The Palm Beach Post
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News and Notes on Shopping

Hello, relaxation; bye-bye, cellulite?

Ah, swimsuit season. The sun! The sand! The sight of skin usually concealed!

Hmph. If you're less than eager to strut your stuff on the beach, consider a trip to CHANGES, a new Boca Raton spa that's imported inch-trimming technology from Italy.

The non-invasive equipment, which works by stimulating your muscles, is said to shrink cellulite, minimize stretch marks, reduce wrinkles and more — while you relax on a massage table.

Skeptical about technology that promises a 1,000-situp workout in 25 minutes? All clients receive their first session for free.

CHANGES is at 2499 Glades Road, Suite 111, across from Town Center at Boca Raton, and can be reached at (561) 750-4400.

— Staci Sturrock, Palm Beach Post Fashion Editor

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