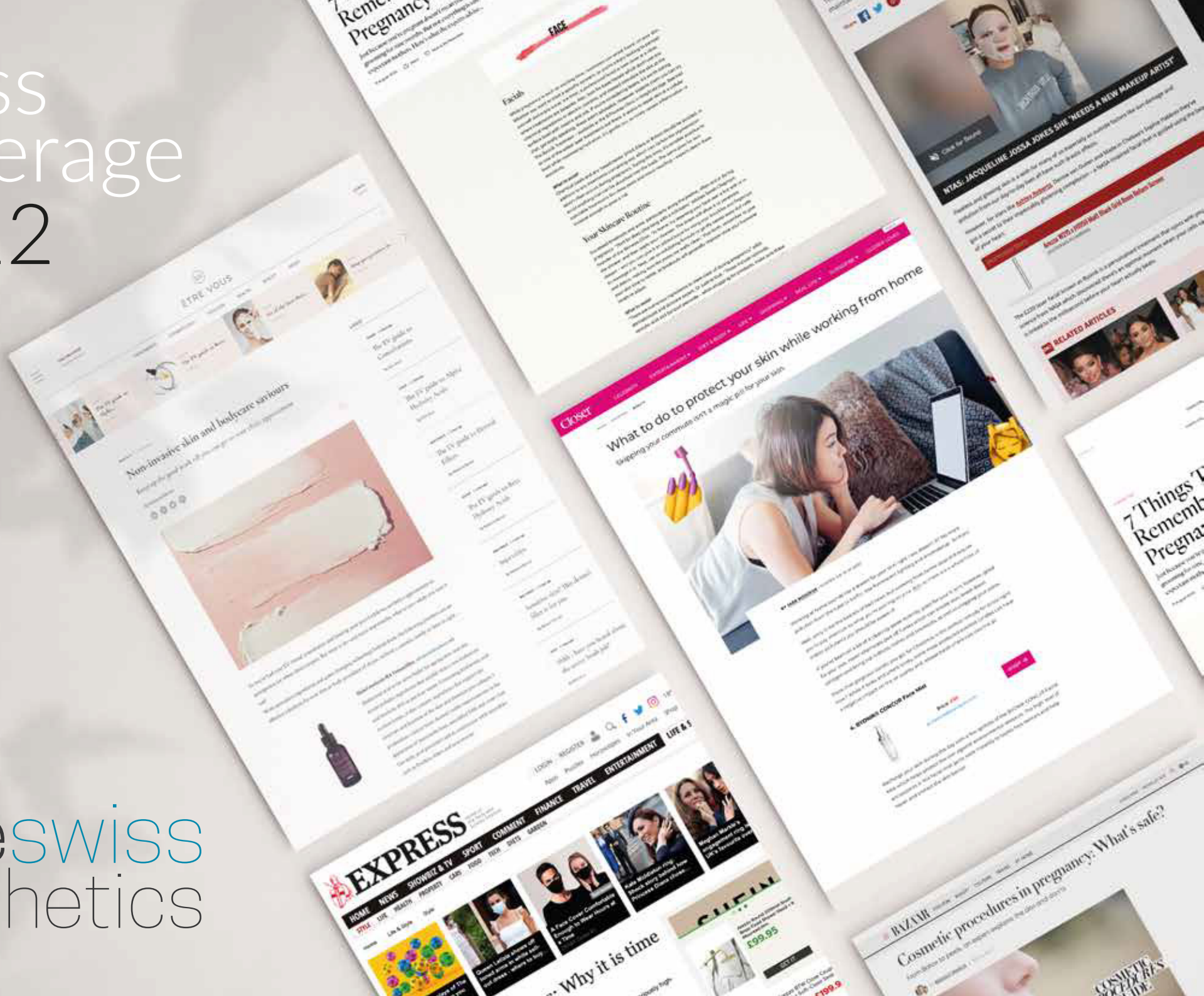


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WELLBEING

Lymphatic Drainage Is The Detoxifying Home Ritual You Need To Try Now

BY HANNAH COATES
27 JANUARY 2022



SLIMYONIK
Vogue

Since it boosts the blood circulation and helps get things moving, it is also great for the skin – and can help you quickly rediscover your cheekbones. You'll likely have been treated to some manual lymph drainage techniques if you've enjoyed a professional facial, but now, an increasing number of experts are incorporating clever, wearable machines, like [Body Ballancer](#) (at [Illuminate Skin Clinic](#)), and [Slimiyonik Air Bodystyler](#) (at [Debbie Thomas](#)), to get the lymph system moving as they work on the skin for enhanced results.

