

MUSCULAR ELECTROSTIMULATION (EMS)



EMS is the passive fitness, experts evaluating a 45 minute session to be the equivalent of 4 to 6 hours of uninterrupted physical exercise. Of course, **EMS** can't replace physical exercise in what the physical effort is concerned, as it implies no effort whatsoever. That is the reason why the effects are immediate, sometimes even after the first session one can lose between 1 and 4 cm in circumference. Moreover, as a result of **EMS** treatments, muscles and skin become more firm, while fats are eliminated.

Beside muscle toning and fat burning, which lead to an incredible inch loss, electro stimulation accelerates the metabolism and blood circulation, oxygenating the treated area, which is enough to recommend **EMS** as extremely efficient in cellulite treatment.

EMS is a modern technique used for treating various aesthetic problems, as well as for pain relief in some cases. It consists of muscle stimulation using electrodes applied directly on the skin. Through these electrodes, the selected muscles are sent electrical impulses, causing muscular contractions followed by muscular relaxation. Muscles are as toned as with physical exercise, but without soliciting the back, knees, neck or joints. It is very efficient in cellulite treatments, against stretch marks and wrinkles, for weight losing, toning and fat tissue elimination.



Other benefic effects of electrostimulation:

- muscle strengthening and toning
- fat tissue elimination
- weight and inch loss
- skin condition improvement
- blood circulation improvement
- minor muscle and joint pain relief
- breasts firming



WARNINGS:

Electro stimulation is not recommended to:

- individuals who wear cardio-stimulation devices or metal rods
- pregnant women
- persons who suffer from severe heart conditions
- individuals with serious varicosity



THE PROCEDURE

First, the Velcro belts are positioned on the body. These strips are only used to hold the electrodes in place during the session. The electrodes are applied on the areas to be treated. The necessary program is set and the specialist or the patient herself (not form the first session, of course) starts increasing the intensity. The intensity of the impulses depends on each patient, therefore the procedure is not painful at all. You can actually feel your muscles working and it feels great!

Session duration: 45 minutes plus preparation