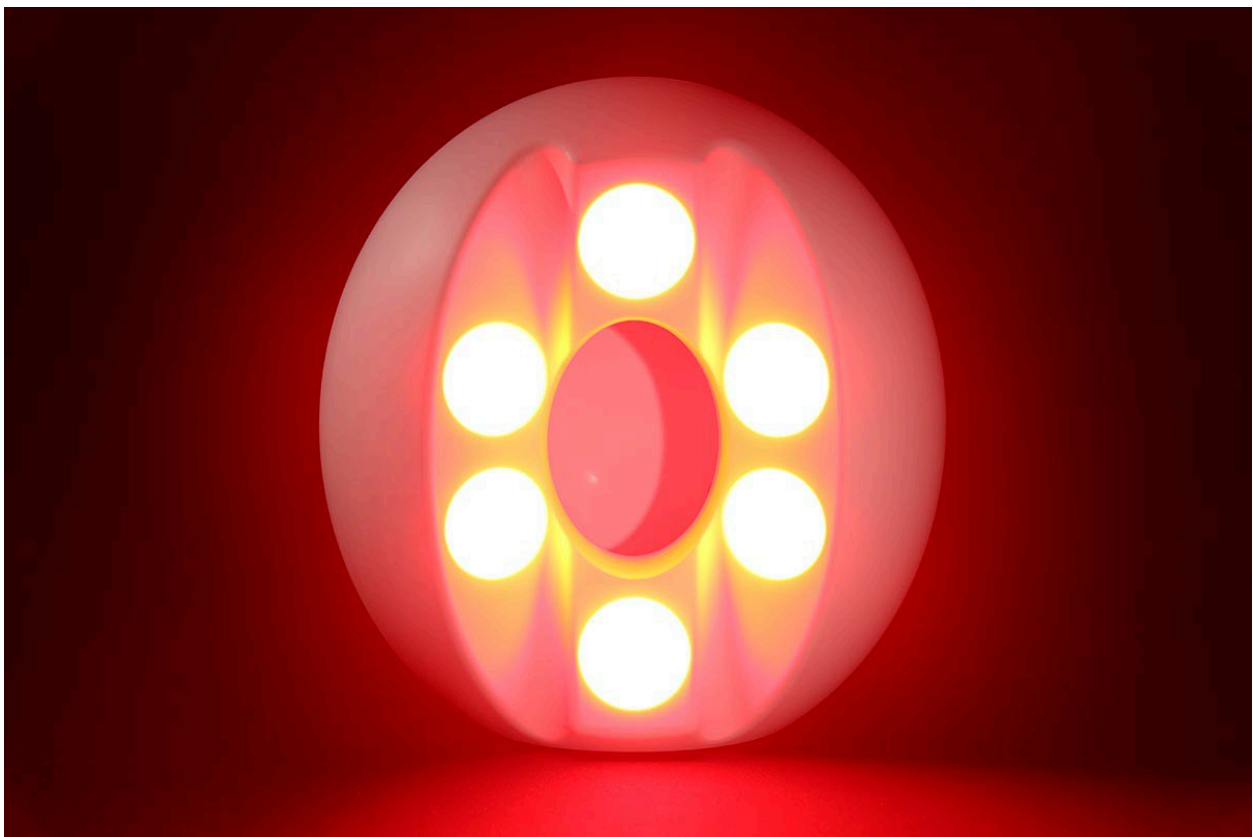


Geneviève P.M. Roy , June 6th, 2018

## Wellness and Health for F1:

Who doesn't like to shine and look fabulous at a F1 party ?

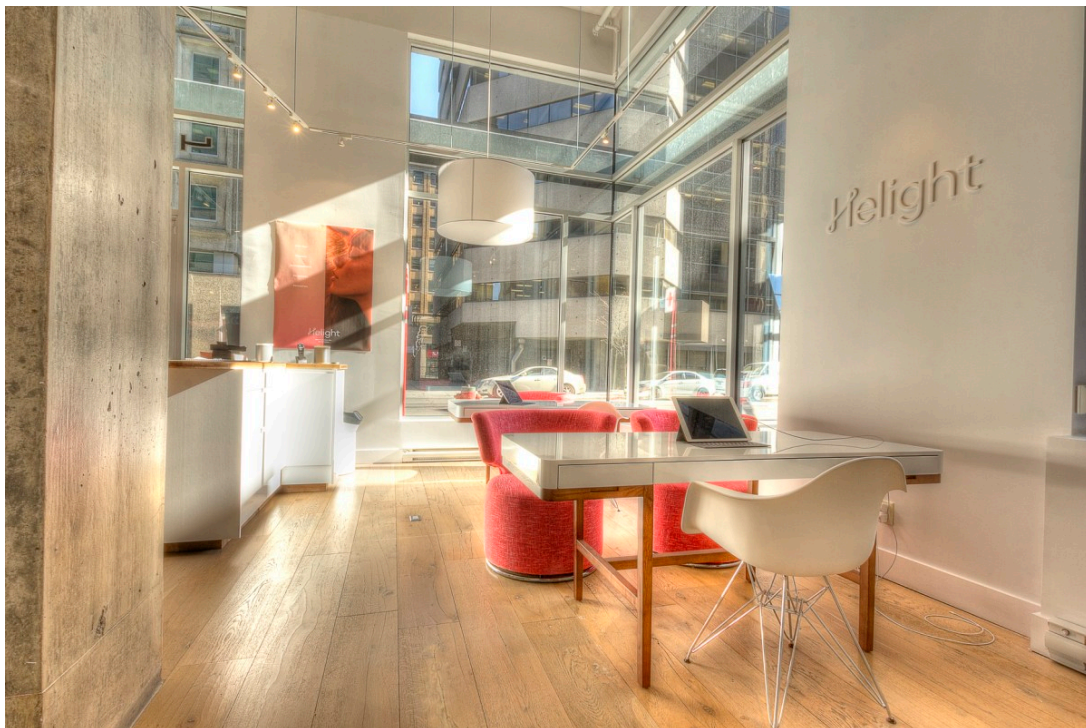


At the **Helight Center** you can experience an oasis of relaxation and well-being while receiving noninvasive cosmetic treatments for your skin with the use of red light therapy, a technology developed in France that will leave your skin silky soft and with a definitive glow.

The center offers treatments that are natural, noninvasive and that regulates cellular metabolism by light. Tested in French laboratories and supported by 4000 scientific studies, it uses the action of powerful **red light-emitting diodes** (LEDs) to revitalize and regulate cells, while providing a feeling of well-being to the body.

The red light does not emit harmful UV rays that risk prematurely aging the skin , instead the benefits of regular treatments are varied and clients may seek treatments to reduce joint or muscle pain , weight loss, fine wrinkles and laugh lines, receding hairlines or hair loss , stretch marks, psoriasis and other skin ailments and overall stress reduction and wellness.

For optimal results, 8 to 12 sessions of 15 minutes spread over a few weeks are highly recommended, however for those curious or in need of an instant wellness boost, the center offers 15 minutes relaxation drop-in sessions within a very Zen-like setting with your choice of brewed coffee or herbal tea !



The center is situated on 445 Avenue du Président- Kennedy ,  
right next to Place des Arts.

<https://mountainlake.org/montreal-gears-up-to-embrace-urban-art-music-parties-and-the-f1-frenzy/>