

KC ATHLETIC  
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# Body Contour

## 01 BODY CONTOUR PACKAGE

35 min experience - Reduce Fat, Reduce Inflammation, Reduce Pain - Red Light Full Body Therapy session, Full Body Vibration Plate session, 3D Biometric Scan w/ Consult.

\$100

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### RED LIGHT THERAPY

This state-of-the-art technology uses LEDs that emit red light and near-infrared light to your whole body. The specific wavelengths of the LED light penetrate fat cells and break them apart. Your body eliminates the broken-down fat naturally. Red light therapy uses the therapeutic application of light energy primarily to aid in the healing of skin and muscular conditions, such as scarring and tendonitis.

By exposing the body to a low wavelength of red light (620 to 750 nanometers), red light therapy stimulates increased energy production in the cells, which may lead to myriad health benefits, include wrinkle reduction, age spots, arthritic pain support, vitamin D, mood support and lessens depression

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### FULL BODY VIBRATION PLATE THERAPY

Full Body Vibration removes the broken down fat from the Red Light Therapy session, thereby shortening the time it takes for you to see results. It has been found to increase lean muscle mass, improve circulation, lymphatic drainage, strengthening of the endocrine system, lower stress levels, improved bone density, decreased cellulite, strength training, faster workout recovery and improve balance.

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### STYKU 3D BIOMETRIC SCAN

The Styku 3D Biometric Scan allows you to view your body in real time and in 3D. With 600 infrared cameras this state of the are technology takes 13 Biometric Measurements, 14 Caliper Areas and Volume, and 3 Shape Ratio Landmarks.

Similar to a DEXA scan without radiation exposure, Styku provides key measurements such as fat mass, muscle mass, bone density, visceral fat, subcutaneous fat and more. In addition provides an analysis and measurable percentage of preventable health risks such as heart disease, type 2 diabetes, and cancer.

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