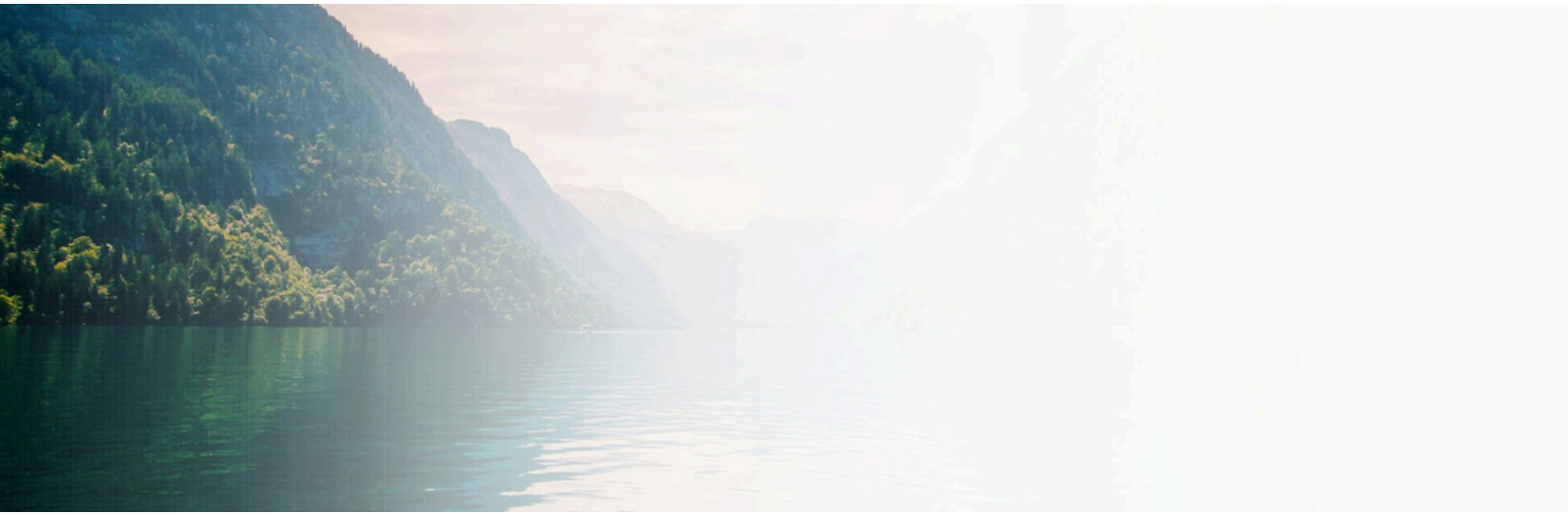


MONTHLY NEWSLETTER

WITH TRANQUILITY

An evolution of our vision and mission



A WHOLE NEW VANTAGE

Aloha! If you are reading this, then you have been with us for some time or have walked in for the very first experience. We appreciate you and the reasons for which healing and well-being are focal points along your path.

We have something very special to share: **we have rebranded!**

Just over seven years ago, Tranquility opened its' doors and float pods to this wonderful, down-to-earth community of Lethbridge. And of course, it hasn't been without challenge, gratitude, and fulfillment. It is in **perseverance and resilience for a vision of what can be**, and our amazing team and clients that is the life force keeping us going and growing. Tranquility was born with a vision to bring life-changing healing methodologies to Lethbridge; a place of zen, a place to be just be as you are, and a place that provides the infinite potential of experience that is sensory deprivation. This relatively untouched power of holistic healing here in the west has great potential to bring wellness, balance, and vitality to our "first-world" suffering.

Tranquility is here to **merge ancient with modern**, so that we can live wholly, fully.

A PROFESSIONAL MILESTONE

Three years ago, CEO, Zach Palmarin, decided to continue expanding on his primary passion: helping others find **peace, health, fulfillment, and well-being**. On June 6th, 2024, Zach recieved his Diploma of Acupuncture from the Alberta College of Acupuncture & Traditional Chinese Medicine.

With fresh new skills and solid knowledge of healing the human mind and body through TCM, Zach has decided **the timing is ripe for a total Tranquility rebirth.**

MISSION

Our mission is to provide **compassionate, holistic, and personalized health care that harmonizes the body, mind, and spirit.** We are dedicated to promoting wellness through the ancient art and wisdom of acupuncture and herbal medicine, integrated with modern medical knowledge and complementary therapies. Our goal is to **empower individuals to achieve optimal health and well-being** by addressing the root causes of their ailments, supporting their recovery, and guiding them on their journey to a balanced and tranquil life.



Dr. Zach Palmarin, Dr. Ac.

VISION

Our vision is to be a leading integrative wellness clinic, fostering holistic health and life-long well-being.



