

Press release

Inch your way to a more toned figure with the Powertone Narl

Fans of the revolutionary Power Plate machine can now take their workout one step further with the Powertone Narl.

The Narl is an innovative piece of fitness equipment from Powertone Studios that is scientifically proven to reduce fat when used in combination with Power Plate training.

Used by many to maximize the effect of the workout, the Narl targets problem areas such as the abdomen, thighs and buttocks, creating a more sculpted, firmer figure. So whether you've always dreamed of having J Lo's perfectly pert bottom, Cameron's fabulously flat six pack or Beyonce's tightly toned thighs, help is now at hand.

The Narl was developed in Japan by neurologist Dr Hirohide Miwa, and is proven to help you lose up to 5cm from around the waist in just 12 weeks.

There's no need for any uncomfortable invasive procedures, in fact the Narl is extremely safe and easy to use. One of Powertone's personal trainers simply positions the pads on the area where you would like to see an improvement, letting the Narl do all the hard work.

A low frequency ultrasound is emitted which triggers a natural process of lipolysis where the fat stored in fat cells is broken down and released in to the bloodstream.

A 25 minute workout on the Power Plate machine, immediately after a session on the Narl, will quickly and efficiently burn off the fat, encouraging natural weight loss from key areas, creating a more toned, healthy body.

Use in conjunction with the Vacustyler to improve circulation and reduce the appearance of cellulite for the ultimate natural body makeover.

Treatment time: 10 minutes

Price: £20 per session or 12 sessions for £195



To try out the Narl before a Power Plate workout visit one of the Powertone Studios located in Mayfair, Battersea, Fulham or Chelsea. Further information and training tips are also available at www.powertonestudios.com or call 0800 599 9505.

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Notes to editors:

Powertone Studios is a revolutionary new concept in health and fitness training, where you can lose weight, improve your fitness levels, tone up and reduce cellulite all within just 12 weeks.

The four London-based studios are home to state-of-the-art technology from around the world, which work together to deliver natural, effective results – fast. The studios specialize in Power Plate training and are the only group of health and fitness studios in the UK to offer the innovative Powertone Narl, Vacustyler and Ionised Air machines for the ultimate natural body makeover.

For further information:

For product details, images or to arrange a visit to one of the studios, please call Emma on 07966 869438 or email emma@powertonestudios.com

