

## Press release

# Look good and feel great fast with Powertone Studios

The pressures of work and family life can make finding the time to workout a chore, but thanks to new cutting-edge technology from Powertone Studios you can look good and feel great fast without the need for costly cosmetic surgery or grueling gym routines.

Powertone Studios, based in Central London, 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 12 weeks.

The four studios are home to state-of-the-art fitness technology from around the world, which work together to deliver natural, effective results – fast. The studios specialize in Power Plate training, the fitness craze favoured by celebrities such as Madonna and Kylie, and are the only group of health and fitness studios in the UK to offer the innovative Powertone Narl, Vacustyler and Ionised Air machines.

When used together, this cutting-edge technology is proven to deliver the ultimate natural body makeover removing inches from problem areas, while improving the appearance of cellulite to leave skin feeling firmer and smoother. After just 12 weeks real changes in body shape and tone can be seen no matter what the fitness level.

The time-saving, low impact Power Plate machine, originally developed for NASA cosmonauts, provides a safe, easy to follow workout that will improve muscle tone and flexibility, while reducing body fat and enhancing energy levels.

The advanced vibration technology stimulates all muscle groups within the body for overall toning and in just 25 minutes the workout is complete. Simply take your position on the machine and perform a series of normal exercises such as squats, dips and crunches for 60 seconds per movement.

Workout as part of a class, or choose to train personally with one of Powertone's experienced, professional coaches. For those who prefer to workout in private, personal trainers are also available for home coaching sessions.



For dramatic inch loss where it counts, use the Powertone Narl immediately before a Power Plate session. Simply place the pads on key problem areas such as the abdomen, thighs or buttocks and let the Narl do the work. The low frequency ultrasound breaks down the fat cells stored in the body, allowing even more fat to be burned off during a Power Plate workout.

Finish off with a session on the Vacustyler to help reduce the appearance of troublesome cellulite and varicose veins. The only technology of its kind in the UK, the Vacustyler is a truly 21st century machine that improves circulation and strengthens connective tissue by encouraging blood flow throughout the body.

Powertone's Ionised Air machine will also increase metabolism and speed up the fat burning process. A patented shooter device delivers ionised air, similar to fresh mountain air, directly into the airway to help energise and invigorate the body prior to a workout.

Peter Penny, Managing Director of Powertone Studios, said: "Finding the time to workout is becoming increasingly difficult, with many people seeing the gym as an enemy rather than a friend and reverting to cosmetic surgery to help them take off the inches. It's our aim to change all that.

"By introducing cutting-edge technology, our clients can increase their fitness levels naturally, in a friendly supportive environment by training for 25 minutes, just three times a week. Our specially designed workouts will help manage stress, regulate weight, combat health issues and ultimately make people feel more confident and energized."

Powertone Studios is suitable for all ages and abilities and those recovering from injury. No special clothes or equipment are needed and a workout can easily be squeezed in between meetings or shopping trips to the city.

To try out a session 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](http://www.powertonestudios.com) or call 0800 599 9505.

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**Notes to editors:**

25 minute Power Plate session: £20

10 minute Narl session: £10

30 minute Vacustylor session: £35

15 minute Ionised Air session: £6

One-to-one Power Plate training at home: £580 for 10 sessions

**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](mailto:emma@powertonestudios.com)

