

What should I do on my own to enhance the results of my treatment?

We recommend that you follow an at-home body care regime, including specialized Lypossage treatment products to stimulate circulation in cellulite-prone areas, exfoliate and hydrate the skin, as well as improve it's tone and elasticity. The Lypossage Home Care Collection should be available to you through your Lypossage Practitioner or facility and provides state of the art spa formulas that will bring your skin and body into beautiful condition.

What do I need to do to maintain my results?

Maintenance programs will be customized to the needs of each individual client. At the completion of a Lypossage series, your Lypossage practitioner will sit down with you to do a final consultation, including going over your results with you and providing you with a thoughtful recommendation on what your maintenance should be. Continuing with the Home Care Protocol and a program of monthly or bi-monthly maintenance treatments will help you retain your results.

How do I get started?

To get started, schedule a private consultation today with your certified Lypossage Practitioner! You can find out more about our suitability for the program and have all of your questions answered.



ASK ABOUT THE LYPOSSAGE HOMECARE KIT

The Lypossage Home Care Kit is a do-it yourself system that can get measurable results. With exercise, good food, a steady, happy disposition and the Lypossage Home Care Kit, you will reach your goal. If you are a little overweight, a little underweight, or in between....all healthy people look great! Lypossage Home Care will help you feel as good as you look! ASK YOUR LYPOSSAGE PRACTITIONER ABOUT LYPOSSAGE PRODUCTS TODAY!

Lypossage[™]

esthétiques

Make an appointment today to have a consultation for the complete details and find out if you are a good candidate for this unique body-contouring treatment.

LYPOSSAGE MAKES
YOU FEEL AS GOOD...



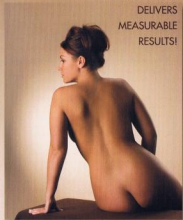
...AS YOU
LOOK!



*For More Information,
Before & After Pictures, and Other Information,
Go to Our Web Site at:*

www.lypossage.net

FINALLY, A BODY
CONTOURING
TREATMENT THAT
DELIVERS
MEASURABLE
RESULTS!



Lypossage[™]

esthétiques

WWW.LYPOSSAGE.NET



Why do I have cellulite, lumps, and bulges?

The fatty tissue of your body acts as a "toxic waste disposal site" where substances that it cannot metabolize are dumped. This congested tissue can have poor circulation (you'll note that cellulite prone areas are cool to the touch). Lymphatic flow may also be restricted by tight undergarments and pantyhose. The cellulosic layer is a physiological fatty layer that is supposed to be there. The extent to which it is visible is affected by several variables including, genetic predisposition, dietary habits, exercise habits, and hormones among others.

Where does the lypossage technique come from?

The Lypossage treatment is a specific blend of massage modalities that derive from physical therapy, including deep lymphatic drainage and deep tissue release. It was created by Charles W. Wiltsie III, LMT, an internationally recognized massage therapy educator and practitioner. Mr. Wiltsie conducted a year long study and presented the results that documented the effectiveness of the technique. The study was published in *Massage and Bodywork Magazine* in 1999. In the study, notable results included an average inch loss of 1-1/2 inches per thigh and a cumulative average inch loss of almost 7 inches.

How does lypossage™ work and is it safe?

Lypossage cleanses the body of stagnant, stilled lymphatic fluid (Lymph edema) that can create the lumps and bulges we know as figure imbalance. The deeper Lypossage strokes break up adhesions under the skin that can contribute to the dimpled, uneven appearance of cellulite. Lypossage™ also tones the muscles, lifting and firming sagging tissue.

What parts of the body respond to lypossage™?

Lypossage can be performed on three areas of the body known as zones. The zones are defined as follows:

Zone 1 refers to the lower body, including the hips, thighs, buttocks, and lower abdomen.

Expected outcomes for this part of the body include dimension loss, structural improvements (posture and carriage), diminished look of cellulite, improved muscle tone, improved skin tone, clearing of the lymphatic system and improved circulation.

Zone 2 includes the upper abdomen, back, décolleté (chest and neck area) and arms. This zone targets improving posture, dimension loss in the arms and abdomen and toning and firming of the bust area, improved circulation and lymphatic flow in the upper body.

Zone 3 is performed on the head, neck and face and can provide quite dramatic results in lifting and toning sagging tissues in the lower face and neck, diminishing the appearance of wrinkles and significantly improving skin tone and texture. This truly is a "natural" face lift.

I've heard about machines that do this too. Why would I choose Lypossage™?

Lypossage is the leading manual body contouring modality in the world. While both approaches deliver gratifying results, Lypossage appeals to the person who prefers to have treatments performed by hand, rather than with a machine. It must also be performed by a trained massage therapist (whole body) or aesthetician (head, neck and face); there are no such requirements of the operators of contouring machines.

Is it safe?

Lypossage is a non-invasive, natural health treatment that helps to cleanse the body of toxins and retained fluids. Most clients find that Lypossage enhances their energy and mental clarity. While there are some contraindications for specific medical conditions, Lypossage can be safely experienced by most healthy individuals. It is much safer than surgical procedures such as liposuction. However, for those who opt for a more dramatic surgical result, Lypossage can be very beneficial before and after the liposuction procedure.

Who can perform my lypossage treatments?

Lypossage practitioners are specially trained massage and body professionals who have learned this extraordinary hands-on technique and are certified to practice under the Lypossage name.



How are my treatments scheduled?

Each Lypossage session lasts about 30 minutes and are performed in a series of 18 sessions over the course of 4-6 weeks. It is important to note that for most clients, it takes 8-10 sessions before the results of the initial treatments become noticeable. After that, progress can often be quite dramatic. Combining Lypossage with Lypossage wraps further enhances your results.

What are some typical results and how will I know what mine are?

While results vary, cumulative dimension loss over five key measuring points in Zone 1, averaged 6.75 inches in the original study. It is not uncommon to find cumulative inch loss of up to 13, 14 inches. One client in the study lost almost 3 inches in her waist alone. One client in Ohio, while combining Zone 1 and Zone 2 had a cumulative inch loss of 21 inches in the 10 measuring points for those two zones!

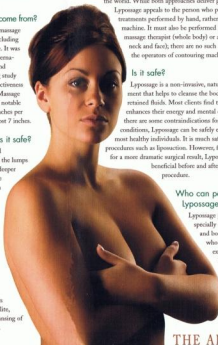


Most women find that they will drop one or two dress sizes without a significant reduction in their weight.

Your Lypossage Practitioner will weigh, measure and photograph you before you begin your program and at key intervals to track your progress.

Is there a special diet or exercise program?

Though the individuals in the Lypossage study were restricted from initiating any new diet or exercise program during the course of their treatments, we find that most clients become so inspired by their Lypossage results that they readily adopt lifestyle changes that help them progress even more rapidly. A diet rich in whole, organic foods and regular body movement will contribute to a terrific outcome. Avoiding foods containing refined sugars, preservatives, hormones, caffeine and salt, will keep your newly detoxified body in the best shape possible. Drinking significant amounts of water is also key to keeping the body hydrated and cleansed.



THE ALL NATURAL WAY TO A BEAUTIFUL BODY