



# ALTERNATIVE TWO

A Holistic Approach

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A holistic wellness center in a spa setting, ALTERNATIVE TWO in Lyndhurst combines massages and sauna treatments with different types of natural therapy, including magnO2baric therapy and hyperbaric chamber therapy to rid the body of toxins and laser therapy for the treatment of stress. Unlike most traditional practitioners who are focused on clients' symptoms, owner Dwight Vega's focus is on the causes of his clients' ailments, whether it's fatigue, diabetes or depression. While customers can receive hot stone and deep tissue massages, they can also enjoy detoxification services to benefit their overall health.

### What makes your spa holistic?

Alternative Two specializes in detoxification of the body and bringing it back to its optimal state of well being. We treat the body as a whole, and instead of addressing the symptoms, as most of today's traditional practices do, we address the cause of the disease. Through hyperbaric chamber therapy and other modalities, we change the internal environment of the body that disease needs to exist or manifest. Once we change the internal environment, the body can heal itself.

### What is magnO2baric therapy? What ailments does this help to cure?

MagnO2baric therapy, developed by Alternative Two, is a combination of two well-researched and very effective care treatments: magnetic fields and mild hyperbaric therapy. Magnets strengthen the cells of the body, while hyperbaric chamber therapy infuses cells with oxygen, a great aid in detoxification. Each modality augments the other and the results seem to be exponential. Everybody could benefit from magnO2baric treatment. We have clients who use it as an anti-aging therapy, as well as clients with autism, chronic fatigue syndrome, fibromyalgia, depression and Lyme disease.

### What are the benefits of receiving holistic treatment rather than regular spa services?

We offer wellness and detoxification modalities that other spas don't offer, such as magnO2baric therapy, infrared sauna therapy, ionic detox footbaths and color therapy. Through detoxification, we rid the body of chemicals that are causing the body harm and we use natural ways to bring the body back to its natural state. More and more people are discovering that we live in a toxic world, and are learning that detoxification and cleansing the body from environmental toxins is key to maintaining optimal health. Our center is thriving even during tough economic times because people are noticing that detoxification is necessary in order to prevent disease in the future.

### What are the other types of services you offer?


We also offer therapeutic massage and infrared sauna therapy, which is believed to be the most effective type of sauna for detoxifying the body of harmful toxins and heavy metals. Our ionic detox footbath is the strongest footbath on the market, and it is highly effective at cleansing and balancing the whole body by using negative ions. By charging the water in a foot tub with a mild current, it gently pulls clogged, toxic materials from the vessels and nodes of the lymphatic system through the 2,000 plus pores in the feet.

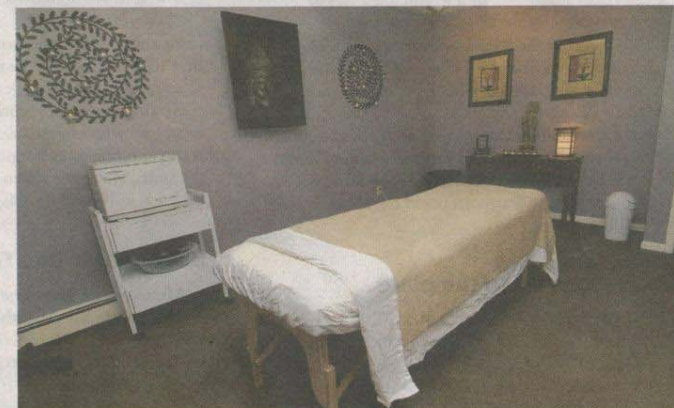
We also have a naturopathic doctor who performs a test on clients called voiceBio, which is an incredible energetic assessment tool that analyzes the sound of the human voice and then accurately reveals frequency patterns in the body. It allows our clients to not only understand the root cause of their physical and emotional energetic imbalances, but also teaches them the right key to take back control of their own energetic health holistically and expeditiously through appropriate nutrition and lifestyle changes.

Another modality we have is color therapy, which we use to align the body's energetic field and enhance overall wellness. Color therapy can make you feel stronger, more energetic, more balanced and less stressed.

We use laser acupoint therapy for smoking cessation, stress management and pain relief. Dr. Perry Nickelston, a licensed chiropractic physician, oversees our laser therapy program. All of our therapists are certified in low-level laser acupoint therapy.

### Are these different forms of therapy more expensive than massages?

We try to keep everything affordable, so most of our services are priced at either equal or below what someone would pay for an average spa. For example, our laser therapy for stress relief costs \$85 per session, laser therapy for pain relief is \$75 per session, an infrared sauna is \$35 per session and an ionic detox footbath is \$50 per session. We also offer packaged deals, which give customers a further discount. We believe that everyone should be able to afford alternative care and be able to prevent disease. The most expensive treatment we have is laser acupoint therapy for smoking cessation, which is priced at \$150, but may include two treatments. This program has a very high success rate. 



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Alternative Two in Lyndhurst uses a range of holistic therapies to de-stress clients.

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