

# Bxerexes Website

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## About

Our bodies are the vessels which carry us through this world and nutrients are the fuel that drives them. Bxerexes has been formed to help you refocus on the one thing that matters the most – your well-being. By identifying nutritional imbalances and revolutionising your lifestyle, we empower you to become the best version of yourself. We help you get rid of old ways and unsuitable diets by creating a unique wellness experience just for you.

Our team of experts helps you through the revival of your physical and mental wellbeing, guiding you to the path of eternal peace and contentment. By dealing with pressing health issues that encompass the mind and the body, you will see your life changing right before your eyes.

Located in Harley Street, Bxerexes aspires to be a life-changing centre of innovation for the residents of Richmond and the surrounding areas of Surrey. With a tailor-made program that suits your particular lifestyle, you can get an experience like no other. We take the mind, body and spirit and create a perfect harmony through a holistic approach to all our treatments. At Bxerexes, we are devoted to providing a wide selection of services including massage therapy, body work, energy work, nutritional therapy, bespoke fitness programs, detoxifying treatments, cooking classes and inspirational and motivational coaching.

## Mission

Bxerexes creates a relaxing, yet stimulating environment where members can let their inner body and mind free from all worldly problems, to connect with themselves on a spiritual level and find their true purpose. Including a wide range of holistic activities meant to engage the mind and the body, members can indulge in relieving massages, relaxing treatments, healing body and energy work, tailor-made lifestyle plans, inspiring mentorship programs and much more.

Bxerexes is a one-stop destination to unwind, de-stress and let all your worries melt away for a more relaxed physical and mental state. Instead of burdening you with a fleeting FAD, our mission is to provide a truly revolutionary way of life that can help you live happier and healthier for many years to come.

## The House

Have you been trying to get your life together to no avail? Looking for ways to feel content? Dealing with a myriad of overwhelming emotions? Feeling de-motivated

and unenthusiastic? A bad lifestyle and unstable health. The answers only lie in the complete overhaul of your mental and physical wellbeing, and Bxerexes is here to do just that.

Bxerexes was founded by Liana Somkhishvili, an accredited nutritionist in body ecology with a passion of promoting vitality as a whole. Her aim is to empower individuals to become the best version of themselves by pushing limits they never knew existed. Our House is a sacred haven for you to unwind, relax, detox and wash away all your stress. Our secret is our holistic approach that helps us work on your mind, body and spirit as a whole, to give you a complete sense of fulfilment.

## **Inner Body**

Your body and mind are inseparable entities that work in tandem to give you a healthy life. What shows on the surface is a direct reflection of the inner state of your body. Good health shines from within in the form of striking beauty that can leave you in awe.

The wellness of your inner body can only be dealt with the 'no size fits all' approach which we excel at. With our wide plethora of cutting edge facilities including, rare 3D body scanners, healing meditation pods, NLP programs, functional medical testing, tailor-made nutritional programs, hydrocolonic treatments, and advanced infrared saunas, nothing is ever left to chance. We help you attain a state of mental and physical equilibrium for an enhanced sense of stability in your life.

## **Functional Clinic Page**

Being a victim of food intolerance for many years, I have gone through conditions such as IBS, mouth pain, migraine, chronic fatigue, leaky gut, adrenal and hormonal dysfunction and chronic muscle pain, to name a few. All this left me with very little freedom when it came to dietary choices and a crippling sensitivity to the world in general.

My path as a practitioner has been paved by my personal experiences and drive to find the answer to those conditions. All that led me to specialise in gluten related triggered disorders, chronic illnesses, and gut dysbiosis. I am a firm believer that everything originates from the gut which leads me to be highly passionate about the new era of the Psychobiotics movement. Thankfully, most of my conditions are now cured and I have garnered enough knowledge to work on the rest of them!

As a nutritionist, my approach is to combine the functional, nutritional medicine with mind/body techniques, that involve cognition, brain retraining and the subconscious, to find the root cause of illnesses and make them respond to normal treatment.

## **Custom Genetics Lifestyle plan**

We find your body's blue print through genetic testing to curate personalised custom genetic lifestyle and fitness plans that follow the instructions from your DNA. With a bespoke genetics plan, your body can recover, lose weight and reach optimal levels of health faster than ever.

In collaboration with labs such as Genova labs, regenerative labs, and much more, Bxerexes offers functional medical testing services that aid us in creating a specialised plan for you.

## **The Fit Spa/The Mind Set Brain Gym**

People are increasingly turning towards mindful practices to disconnect from the perils of their modern, digitised and highly involved lives. From in-office yoga services to guided mindful retreats and applications for meditation, the focus towards mental wellbeing is skyrocketing.

Bxerexes offers a unique opportunity to rest your mind with a unique meditation experience in Somadome. Somadome describes itself as a "sanctuary of wellness", with a domed structure that creates an illusion of infinite space, the Somadome has a set of high-tech capabilities for a truly personalised meditation experience. With the help of colourful lights, Biosyntonie Ceramic tiles, and binaural beats, the Somadome wraps you in a cocoon of complete relaxation, detoxifying you of the stress and instability in the outer world.

# Innovate and Renovate

## Innovate

Bxerexes delivers creative and unique experiences to take you on a joy ride full of innovations, providing an exhilarating wellness experience that you will never get enough of.

## **Next generation facial treatments**

Revitalise your skin with next generation facial treatments carried out with advanced and certified technologies.

