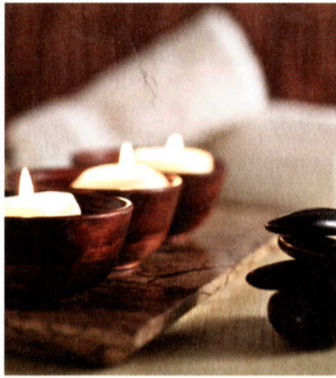


## Shant Wellness An Oasis Of Calm In A Busy World

Shant Wellness, located in the Bear Lake Shoppes in Apopka, is a welcome respite from a hectic world. Its state-of-the-art studio offers a soothing environment to achieve optimum health through chiropractic care, yoga, massage therapy, acupuncture and other natural health therapies.

"Our studio was created with a goal to elevate an individual's potential for health, healing and personal growth," says Dr. Pari Limbachia, founder of Shant Wellness. "We combine ancient ways of healing with modern-day science and provide a safe and healing place for people of every age to come experience a unique type of care, which is both complete and affordable."

The Shant Wellness professionals understand that, although their patients may be diagnosed with the same condition, they can respond very differently. Therefore, each plan of action must be tailored to individual needs. The studio has services



to help automobile accident and sports injury patients as well.

Shant Wellness is also dedicated to the health of the community and extends its health programs through Wellness Workshops and PowerHour Lunches to businesses, community organizations, golf clubs and schools. The workshops can be tailored to meet your organization's needs with topics ranging from stress management to healthy eating to baby massage.

Whether your goal is to have more energy, better motion, pain reduction, weight loss, stress reduction or just to feel better overall, our organic wellness studio and wellness services are designed to give you maximum results in a safe and healthy manner free from preservatives and other harmful chemicals.

For more information on Shant Wellness's individually tailored programs to treat an injury or improve your quality of life, call 407.880.1218 or visit [www.shantwellness.com](http://www.shantwellness.com).

3840 E. Semoran Blvd. Suite 1054 Apopka, FL 32703

[www.shantwellness.com](http://www.shantwellness.com)

Located in the Bear Lake Shoppes plaza next to Starbucks off E.SR 436



*Relax. Recover. Rejuvenate. Awaken.*



- \*Wellness Care
- \*Family Care
- \*X-Rays
- \*Chiropractic Adjustments
- \*Acupuncture
- \*Yoga
- \*Chiropractic Massage
- \*Electrical Muscle Stimulation

- \*Ultrasound Therapy
- \*Interferential Stimulation
- \*Aqua Massage Bed
- \*Trigger Point Therapy
- \*Cryotherapy
- \*Heat Therapy
- \*Back & Neck Pain
- \*Sport & Automobile Injuries

- \*Upper & Lower Body Extremity Pain
- \*Headaches & Migraines
- \*Sciatica
- \*Stress Reduction
- \*Arthritis
- \*TMJ Pain
- \*Carpal Tunnel syndrome
- \*Custom Foot Orthotics

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in proper diet, and in the cause and prevention of disease." Thomas A. Edison

\* Sweetwater Wekiva Springs Magazine readers receive :

- Chiropractic or Acupuncture Exam and Consultation only \$27 a Value of \$245
- \$10 off 1 Hour Deep Tissue Massage a Value of \$75
- 30 Days of Yoga Just \$30!

Pari Limbachia, D.C.  
Doctor of Chiropractic &  
Certified in Acupuncture

**Call**  
**407.880.1218**

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