

Summer Health

Chez Elaine celebrates eighteen years in business

Chez Elaine is celebrating 18 years in business this June. Elaine would like to take the opportunity to thank her longstanding clientele for their loyalty, and her amazing team Sarah Heraghty and Kira Fazekas for everything they do and how well they help to look after the salon and customers. The future is looking very exciting with lots of new exciting plans on the horizon, so watch this space.

Chez Elaine is hosting a 50 per cent off summer sale on selected courses of treatments this June and July. You can now avail of the most advanced non-invasive treatments using most cutting-edge FDA cleared technologies for a fraction of the price.

BTL Emsella is a breakthrough treatment for incontinence and confidence. Treating both urinary and faecal incontinence along with erectile dysfunction, and increasing sensation during sex, this really is a revolution for the pelvic floor. An impressive 1,180 Kegels in 28 minutes is now possible with Emsella.

BTL Lymphastim™ the most advanced lymphatic drainage system in the world, and works on the pneumatic pressotherapy principle. This treatment has

a multitude of aesthetic and medical benefits, from treating arthritis and gout to cellulite, and is extremely beneficial in post-traumatic care.

Strawberry Laser Lipo

This ground-breaking body shaping treatment offers a non-invasive solution for skin tightening, body contouring and cellulite reduction. Imagine the results of liposuction without any surgery. There is no pain or downtime, and you can even have a session during your lunch break.

Omnilux™

The benefits of light therapy are widely recognised in modern medicine. Omnilux has been developed to harness the power of light, and deliver it as a safe and effective treatment for rejuvenating tired skin, as an anti-aging therapy and for clearing problem skin. Omnilux can also be combined with your current skin regimes and aesthetic treatments and even Botox and fillers for improved outcomes and longer-lasting results.

All the above courses are available for purchase at 50 per cent off the normal price for the months of June and July. You can find out more about each treatment by visiting www.chezelaine.com or call the centre on 091 786995.

Plexus Bio Energy celebrates 30 years of providing specialist treatments from its base in Galway this month

Following the teachings and traditions of Michael O'Doherty and Tom Griffin, the founders of Plexus System, Michael O'Gara and Tina Forkan set up their branch of Plexus Bio Energy in 1993, making this alternative form of health treatment accessible to the people of the west of Ireland.

Plexus Bio Energy will help people to let go of the old and refresh their health again, by clearing and balancing the energies.

"It is so important to keep the mind balanced as mental health is a big problem in our society and very much a hidden issue, we need to reach out and help those people, not ignoring it, as it's an awkward subject," says Tina Forkan and Michael O'Gara from Plexus Bio Energy.

"At Plexus Bio Energy, we deal with these problems every day. To listen, balance the brain hemispheres and reassure that person can make such a difference. The biggest problems why people with mental health issues don't express how they feel is because they feel they will be judged."

Tina and Michael say that, "There are always ways of dealing with issues if our minds are balanced. Otherwise when our minds are blocked, we can create problems that don't even exist, worrying about things that may never happen. It's important for people to live in the present moment. The past is gone and the future will take care of itself."

At Plexus Bio Energy on Merchants Road, Galway, Tina and Michael have dealt with all types of health issues on a physical, mental and emotional level over the past 30 years.



Michael O'Gara and Tina Forkan of Plexus Bio Energy Galway. Photo: Mike Shaughnessy.

de-stress the mind."

Plexus Bio Energy involves the rebalancing and locating of energy blockages around the body. This energy is like electrical currents going through the body (in other words, the electricity of the body).

As therapists, Tina Forkan and Michael O'Gara are able to feel those energies and can locate and diagnose blockages in the body which can cause physical, mental and emotional problems.

Over a four day treatment they work on rebalancing these blockages, as they do this people feel sensations like tingling, coolness and heat, and a drawing back sensation.

The Plexus Bio Energy works with all types of illness and for people of all ages, asthma, arthritis, depression, sport injuries, colic, blood pressure, back and stomach problems etc.

They advise people to have three four-day sessions of treatment — consisting of half an hour over four consecutive days — over a period of six weeks to bring them back to full health.

"We have enjoyed great results since 1990 in our practice in Merchants Road, Galway. It gives us great joy and achievement seeing people returning to health and helping to change their lives for the better. What people need to realise is never to give up, there is always help out there if you look for it," they say.

For information contact Tina or Michael at 091 568855 or 087 2810055, or visit www.plexusbioenergygalway.com. Gift vouchers are also available.

"We all need to realise there is always more we can do to improve our health. Never give up or you have given up on yourself," they say.

"We have treated people who were told that they would have to put up with their pain all their life, but that was not the case at all. When you release an electrical blockage from the blueprint of the body it will allow a flow of energy current through which will clear the pain from the body," they add.

"This time of year we notice lots of young people attending our clinic due to exam pressure. It's frightening to see how young people can get so stressed, tired and fatigued, experiencing adrenal burn out, dizziness etc. But once we clear all the stagnant energy and energise the kidneys, it will bring up the adrenal energy again and



PLEXUS BIO-ENERGY

Ireland's only Institute of Bio-Energy

Plexus Bio-Energy treats all types of illness eg. Asthma, Arthritis, Skin Problems, Back & Stomach Depression & Blood Pressure etc.

www.plexusbioenergygalway.com

**Monday - Thursday
11am - 2pm & 3.30pm - 7pm
By Appointment Only**

**For information or appointment contact
Tina or Michael at 091 568855 or 087 2810055
Lismoye House, Merchants Rd, Galway**

Consultants: Michael O'Gara & Tina Forkan | As seen on the Late Late Show