- **Oxygen Facials**

Perk up your face and give it a radiant, anti-aging glow with some concentrated oxygen molecules for your skin. Among its many benefits, the oxygen facial can improve collagen growth, reduce hyper pigmentation and result in an unbeatable youthful appearance.

- **Lunch Break Lift Beauty Treatments**

Don't have time to lounge around in a spa all day? We have got you covered. Our speedy spa services can easily fit in your lunch breaks and deliver the desired results.

- **The Bxerexes Housewife's Facial**

A special rejuvenating facial designed to combat dullness, fatigue and signs of aging, especially for all the busy housewives out there.

- **TCL Facial, Electrocurrent machine**

Tone up your face with some microcurrents that will instantly give your face a workout and a lift. Borrowed from therapy used to cure loose muscles in paralysis, the Electrocurrent facial will give you an instant uplifting effect.

## **Styku Scanner**

Reconstruct your body in 3D with accurate measurements using the world famous Styku Scanner. All you have to do is stand on the turntable and let the camera do its job. Abandon your unreliable tape measures and get hundreds of right measurements with the scanners cutting edge, infrared photography techniques.

Styku helps us calculate the body fat percentage and curate a fitness, diet and wellness program that suits your body and lifestyle. With a capability of charting your measurements, you can easily track your progress and stay motivated for your end-goals.

## **Blockchain Powered Technology**

At Bxerexes, we believe in the power of technology and innovation. Our aim is to provide you with new emerging technologies to help you reach your wellness goals faster. With the revolutionary and life changing benefits of blockchain, we offer convenience that makes your journey easier than ever before.

Through our biometric blockchain recognition system for our clients, we protect their privacy and give them full control of their information using the best technology.

## **Own Products**

Bxerexes also creates a range of high quality, natural products to aid your lifestyle changes to the fullest. With our specially made probiotics, MCT Oil, Brewed drinks, power bars and much more, you can truly cleanse your life and make health your top priority.

The internal workings of your body depend on your diet, and at Bxerexes we promote clean eating for a nutritional dietary balance. Our health food cafe creates well-rounded meals with natural ingredients to boost your metabolism, help your body recover and encourage healthy living.

## **Renovate**

Renovate your mind and body with detoxifying treatments to reach new levels of relaxation, mental stability and fulfilment.

## **Infrared Saunas**

Fasten your heartbeat and break a sweat in our infrared saunas specially designed to relax your body and mind. Using infrared technology, this special sauna also provides a range of health benefits. From reducing blood pressure to treatment of chronic diseases such as heart failure, dementia, headaches, arthritis and much more, the infrared sauna will heal you from the inside out.

Bxerexes believes in diversity and inclusiveness for creating accessible wellness experiences for all and the sauna is no different. Heating up your body at lower temperatures through the use of cutting edge infrared lighting, this special sauna is also ideal for heat intolerant people.

## **Hydrocolonic Irrigation Treatments**

The unhealthy modern way of life has given rise to a number of digestive problems caused by a sedentary lifestyle and unsuitable diet. Our Hydrocolonic irrigation treatment is created to prevent and cure problems ranging from IBS to gastrointestinal issues such as constipation and diarrhoea.

Bxerexes provides this special treatment to put you on your way to a better lifestyle full of hope and energy. Hydrocolonic irrigation can return your digestive system to its natural, cleansed state, meanwhile aiding proper bowel function for a happier and healthier life.

### **Cryotherapy**

Have you been in excruciating pain lately? Or just a little sore? Maybe it's time to calm your nerves with Bxerexes soothing Cryotherapy services. Relieve your pain under extremely cold temperatures and reverse painful effects of diseases.

Cryotherapy can help with migraines, nerve irritation, mood swings, arthritis and dermatitis. With whole body cryotherapy you can immerse yourself in a completely relaxing and detoxifying experience that will leave you feeling as light as a feather.

### **Somadome and Lyashi Dome**

Lose yourself in a small domed universe and escape the distractions of this fast-paced world. Bxerexes provides you a rare opportunity to indulge in our meditation and detoxifying domes which includes the Somadome and Lyashi Dome.

The Somadome employs lights, special colours, binaural beats for the ideal mindful meditation. Meanwhile the Lyashi dome cleanses your body of toxins with remarkable recovery and anti-ageing benefits.

### **Chi Nei Tsang Massage**

Balance the chi of your internal organs by employing the practices of Taoist monks from thousands of years ago. Experience the centuries old healing therapy of Chi Nei Tsang with a deeply relaxing and gentle abdominal massage to ease mental and physical strain. Chi Nei Tsang is also used for quick healing of injuries, traumas and the effects of childbirth.

Paired with the colonics massage that helps in digestive problems, food sensitivity and bowel issues, this therapy will help fix your mental and physical digestion, leading to a mind and body free from stress.

## **Membership Page**

Discover our three membership tiers made to enhance accessibility and flexibility by providing exclusive discounts and packages to members and non-members alike.

## **Blog page**

Find out about the exciting new things we are up to at Bxerexes and keep yourself updated on the latest health, wellness and beauty trends through our lifestyle and wellness blog.

## **Contact Page**

Contact us now for more information on our full breadth of services and membership options. You can also visit us on Harley Street for a personal, in-house consultation. Or request an online consultation and get expert opinion on your wellness regime!