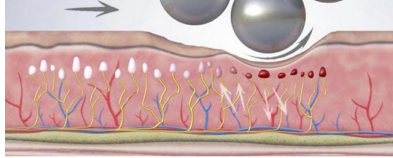


# Combining Endosphères Therapy and Cryoskin

## Benefits of Endosphères

Endosphères Therapy uses a patented technology called Compressive Microvibration, which uses low frequency vibrations through 55 rotating spheres to achieve these 5 actions:

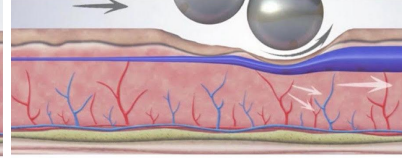
### 1) Decrease Aches and Pains



#### Pain Relief

Improves tissue oxygenation and relieves minor muscles aches and pains.

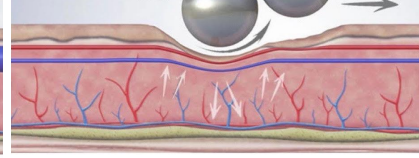
### 2) Enhance Lymphatic Drainage



#### Lymphatic drainage

Eliminates toxins and activates the lymphatic system.

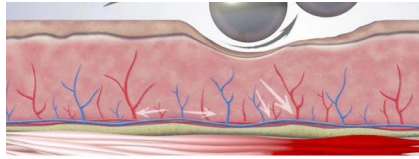
### 3) Improve Blood flow



#### Vascular Action

Improves local blood circulation and nourishes tissues.

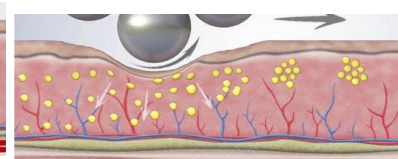
### 4) Increase Muscle Tone



#### Muscle Toning\*

The vibration stimulates the muscles, which improves the tone.

### 5) Reduce Cellulite



#### Cellulite reduction\*

The push-pull action aids to tone the skin and reduces the appearance of cellulite\*.

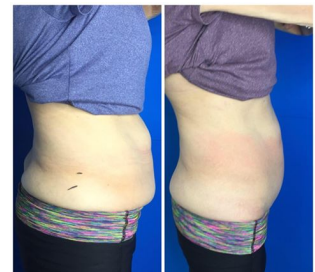
Endosphères can improve your skin aesthetically, reducing cellulite, by starting at the root cause and restoring skin structure through eliminating trapped toxins from the tissues.



Endosphères also has major health benefits as outlined above, one of which is enhancing lymphatic drainage. Endosphères Therapy moves trapped fluids and toxins towards the nearest lymphatic duct where they can then be cycled out of the body via the lymphatic system.

## Benefits of Cryoskin

CryoSlimming® uses cold temperatures to decrease fat through apoptosis, which programs the fat cells to expire. They are then converted to waste and expelled from the body via urine, sweat and breath. The elimination of these cells is carried out by the lymphatic system. For best results, it's important to have an optimally functioning lymphatic system - this can be achieved through exercise as well as a variety of lymphatic drainage modalities, such as Endosphères.





CryoToning® uses cold temperatures to stimulate microcirculation (i.e. oxygenated blood flow in the smallest vessels) to smooth and firm skin.

### **Benefits of Combining Endosphères and Cryokin**

CryoSlimming® pairs exceptionally well with Endosphères Therapy. While CryoSlimming® reduces fat, Endosphères Therapy boosts lymphatic drainage to aid in the disposal of fat cell debris. It's recommended to wait at least 48-72 hours after CryoSlimming® to incorporate Endosphères Therapy.

Integrating Endosphères and CryoToning® will help to achieve more long-lasting cellulite reduction benefits because Endosphères works on the eliminating the causes of cellulite (i.e. toxin stagnation, imbalances in the tissues, fibrousness). It's recommended to wait at least 48 hours between a CryoToning® and Endosphères.

### **Treatment Combination**

In general, we recommend a minimum of twelve Endosphères Therapy sessions over six weeks. (Treatments should be applied twice a week with a minimum of 48 hours between sessions).

When integrating CryoSlimming®, we recommend receiving two Endosphères sessions prior to a CryoSlimming® session (to boost lymphatic action). After a CryoSlimming® session, we recommend waiting at least 48-72 hours before receiving an Endosphères Therapy session.

When integrating CryoToning® sessions, we recommend waiting 48 hours between CryoToning® and Endosphères.