I started to plan things again - I stopped being scared of what could be around the corner. This time my surgeons need to do a more radical surgery in order to put a stop to this.

November 2006 - the surgery was to be a removal of the femur and re-do the knee replacement. (to me its almost an amputation)

They had to take out 23cm of the femur (my words, chop the bone out and throw it to the dog). Each time the scar gets longer and longer, and the surgeon's keep using the same scar - so there is a bonus, my lines on my leg are limited :). Another week long stint in hospital and this time I am ready for it, I am pushing my knee to start bending heaps straight away - I am not coming back - for another manipulation. Lots more physio, and this time I have it all sussed - physio have decided, that I am certainly working hard - they are just going to tell me when its enough. I even asked for the machine to keep my leg moving, straight after surgery - there was no time to waste, time is of the essence to get this new knee replacement bending like the old one.

August 2008 - I am finally on annual visits with oncology, and there has been no surgery for almost 2 years.

Sometimes it doesn't take much to hurt my leg, and I really look forward to my sessions – it's **absolutely amazing how the pain goes away using Formostar**. The Dr's have told me I won't be able to run or crouch down because of my limited leg bend. I go to the gym every day and sometimes I just work too hard or try to do the odd run, my knee does not like the impact of a bit of a run, going through the prothesis. I have been and used Formostar straight after doing a few steps of a run and it would be nothing unusual for me to be sore for a few days after this sort of motion. But the times I go and use the Formostar after hurting my knee a bit - the pain is either gone that night or even on the last 2 occasions - I walk out of the clinic totally fine - I have lost the pain. I tell Jenny, if only you could feel how good it feels now, "I love it".

**Without a doubt in my mind Formostar works wonders for pain sufferers. I can't believe something works on the pain that well. - Not even pain killers (panadene forte could not take the pain away like that).**

As you can tell by my history - I am certainly used to pain -it becomes a way of life! But Formostar has changed that for me and a welcome change too!

**Karen Herron**

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Julie, age 35, had a bad car accident about 3 years ago. As a result of the accident she broke the C7 vertebrae in her neck, 4 ribs and her collarbone. **Julie has been using Formostar to manage her pain to reduce her reliance on drugs.**

As a result of the accident, she required an operation and had to wear a neck brace for 8 weeks. Julie experienced significant strong pain in her neck and also in her lower back and required medication to manage the pain. For about 6 months Julie took 6 Neurofen and 6 Panadol tablets every day.

On a visit to her local Day Spa, Julie saw a poster advertising the Formostar Far Infrared Body Wrap System and read the customer handout material which discussed the pain management aspects of the Formostar. Being a health conscious person who had concerns about the amount of medication she was taking, she decided to try the Formostar.

Initially, she undertook 3 sessions per week for 3 weeks. **In the second week Julie was able to drop her daily medication levels without adverse affects. In the 3<sup>rd</sup> week, she dropped her medication back to every 2<sup>nd</sup> day but now realises she could have stopped taking medication but at the time was "scared to stop".** Unfortunately, she had to stop for financial reasons and returned to medication.

6 months later, with her medication intake still at previous levels, Julie decided to start Formostar sessions again. She undertook another block of sessions having 3 sessions per week for another 3 weeks and after the 1<sup>st</sup> week **dropped her medication completely and felt comfortable.**

For cost reasons, Julie reduced sessions to twice weekly for another 4 weeks. She found that having sessions 3 to 4 days apart allows her to be comfortable with some minimal pain but not enough to require medication.

Julie has since bought her very own Formostar Machine!

**Julie Andrew**

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*I have lost 22 kgs. Going on a diet is not my kind of fun but eventually I made the decision that I wanted to be a Size 10 again instead of a Size 16 not only because I had a wardrobe of clothes I couldn't fit but I wanted a better quality of life.*

*Jenny Craig had worked for me on another occasion so I decided to enrol and was doing pretty well but I was having difficulty walking because of hip pain and fluid on my calves.*

***I decided to try the Formostar if nothing else but to give me some pain relief and was amazed when I woke up the day after my first treatment with a noticeable decrease in fluid around my calves and no pain. I was hooked.***

*The thing that I discovered was that like previous diets I had done, I did not plateau with doing the Formostar in conjunction with my diet. When I went to weigh in, they asked me what else I was doing because it was unusual to consistently lose 7-800 grams every week for such a long period of time on the diet.*

*I joined the gym and could work out because I didn't have the pain, so that helped with my results as well.*

*I would have achieved the weigh tloss eventually with the diet programme and introducing some exercise but the **Formostar accelerated my results so I reached my goal much sooner than I expected** and the whole dieting process was not nearly as painful.*

**M. O'Brien**

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#### **Sarah Wood – New Mum, Weight loss**



Sarah had two babies in the space of 13 months.

She wanted to gain a healthy body again, reduce weight and assist with stretch marks and dermatitis spotting on her upper arms. In addition, she was losing her milk supply.

“After the 3<sup>rd</sup> wrap I was getting 180 mls of milk and it was great to be breastfeeding again. During week three there was a huge change in the appearance of my stretch marks (they were pale silver and didn't itch anymore either), the dermatitis and spotting on my arms had all but gone and my pants were hard to keep up.”

Sarah incorporated 20-30 minute treadmill sessions 3-4 times per week. She lost 5.6 kgs and 59 centimetres in 12 wraps over 4 weeks.

# FORMOSTAR

FAR INFRARED BODY WRAP

## Fuschia DeLange – Weight loss & Pain Relief with Formostar

“Formostar has changed my life and changed my body. After the birth of my two children I had so much back pain that I couldn’t pick them up which was pretty tough. I also struggled to lose weight.

Initially I did the Formostar to get pain relief but then the weight started to come off. The more relief I got, the more energy I gained and the more weight I lost. I’m now able to go to the gym or for a run without pain”. “I’ve lost 30 kgs with the help of the Formostar and gone from a Size 16 to a Size 10. I have so much more confidence and I feel great. I couldn’t have done it without my Formostar sessions.”



## Marnie Kallmeyer, Pain Relief with Formostar.

“I was facing surgery to my neck which the Neurosurgeon was insisting I undertake quite soon. I needed anti inflammatory and pain relief medications to get through my days as owning my own business there was no option of taking 2 months off work to recover. Then the news I may end up paralysed after the surgery-well, I was not keen to have it, yet the pain was taking over.

I discovered the Formostar by accident, and took my scepticism for a free trial. After only 1 treatment I was totally amazed. My pain was immediately noticeably less when I got off the bed, but put it down to coincidence. **I was PAINFREE for the first time in 2 years for the following 3 days.** I arranged to purchase the machine for my own beauty business – I was totally convinced and a convert of the results this machine offers.

**4 years on, I only have a session when my neck gets sore, month's in-between each session!**

I very rarely require pain relief medication. If I do, it is when it has been many months between wraps and I don't have time to get on it there and then. I am nowhere near needing the surgery and am convinced it is due to my Formostar machine and my wonderful chiropractor, whom I used to need to see x2 a week for well over 1.5 years. Now, I'm lucky if I need to go once every 3 or 4 months.

I have seen great results for many clients over 4 years. Julie Andrews, mentioned above was my client before purchasing her very own machine. I have had mums, dads, receptionists, gym junkies, arthritis sufferers, chronic fatigue clients, football and netball players swear by the results they have received, and you will too."

Contact beauty Image Now for your FREE Trial and see how the Formostar can change your life!

**[www.beauty-image.com.au](http://www.beauty-image.com.au)**

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