

Article – SC Journal

Good Vibrations are happening at O2 Wellness in San Clemente, California!

When I first heard about VIBING I could not grasp the concept of how it would be able to benefit me in addition to the other services being provided by O2-Wellness. So my quest began to experience things first hand.

Upon arriving at O2 Wellness I was greeted by their friendly and knowledgeable staff, who provided me with a guided tour of the center. Their services include an Ionic foot spa for de-toxing, Infrared Sauna for weight loss and healing, Body Balancing for stress reduction and sense of well being, Galvanic 10 minute face lift with instant results, Oxygen Bar for clarity and anti aging benefits along with Therapeutic Whole Body Vibration (TWBV) to help with everything from pain to weight loss. All of these things were foreign to me, and I thought I was taking care of myself? Not until I experienced each of the services first hand, did I truly understand how beneficial each one was.

While enjoying the benefits both physically and mentally from the menu of wellness options provided, I had the pleasure of meeting other O2 Vibers from the very young to senior citizens. The wonderful things people were saying added to my own experiences of feeling more alive than I have in years: Instant relief from pain, better sleep, more energy, toning, improved circulation, weight loss, posture improvement, increased flexibility and balance, and a general sense of over-all well being to name a few.

After spending additional time with the staff and reading the material they prepared for the NEWBIES on VIBING, I came to appreciate a better understanding of what O2 Wellness was doing for their clients. TWBV treatment is relatively new; therefore, the center offers 3 free sessions to allow new clients to experience the immediate benefits derived from the machine.

What I found to be so UNIQUE about O2 Wellness is the center's ability to cater to men, women, children, athletes, the physically challenged, as well as the elderly, providing all of them with the tools to assist them with gaining back their physical and mental stamina. O2 Wellness offers something to everyone, regardless of their specific desires and needs to obtain maximum health.

Last but not least, I was curious how O2 Wellness came about. Brenda Carbone and her two partners Mark Stevens and Kristy Carbone made a brave decision in a challenging economy to open the center for several reasons. Brenda was faced with the decision to have surgery and was in physical therapy for her injuries. After being heavily medicated for the injuries for months, she came across TWBV and started using it. After only a few weeks she was medicine free and feeling better than she had in years. Sleeping through the night without sleeping pills was something she thought would never be possible. The doctors had her on a cycle of pain pills, muscle relaxers, anti inflammatory and sleeping pills. Anyone that has been treated for pain understands it is a vicious cycle and recovery from injury is never fun. After meeting with her doctor one last time he suggested after

several injections of cortisone that she consider surgery for her neck if the pain returned. Brenda is happy to report surgery will not be necessary. In addition to eliminating pain, Brenda lost 30 lbs, toned her muscles and feels better then she has in years. Not only is Brenda physically better off, but her attitude has improved over-all. People started commenting on how Brenda looked and noticed her increased vitality. Brenda encouraged Mark and Kristy to participate and they realized the benefits of TWBV with weight loss, pain elimination and an over-all sense of well being. Together they researched, studied and participated in learning more about taking charge of their own bodies to obtain maximum results to a healthier and happier body; thus, began the creation of O2 Wellness.

My suggestion to anyone interested in taking advantage of something that is quick, cost effective and works is to stop by and meet the staff at O2 Wellness. It is well worth it, and your first 3 sessions of Therapeutic Whole Body Vibration are free. Why? The staff at O2 Wellness is confident you'll be back for more!