VOGUE

SLIMYONIK fat burning treatment

Lymphatic drainage has been hailed as a hero treatment to decrease swelling and bloating - and Amanda loves it. The 50-year-old star stunned fans after sharing a photo of herself cocooned in a high-tech looking jumpsuit to Instagram. The Heart Breakfast presenter revealed the bizarre contraption was a SLIMYONIK fat burning treatment, which she had at D. Thomas Specialist Skin Clinic in London.



Amanda gave fans a glimpse inside the high-tech treatment

The SLIMYONIK treatment combines pressure therapy massage with the oxygen inhalation, which gently activates the lymph system, boosts metabolism and immunity, and increases the flow of blood to skin and fatty tissue. This treatment claims to split up fatty acids and then expel most of them through the lungs - resulting in a quick fat-burning fix.

Price: From £95 per session, with a minimum of four sessions required.



Amanda Holden's £35k wellness spends revealed: From fat-burning treatments to facials

From fat burning treatments to regular facials

SLIMYONIK
Hello

HELLO!



SLIMYONIK
Glamour

GLAMOUR TRIES

GLAMOUR Tries: We tested the new Slimyonik Air body styler at the D. Thomas Clinic, here's how it went

Reduced bloating, increased immunity, post-sport recovery and improved skin and gut health.



BY GEORGIA TRODD
3 FEBRUARY 2022

On GLAMOUR Tries this week, Acting Website Director [Ali Pantony](#) went to the [D. Thomas Clinic](#) in Chelsea, London, to try the new [Slimyonik Air body styler](#) that's just arrived in the UK.

"The body styler is sort of like this space suit that you wear on the lower half of your body, and it uses pressure therapy techniques to activate the lymph system, stimulate blood flow to your skin and support your metabolism," Ali explains. "It's apparently the equivalent of having 20 hands massaging you at the same time - so let's give it a go," she says.

"So here I am looking all Neil Armstrong at the [D. Thomas Clinic](#) in London. This is Debbie, the founder, and she's fitting me with a nasal cannula which provides purified air and boosts your oxygen intake by up to 40%," says Ali.

After the treatment has finished, Ali gives her final verdict. "I'm out of my space suit and the massage felt *incredible* - if not a bit intense at times. I actually found it really relaxing and even fell asleep at one point, quite embarrassingly. The lower half of my body feels amazing; the bloating I had is gone, the muscle soreness is gone and I just feel really rejuvenated."

"It's recommended that you have about four treatments in order to see long-lasting results, so with prices starting from £95 it is a *little bit* on the expensive side. However, if you're looking to really up your self care, boost your metabolism, detoxify, promote lymph movement and really just look after your body and skin then I'd highly recommend it," Ali says.

Would you give the [Slimyonik Air body styler](#) at the [D. Thomas Clinic](#) a go? Have you already tried it? Let us know your thoughts over on Instagram [@glamouruk](#).

GLAMOUR

Star Showbiz Amanda Holden

Amanda Holden unveils secret to ageless beauty as she shares glam cosmetic procedure

Britain's Got Talent judge Amanda Holden is known for her jaw-dropping good looks and incredible physique but the star has now given fans insight on what she gets done to keep her youthful looks

SHARE     COMMENTS

By [Shivon Watson](#)
15:15, 10 FEB 2022

SHOWBIZ



The 50-year-old, who is known for her ageless beauty and putting on tantalising display for her Instagram followers, took to her account to provide a glimpse of some of the procedures she gets done in her spare time.

Taking to her social media platform, Amanda shared a picture of herself laying down comfortably on a table, while wrapped in a burgundy coloured body contouring suit.



It is also believed that Amanda used the Slimyonic Bodystyler on her body.



