



We have success! The pounds and inches are disappearing before our eyes. We are pleased to report that due to our new weight loss program at i spa the beta group has lost 85.6 pounds and 108.4 inches *so far!* Remember, this is just our beta group and we can't wait for you to join us!

We are officially launching the Ideal Protein Weight Loss Method at i spa Health Studio. You are invited to explore the possibilities of a newer, healthier you and learn how to reach and maintain your ideal body and live a more healthy life style through weight loss. Read more about the program at on our [Ideal Protein Weight Loss Page](#) .