INTRODUCING 3 AWESOME SERVICES

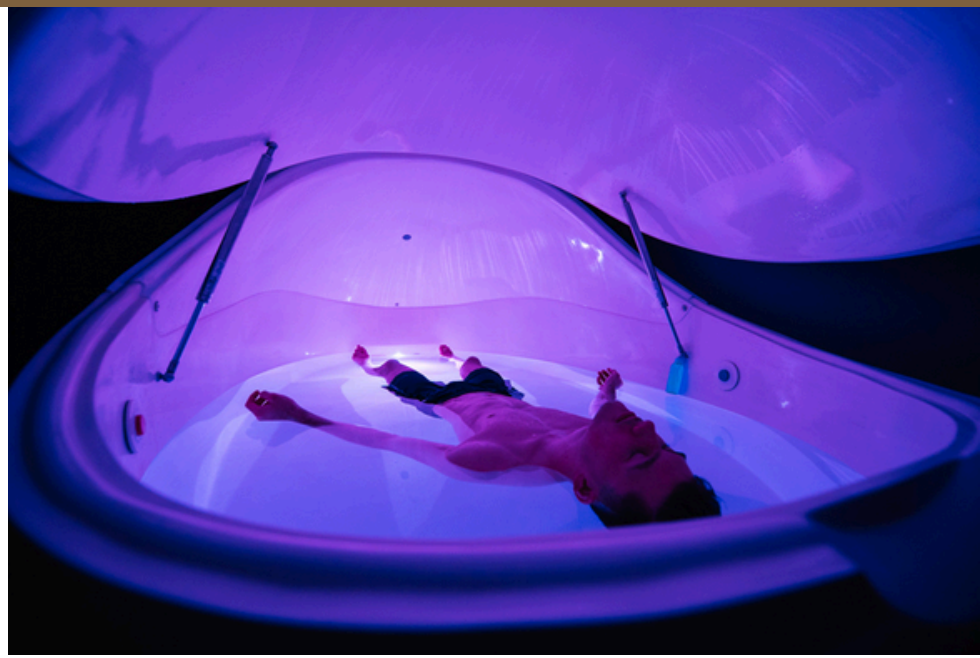
TCM & ACUPUNCTURE

TCM is an ancient medical system used to prevent and treat illness by utilizing herbs, acupuncture, diet, exercise, and life-style modifications.

The benefits of TCM and acupuncture are vast. It is most commonly used for pain relief, insomnia, and stress relief. However, TCM can help treat a variety of issues; bone spurs, weightloss, PTSD, addiction, infertility, mental hardship, and more.

FLOAT THERAPY

Float therapy, otherwise known as sensory deprivation, is allowing the body to float in epsom salt water heated to skin temperature. Our float tanks are filled with 1100 lbs of epsom salt, which means no effort is required. As the body eases, the mind relaxes, and the brain slips into theta wave state (a state of deep meditation).



Its' physical benefits include: the equivalent of hours of sleep for the body, reduced pain and inflammation from strained muscles and connective tissues, aids muscle recovery, and improves sleep.

The psychological, emotional, and spiritual benefits offer improved clarity, focus, and an over-all sense of well-being.

INFRARED SAUNA & COLD PLUNGE (HOT/COLD) THERAPY



Hot and cold therapy each have their own plethora of benefits .

Our infrared sauna is heated to 55 degrees celcius. **Infrared sauna bathing** has the capacity to provide reduction in muscle pain, stress, and chronic fatigue, body detoxification and cleansing of environmental pathogens, and aid in healing hypertension, addiction, and some pulmonary diseases. Hot therapy should not be used during pregnancy, or by individuals with diabetes mellitus, multiple sclerosis, poor circulation, edema, or spinal cord injuries.

Our cold plunge is kept between 5 and 10 degrees celcius with 15 minutes allotted for taking the plunge. There is no evidence that suggests an ideal immersion time in order to recieve maximum benefits. However, research studies vary from 30 seconds to 10 minutes. **Cold water immersion** has been shown to strengthen the immune system, relieve stress and muscle pain, accelerate muscle recovery, increase pain threshold, and develop mental resilience. Cold therapy should not be used by individuals with nerve damage, frostbite, Raynaud's phenomenon, cold-induced urticaria, or slowed wound healing.

EMPLOYEE HIGHLIGHT

MARGARET

Clinic Attendant

"In my free time I love meditation, yoga, karate, creating art, taking photos, singing, and watching movies. Outside of Tranquility, you might find me DJing at a party or practicing yoga at Nikka Yuko!

I'm a former graphic designer and social media marketing specialist, I went to college for Multimedia Production and will be going back this fall to take a yoga teacher training course.

To me, wellness is completely holistic and it involves every aspect of your life. I also believe that every part of your life is connected and even something as small as a thought can make a difference in your physiology. Being well is a culmination of many healthy practices over time, along with the spaciousness of mind to truly feel it.

I think that Tranquility is such a unique addition to Lethbridge and offers its customers the chance to not only relax and unwind from their busy lives, but to fully settle into themselves and experience life in a completely new way. Here, you have the chance to put the world on pause if only just for an hour, and enrich your life with peace of mind."




SEPTEMBER COLD PLUNGE CHALLENGE

1



Book Online:
www.tranquilityclinic.ca

2



Plunge!

3



Repeat
for a chance to win a 10 cold plunge pack!