The star often shows off her radiant looks online (Image: Instagram/ @noholdenback)

Sharing details of the procedure on their Instagram, Slimyonic said: "Treatment combines tailored pressure therapy massage with the inhalation of air-enriched oxygen, which gently activates the lymph system, boosts metabolism and immunity, and increases the flow of blood to skin and fatty tissue.

"This system supports the gut, liver, kidneys and entire lymph system, providing a surplus of essential nutrients to our skin cells to enable internal and external optimal health to flourish."

SLIMYONIK

Daily Star



Denise Van Outen talks great advice, The Secret and her favourite £9 eyeliner 'that lasts all day'

The TV star shares her self-care Sunday must-haves...



On skincare

"Looking after my skin is really important, especially now I've got older. I wear an SPF as much as I can, even in the winter. I don't put my face in the sun anymore or I wear a hat. I used to be a real sun worshipper, a typical '90s chick, you know. I never used to have facials, but now I do have this one called the BYONIK and it's amazing. They also have their own skincare products that you can use between treatments and I try to stick to them."

BYONIK
Heat World

heatworld



Beauty > Health & fitness

Denise Van Outen shares 'odd' secret for toned legs – and it only takes 45 minutes

The presenter shared photos from her leg-toning session

MARCH 24, 2022 - 14:45 GMT BY MELANIE MACLEOD

A Slimyonic sessions starts at £95 and it's recommended you have four treatments in order to see long-lasting results.

The Slimyonic trousers are lined with air chambers that inflate and deflate, mimicking a lymphatic drainage massage, designed to boost circulation and reduce cellulite and ease water retention. The treatment lasts around 45 minutes and costs £95 per session.

In the pictures, Denise is lying on a treatment bed with her legs zipped into a pair of lymphatic drainage trousers while she undergoes the **Slimyonic Air Bodystyler** treatment. She captioned the photo: "Looks odd I know [crying laughing emoji] @Slimyonic_uk treatment for lymphatic drainage and post sports massage."



Denise Van Outen has super-toned legs

Denise regularly shares her sweaty exercise sessions on Instagram, and even has her own workout platform, **Train With DVO**, so given that the Slimyonic treatment is supposed to be great for exercise recovery, we can see why the presenter is a fan!



Slimyonic say the trousers: "Turbocharge the metabolism and increase the flow of blood to your skin and fatty tissue."

The brand says that the innovation will: "Trigger detoxifying processes and allow waste and fat deposits to be broken down, washed out and eliminated."



Looks odd I know 🥹 @slimyonic_uk treatment for lymphatic drainage and post sports rehabilitation @sarahjayne7815

Denise shared a photo of herself having the leg-toning treatment

Denise isn't the only celebrity fan of lymphatic drainage. Fellow presenter **Zoe Ball** recommends the treatment for people who suffer from water retention and tired legs, while **Frankie Bridge** and her husband Wayne Bridge use lymphatic drainage trousers at home too.

SLIMYONIK
Hello



The laser aim

The Byonik is a dual-wavelength pulse-triggered 'cold' laser whose manufacturer says it makes cells' lipid bilayer (their outer membrane) temporarily more porous, allowing skincare molecules to pass through more easily.

How does it work?

"This laser's 'light-induced transmembrane convection' technology means antioxidants go straight into the cells to do their protective work, while hydrating hyaluronic acid gets effectively integrated into the 'intercellular matrix', a sort of spongy space between the cells in the deep skin layers where skin's own hyaluronic acid is produced," says skin therapist [Debbie Thomas](#).

"Using this cold laser effectively rehydrates and plumps skin, but the real gem with Byonik technology is the activation of ATP, which is the energy contained in all our cells. This happens all the way through to the muscle tissue so the entire face benefits from a boost."

Not all doctors are convinced by the technology: "based on the science described, I'm not sure how exactly the cells would become more porous," says [Dr Emmaline Ashley](#). "But I can see how the light would stimulate collagen production and increase cells' stress defences". Cosmetic physician and surgeon [Dr Jonquille Chantrey](#) is cautiously optimistic: "There is an intriguing study on how transmembrane convection can be used to deliver anticancer drugs. The idea of applying this to transport nutrients and antioxidants from cell to cell into the deeper skin layers is certainly of interest when it comes to skin rejuvenation," she says.

