

Utah Valley

A MAGAZINE FOR PEOPLE
WHO LOVE THE VALLEY

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Home (Cooking) for the Holidays

Provo's Kelsey Nixon
spreads holiday cheer with
original recipes and a new
Food Network show

THE TASTE OF TRADITION

Put a twist on
5 classic dishes

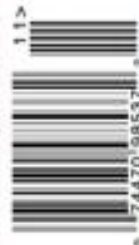
DINING GUIDE

21 restaurants to help you
put on your holiday pounds

HOLIDAY GIFT GUIDE

16 ideas to stuff in stockings

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Perfect Tan, Body & Wellness Spa

826 East 800 North, Orem • (801) 802-8267 • www.PerfectTan.net



Not just a tanning salon anymore — Perfect Tan, Body & Wellness Spa offers amazing results from Infrared Body Treatments for Weight Loss, CVR, Anti-aging solutions and the newest, most advanced Spray-on Tan booth in the world.

Owner Harvey Woodyatt explains, “Our Infrared Treatments are so successful that we can guarantee that clients can lose 20 inches or more in 20 visits by following our program.”

Losing weight is simple, you just need to burn more calories than you consume. Unused calories are stored as fat. Stored fat is known as “cold fat” because blood circulation is extremely low in fat storage areas. When we work out, our muscles and vital organs get the majority of our blood flow. It is virtually impossible to “work off” fat through exercise. Limited blood circulation results in what is known as “cold spots” where the fat hardens and, over time, becomes cellulite. The Infrared Body Treatment reverses this situation by applying infrared heat to the body.

Infrared rays gently heat the body from the inside out to get beneath the fat tissue. Blood flow is increased over 300% in the “cold spots,” bringing blood back into the

areas that have restricted blood flow causes the metabolism rate to rise. Infrared heat softens the fat/cellulite tissue, breaks it up, and releases it back to the blood stream to be burned as energy.

Clients can burn up to 1,400 calories or more in one 50-minute session. Your body will burn off those calories throughout the day. Best of all, inch loss from Infrared treatment is permanent.

Infrared is great for inch and weight loss, tightening and rejuvenating skin, helping to clear cellulite, shaping your body after having a baby, reducing stretch marks, improving skin, clearing acne, and pain management. On average, clients can lose a whole dress size in six visits.

During all infrared sessions, they offer Creative Visualization and Relaxation (or CVR) to clients. Perfect Tan, Body & Wellness Spa is the first and only known spa in the world to do both at the same time and this is the key to their successful results. Most weight loss programs focus on food and depriving you of it when, in reality, a positive mindset is the most important element in taking weight off for good. CVR is based

on the idea that, when your perception changes from that of a “fat” person to that of a “thin” person, you will no longer have a weight problem. In other words, CVR makes sure you are focusing on everything that makes enduring changes to your weight.

The founders of CVR made a two-decade study of people who are naturally thin. They knew the key to permanent success was hidden in the underlying psychology of these people. In each CVR session, these keys to success are passed along to you.

Perfect Tan, Body & Wellness Spa’s new Versa Spa spray-on booth is the most advanced in the world. Customers can choose six different color levels for their tan. It can be programmed to spray the entire body, face or legs and ends with a blow-dry finish. Also, add-ons include an anti-aging/hydration treatment.

They also have eight different levels of tanning beds, from high-pressure beds that totally tan in three to five sessions to a leg-only tanner and everything in between. More information is available at www.PerfectTan.net

NOTE: Perfect Tan makes no therapeutic claims

free medical advice



One 50-minute Infrared Session at Perfect Tan, Body & Wellness burns 1,200-1,400 calories. Running a marathon burns 1,186 calories.