



## LISA BAUER OF TOTAL BODY DESIGN ON SLIMMING AND WELLNESS TREATMENTS FOR THE WHOLE BODY



**Background:** Located in the heart of Reston, Total Body Design is an Endermologie and Natural Body Shaping Studio with a focus on holistic health. Their mission is to provide the highest quality service at an exceptional value for every client.

### INTERVIEW

**Q: Please tell us a bit about your philosophy at Total Body Design?**

A: We believe in this day and age, "it basically takes an arsenal" to stay healthy - inside and out. Our skin and our body take a beating and to come out ahead, we all need to fight back with healthy habits. Because of our comprehensive approach to health and beauty, Total Body design is unique in the Endermologie and body shaping industry. We provide a complete wellness consultation for each client and create customized treatments plans in accordance with their goals. Each consult includes an analysis of body composition, nutrition guidelines and recommendations around appropriate exercise and activities.

**Q: Can you tell us about the body contouring and anti-cellulite treatments you offer?**

A: We offer a variety of services that treat cellulite, contour the body, and aid in inch loss. We offer Body Exfoliation treatments, Gyrotonic exercise and our two most popular treatments are the Slimming Body wraps and the Endermologie Lipomassage.

Both treatments are natural, feel wonderful, and are incredibly therapeutic. Both the Body Wraps and the Endermologie smooth the outer layer of the skin, aid in inch loss and help the body naturally detoxify. Clients also love the Body Wraps that we offer because they help to accelerate the results seen from Endermologie.

**Q: What ingredients are in the Body Wraps?**

A: The Slimming Body Wraps are derived from an aloe Vera, collagen enriched formula with amino acids. Clients can see faster more visible results when they combine the Wraps with Endermologie treatments.

**Q: How many Endermologie or Body Wraps does someone have to get before they see results?**

A: The number of treatments is totally dependant on the results desired by each client. The initial series is typically between 10-15 treatments and we recommend that clients come for the treatments twice per week.



**Q: What kind of training do the people administering the treatments get?**

A: Our staff is highly trained! Total Body Design is unique in this way as well. Aside from being certified for Endermologie, our technicians are Massage Therapists, Licensed Estheticians, Personal Trainers and certified Wellness Consultants. The extensive background and the advanced understanding of skin and muscles allows our staff to help clients reach a variety of goals.

**Q: Do you also sell products that someone can use to enhance the results they receive at Total Body Design?**

A: Yes. We sell a variety of products for our clients. We carry a line of certified organic nutritional supplements from Nutrilite for weight management and detoxification. We also offer anti aging skin care and cellulite treatments that our clients absolutely love!

**Total Body Design  
11870 Sunrise Valley Drive  
Suite 100  
Reston, VA 20191  
571-323-0430  
[www.totalbodydesign.com](http://www.totalbodydesign.com)**