



Relaxation Aromatherapy Massage, using essential oils that have a therapeutic index to achieve the desired results. We can massage your tired body to a New, Revitalized state of being.



Abstract: This study examined the effects of a 12-week, 100% bodyweight training program on body composition and strength in 12 sedentary, middle-aged men. The program consisted of three sessions per week, focusing on compound movements and core exercises. Results showed significant improvements in muscle mass, bone density, and strength, with no significant changes in fat mass. The findings suggest that a 100% bodyweight training program can be an effective means of improving body composition and strength in sedentary, middle-aged men.