

# Combining Endospheres and Cryoskin

## BENEFITS OF ENDOSPHERES

Endospheres uses Compressive Microvibration technology. The low-frequency vibrations are delivered through a roller device of 55 silicone spheres. It's like a high-tech deep tissue massage that leaves you smooth, toned and contoured. Endospheres goes straight to the source, simultaneously targeting the five most common causes of cellulite.

## A 5-in-1 Solution.

### 1) BOOSTS LYMPHATIC DRAINAGE

Endospheres stimulates the body's natural detoxification processes, helping your lymphatic system to drain away water retention and trapped toxins that worsen the appearance of cellulite.

### 2) SMOOTHS THE SKIN

Endospheres helps build a healthy skin foundation. A stronger foundation means a smoother, more contoured body.

### 3) FIRMS THE BODY

The pulsed rhythmic action stimulates natural resistance in your muscles, leaving you feeling more firm and toned.

### 4) SOOTHES INFLAMMATION

The pulsed rhythmic action stimulates natural resistance in your muscles, leaving you feeling more firm and toned.

### 5) IMPROVES CIRCULATION

Improved circulation causes an increase in oxygen and nutrient supply, helping to stimulate natural production of collagen and elastin.



## BENEFITS OF CRYOSKIN

CryoSlimming® uses precise heating and cooling to stimulate the natural release of fat cells through 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 Endospheres.

CryoToning® uses cold massage to smooth, lift, and firm skin, reducing the appearance of imperfections and improving the skin's overall texture.



## BENEFITS OF COMBINING ENDOSPHERES AND CRYOSKIN

CryoSlimming® pairs exceptionally well with Endospheres. While CryoSlimming®, stimulates and facilitates natural body processes which promote a slimmer body, Endospheres boosts lymphatic drainage to aid in the disposal of debris in the body. It's recommended to wait at least 48-72 hours after CryoSlimming® to incorporate Endospheres.

Integrating Endospheres and CryoToning® will help to achieve more long-lasting cellulite reduction benefits because Endospheres works on eliminating the causes of cellulite. It's recommended to wait at least 48 hours between a CryoToning® and Endospheres.

## TREATMENT COMBINATION

In general, we recommend a minimum of twelve Endospheres 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 Endospheres 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 Endospheres session.

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

## 12 ENDOSPHERES SESSIONS / 4 CRYOSKIN SESSIONS

