**LPG Endermologie**

**What is Endermologie?**

Endermologie is a non-surgical aesthetic procedure that uses a mechanized device with two motorized rollers and regulated suction that fights all un-aesthetic manifestations such as wrinkles, sagging skin, localized resistant fat, cellulite appearance, and more. It can also improve circulation, relieve minor muscular aches, improve skin tone and skin radiance.

**How does Endermologie for rejuvenation and slimming work?**

Endermologie is a machine-assisted massage system. It works by reactivating adipose tissue by pulling the skin into a mechanical rolling device. Tissue that traps the fat cells is softened and blood and lymphatic circulation is encouraged.

**Is the treatment painful? Is it safe? How long will the treatment take?**

The treatment is well tolerable and safe with no side effects. The Endermologie treatment last about 35 minutes per session.

**How many treatments I need before I see results and how long will it stay?**

On an average, you’ll need 20 treatments to achieve optimal results. Result will vary for each patient however, the average client starts to notice the changes around their 7th or 8th session and will last for several months up to a few years, depending on age, lifestyle, and hormonal changes.

WHAT ARE THE CONTRAINDICATIONS?

Strict contraindications to the endermologie include:

– Cancer in progression

– Infection or skin rash

– Disease with inflammatory eruption

– Anticoagulant treatment

– Blood disease

– Organ transplants (kidney, liver, etc.)

– Kidney failure

People with hypothyroidism, diabetes, or undergoing a long-term corticosteroid treatment respond less well to our treatments. In case of doubt, please consult your general practitioner or your attending physician.

**How long will it take to see the first results?**

From the very first sessions, your skin is brought back to life! Your skin texture is refined and your skin more supple and radiant thanks to the reactivation of the production of collagen, elastin, and hyaluronic acid. The results then keep improving after each session. For quicker results, sessions can be scheduled several times a week at the beginning of the treatment (the fibroblast can be constantly stimulated). The first month is important to trigger the process at the skin level. After that, one session per month is enough. A beauty anti-aging lifestyle to be adopted all year round!

**Will the results last?**

The best way to answer this question is with a metaphor: exercising two weeks during your summer vacation won’t keep you fit for the rest of the year, will it? The same is true for your endermologie sessions. During the attack phase (2 sessions per week for 1 month), the goal is to send enough messages to our slimming cells to create a sustainable cellular awakening. In a few weeks, depending on your objectives, the technique will release resistant fat, smooth away cellulite, reshape curves or firm your skin. After this intensive period, it is important to regularly continue to stimulate these cells so they don’t fall back to their old, lethargic habits. The good news is that one session per month is sufficient to reactivate this cellular memory and leverage its slimming and firming effects. Just like physical exercise, endermologie becomes a new lifestyle.

**Is it painful?**

No, the treatment is very pleasant. The settings are customized depending on skin sensitivity. After the first few minutes, you can feel a “cellular awakening” and the acceleration of blood circulation. The skin is re-oxygenated and a feeling of well-being sets in. It is a unique sensory experience!

**Should i diet and exercise at the same time?**

It all depends on your weight and your beauty objectives. Almost any diet can help you lose weight, but not always where you want it. Orange-peel skin and localized fat in certain areas of the body (saddlebags, buttocks or thighs) are immune to diets and exercise. To get rid of them, the endermologie technique has proven to be particularly effective. The ideal is to associate your endermologie program with a varied and balanced diet as well as regular physical exercise for optimal effectiveness.

**I have a problem with water retention. Is endermologie an effective solution?**

Yes, endermologie treatments stimulate circulatory exchanges to eliminate excess water while providing an immediate and lasting sensation of well-being. Over the course of your sessions, your legs become more streamlined and regain their natural shape while the overall quality of your skin improves.

**I am pregnant. Can i get endermologie treatments?**

During pregnancy, the only effective treatments will be the drainage of the legs as well as anti-aging facial and hand treatments. Please consult your general practitioner beforehand.

**What can I do?**

A little extra belly does not always mean excess fat. It could just be sagging skin and in this case, diets or ab exercises won’t help you. To effectively treat this area, the initial assessment is fundamental. What’s the test? Just gently pinch the skin fold. If the skin between your fingers is thin and the fold lacks substance, it’s a sagging skin problem. Other tell-tale signs include wrinkled skin, stretch marks or a frowning belly button. Endermologie uses specific maneuvers to stimulate the youth cells (fibroblasts) at the skin surface, making it firmer and more toned.

**Can endermologie be used as an alternative to liposuction?**

Some women consider liposuction as the last resort to get rid of their resistant fat. However, it has been scientifically proven that endermologie is able to naturally release localized and resistant fat with the additional benefit of reshaping curves, eliminating cellulite and firming the skin. Painless and without any side effects, endermologie also stands out as the solution of choice in cases where liposuction is not recommended (circulatory disorders, insufficient volume, etc.). However, if liposuction is done, it is strongly recommended to combine the two techniques to optimize results. Before the operation, the sessions prepare and soften the skin tissue to facilitate the surgery. After the operation and if recommended by your surgeon, they facilitate the resorption of edema and hematomas and effectively improve skin quality. In any case, a comprehensive review should be carried out to determine the best approach to adopt.