

About

Rise and Shine Wellness Center specializes in promoting optimal health and well-being through innovative sessions and holistic practices. Our services include the use of the Chi Machine to enhance circulation and the Aerobic Exerciser to improve cardiovascular health. Visit us to experience personalized care designed to rejuvenate your body and mind.



Aids in:

- Immunodeficiency
- Weight loss
- Inflammation
- Stress management
- Improve sleep
- Fewer aches and pains
- Improved digestion and nutrient absorption
- Improved circulation and heart health
- Detoxifying lymphatic
- Relieve arthritis and joint stiffness
- Clear skin

Contraindications

- Pregnancy
- Alcohol or Drug consumption



Rise & Shine
Wellness Center

Chi Machine



We care

3731 Rainbow Drive Rainbow Dr. 35906
256.390.4877



riseandshinewellness.care

CHI machine

Benefits Of The Chi Machine

The Chi Machine is Passive Aerobic Exercise which means increased circulation and oxygenation of the blood without any physical effort, so neither heart rate, nor blood pressure is raised, yet cells in the body receive increased oxygenation

The Chi Machine helps with Spinal Rebalancing, Removing Kinks and Tension in the Spine, Back and Shoulders

The Chi Machine Increases Energy in the Body

The Chi Machine Balances the Autonomic Nervous System which Reduces the Symptoms of: Insomnia, Digestive Difficulties, and other Stress Related Problems

The Chi Machine, if used regularly, Promotes a Healthy Immune System which Fights off Colds and Promotes Relief for Chronic Fatigue



mysunshineroom.com

Sessions

Session	Price	Duration
Chi Machine	\$10	15 minutes
Chi Machine	\$20	30 minutes

Choose Us



of the time



What is our satisfaction rate?
let us know.

Why us?

Rise and Shine promotes whole body wellness. With our knowledgeable staff and advance technology you will find your total care. Come in today and see us.

FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

Make your appointment today!