



Do You Suffer From Chronic Back or Neck Pain? Have All Other Treatments Failed?

Relieve Your Neck and Back Pain For Good **With Non-Surgical Decompression**

- ✓ Bulging Discs
- ✓ Herniated Discs
- ✓ Sciatica
- ✓ Degenerative Disc Disease
- ✓ Pinched Nerves
- ✓ Leg Pain
- ✓ Facet Syndrome



During the 4-6 weeks of treatment, most patients experience astounding results, ultimately relieving much of their pain and discomfort!

Mon., Wed., Fri. 9am -7 pm • Tues. 3:30-7pm
Thurs. by appointment

How It Works: In a precise and graduated manner, the series of distraction is offset by cycles of partial relaxation. This technique of spinal decompression involves unloading due to distraction and positioning, and has shown the ability to gently separate the vertebrae from each other. This creates a vacuum inside the discs that are being targeted, thus repositioning bulging discs. Also known as negative intra-discal pressure, spinal decompression induce the retraction of the herniated or bulging disc into the inside of the disc and off the nerve root, thecal sac, or both.

Chiropractic Center of Warren • Dr. Steven M. Maffei
27 Mountain Boulevard, Suite 4 • Warren, NJ 07059

908-753-2322 • www.chiroofwarren.com

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CONNECTION COMMENDS



Karin Doss

SKIN SOLUTIONS NJ, LLC

786 Mountain Blvd
Watchung NJ 07069
www.skinsolutionsnj.com

By: Katrina Musto

Achieving Total Relaxation While Kissing Cellulite Goodbye

Karin Doss wants to help you relax and feel your best and at her spa, you can accomplish just that. As the owner/operator of **Skin Solutions NJ** since November 2015, Doss works by appointment-only, Monday through Saturday 9:00am until 8:00pm. A licensed RN with a background of Intensive Care/Open Heart Surgery-Recovery, she is certified to perform Endermologie treatments on the face and body, as well as Manual Lymphatic Drainage.

Endermologie is a 100% natural non-surgical procedure, and is the first cellulite treatment to be approved by the FDA. It uses 2 motorized rollers and regulated suctions, which allows for deep tissue mobilization, resulting in a reduction of cellulite, increase of circulation and loss of inches. It helps break down trapped fat and toxins, then mobilizes them to the lymph system to be flushed out.

Endermologie treatments help the appearance of saggy skin over time by stimulating the skin cells to produce collagen and hyaluronic acid, and increase blood circulation in the treated areas by 400% lasting 6-8 hours after treatment. It is recommended to come twice per week for 10-20 sessions, and drink at least 2 liters of water per

day (especially on days of treatment) to help in the process of flushing out the fat and toxins.

Doss explains that clients seeing the best results from Endermologie incorporate treatments with healthy eating and exercise. "Together we set goals to combat the appearance of cellulite, and/or breakdown the areas of trapped fat that isn't responding to diet and exercise alone. We re-evaluate and adjust our treatments as we go along, in order to obtain the best results."

Anyone over the age of 18 can benefit from Endermologie treatments, as it is a "natural, painless and skin-friendly" procedure. It requires no down-time from any exercise or activity. People can begin to see results within 6-8 treatments, with cellulite beginning to feel smoother and clothes beginning to feel looser in the areas of treatment. When desired results are achieved, it is strongly recommended to continue Endermologie sessions every 4-6 weeks to maintain results.

"I absolutely love what I do," Doss says. "My goal for my clients is for them to relax and enjoy their sessions, and love their bodies always."