

Around the world, more and more women are using a custom program, better adapted to their health, their morphology, in order to beautify their bodies, get a more harmonious silhouette, skin smoother and toned and improve their physical performance, especially to feel blossomed and in good shape.

My Studio, wellness center, is a new approach to help you to find the harmony of your body: a minimum of effort and time for maximum results.

Personal and Private:

We establish a personal workout program, based on a preliminary interview. We take into account your general health and a medical questionnaire is automatically submitted to you before defining and starting any program.

Evaluation tools are used throughout the duration of the program, in order to reach your targets.

The sessions are by appointment only. We will work with you one-on-one and the studio is dedicated to you during all the time of the session.

The three following technologies we use are complementary and adapted to each of your goals :

Fitness, Health, Wellness & Anti-Aging Action.

For the first time in Koh Samui, all the benefits of Power Plate®.

Weight Loss: you increase your daily calorie and you tap into your reserves of body fat.

Lose cellulite and improve skin quality: basic metabolic rate increases, the body eliminates toxins and the anti-cellulite massage mitigates the orange peel effect.

Improve muscle strength and performance quickly: in 30 minutes, your muscles work 20 times more than during a traditional training of 1 h 30.

Fight effectively against age: you stimulate tendons, you soften yourself naturally and the simultaneous stimulation of all receptors improves physical coordination.

Bone density: you increase your bone density and prevent loss of bone mineral density associated with age.

Movement and cardiovascular function: Increase circulation and improve the function of the cardiovascular system

Well-being and quality of life: Increase of the happiness hormone serotonin and neurotrophine, a substance that supports our thinking process.

Say no to fat resistant, Improve significantly the appearance of your skin with Wellbox®.

Through the motorized technique of palpate and roll, The Wellbox® ensures the **draining of your tissues**, effectively on targeted areas as **arms, stomach, buttocks, thighs and face**.

Rid off your cellulite: through localized actions, the fat areas are decongested and reduced.

Improve the appearance of your skin and tone your face: thanks to a natural recovery of collagen, your face becomes visibly smoother, your skin breathes and your face regains its lustre. A gentle safe method, without chemicals and needles.

Pressotherapy: Totally relaxing experience

Pressotherapy is a treatment with special pressure cuffs, designed to **detoxify the body** through effective **lymphatic drainage**.

The benefits of Pressotherapy:

Improves circulation and venous problems as varicose and spider veins.

Recommended for the treatment of cellulite as a consequence of poor circulation blood and water retention.

Slimming and detoxifying: from one session to another, you lose inches and you feel lighter.

Reduces the phenomen of “heavy legs” and water retention: your pain fades and you retrieve your wellness.

A personal program with My Studio will bring you benefits day by day. That's why a trial session is offered on each of our machine, allowing you to select and evaluate with your coach the best program suitable to your needs.

My Studio also proposes you Loyalty and Sponsorship programs in addition to discount packages.

Feel free to contact me for further information and trial session booking.

Soraya Fontaine

My Studio

Chaweng Beach Road (at Samui Resotel)

17/113 Moo 3 Bophut, Koh Samui, Suratthani, 84320

Open from Monday till Saturday

Email : contact@mystudio-samui.com

Website : www.mystudio-samui.com

BY APPOINTMENT ONLY

Phone: 08 738 35 905