

Welcome to the Future in Luxury Wellness



Experience the Difference

It's time to experience the new face of luxury wellbeing - the Power Plate machine.

The Power Plate machine is a vibrational training device that uses the principles of Acceleration Training™ to stimulate the body's natural response to vibration. The machine vibrates, causing your muscles to contract at a higher intensity than they would with normal exercise. This cuts down the time you need to exercise but increases the benefits you reap.

Using the Power Plate can help with improving strength and flexibility, increase circulation, aid weight loss, reduce cellulite, build bone density, and reduce stress levels.

Celebrities

Elle Macpherson (supermodel)
 Courteney Cox (actress)
 Cindy Crawford (supermodel)
 Claudia Schiffer (supermodel)
 Clint Eastwood (actor)
 Gemma Arterton (actress)
 Hilary Swank (actress)
 Kelly Osbourne (actress)
 Natalie Imbruglia (singer)
 Victoria Beckham (fashion)
 Kenzo Takada (fashion)
 Mark Wahlberg (actor)
 Matt Damon (actor)

Professional Athletes

Fabian Cancellera (cycling)
 Rafael Nadal (tennis)
 Serena Williams (tennis)
 Lee Westwood (golf)
 Colin Montgomerie (golf)
 Darren Clarke (golf)
 PGA Tour (golf)
 Nick Dougherty (golf)

Hotels & Resorts

Hilton Hotel, Sydney
 Westin Hotel Sydney
 Sheraton Hotels (worldwide)
 Ritz Carlton (worldwide)
 Mandarin Oriental
 Four Seasons (Hong Kong)
 Metropolitan (Bangkok)
 Grand Hyatt (Bangkok)
 Amman Puri (Thailand)
 Conrad (Maldives)

Sporting Teams

Manchester United (football)
 Chicago Bulls (basketball)
 New York Yankees (baseball)
 German National Football Team
 USA Football Team
 China Badminton Team
 China Gymnastics Team
 German Bobsled Team
 China Tae Kwon Do Team
 South Africa Rugby Team
 Japan Football Team
 Western Sydney Giants AFL