What are the results?

Like electroporation, results are temporary: "Byonik will boost hydration for a week or two to start with," says Thomas. "But after several sessions, as the increase in cell energy brings about better barrier function, more collagen and less [inflammation](#), skin's own, long-term hydration levels will improve. So skin as a whole will look fresher and more juicy for longer."

What does it cost?

London's [DThomas Clinic](#) charges from £195 for Byonik with a hyaluronic acid infusion.



Portrait of a woman getting laser treatment at the spa - skincare concepts ANDRES R

SKINCARE

6 needle-free ways to 'inject' your skincare

Skincare is getting more profound - here's how.

BY INGEBORG VAN LOTRINGEN
26 MARCH 2022

BYONIK
Glamour

GLAMOUR

TREATMENT SPOTLIGHT

Skin hack

Dr Johanna Ward on bio-hacking the skin with BYONIK and why she loves the treatment



I am a complete skin geek and I love a good facial. I am always exploring new technologies and bio-hacks for the skin so when BYONIK came my way I couldn't refuse the treatment.

Byonik is not just a facial, it is actually a pulse-triggered laser facial that taps into your skin's cellular functioning. It feels like the ultimate in luxury but is backed by some hefty science for rejuvenation, repair and detox. It was created with exquisite precision by scientists who are obsessed with details. Even the serums are heated to the right temperature to aid their penetration and enhance their delivery.

So what is BYONIK? It's actually a diode laser facial, or cold laser facial, that simultaneously delivers two wavelengths: 659nm and 806nm for a non-invasive, non-ablative treatment. The BYONIK laser adjusts its frequency to the individual's pulse throughout the entire treatment.

During the facial, you wear a pulse oximeter so that you catch the cell at its most bio-active and bio-receptive to awaken the cells. Once the cells are

receptive, they get flooded with the triple benefit of energy, light and nutrients. The facial has been designed to disrupt and dismantle the glycation and oxidation process, repair telomere fragmentation, improve antioxidant status and powerfully reduce cellular inflammation.

The experience couldn't be more relaxing. I had it in combination with its sister product, the SLIMYONIK BODYSTYLER, which uses pressure therapy techniques to activate the lymph system, stimulate blood flow to your skin and support your metabolism.

SLIMYONIK uses 24 air pressure chambers to stimulate lymph system drainage, while oxygen-enriched air inhalation causes hypoxia, a process where

stimulated tissue is starved of oxygen, briefly helping it take in and store more oxygen that, once released, helps improve metabolism and also burn extra fat.

I am sure this kind of full-body treatment experience will be the facial of the future.

I am noticing that my patients demand so much more from their treatments, and their facials are no different. Everyone has tried the basic exfoliating facials and now the market is saturated. The consumer appetite for something new is definitely growing and bio-hacking the skin is right at the top of the agenda. Consumers want results and they want science but they also want first-class, luxurious experiences. BYONIK has this nailed. [@byonik](#)



DR JOHANNA WARD

Dr Johanna Ward is an award-winning GP with a special interest in clinical dermatology and nutrition. Dr Ward has devoted her professional career to the science and study of skin health and ageing and is a passionate believer in the power of prevention. She is often called upon in the media to comment about all things ageing, dermatology and nutrition related. She is currently Resident Skin Doctor for Women's Health magazine.



COMMERCIAL FEATURE

Finger on the pulse

pureswiss aesthetics

A 360° approach to achieving long-term rejuvenation, optimal skin health and complete wellbeing

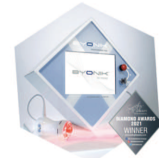
The bespoke combination of the BYONIK® Pulse Triggered Laser and the SLIMYONIK® AIR BODYSTYLER is the ideal pairing for complete wellbeing and overall health.

BYONIK® is a multi-award-winning, German-engineered device that uses non-thermal diode laser wavelengths for skin healing, repair and rejuvenation. The patented method incorporates a pulse-triggered laser, hyaluronic acid and antioxidants embedded within the proprietary gels.

IN SYNERGY
BYONIK® works in synergy with the body's rhythm, resulting in a unique and personalised treatment. This new hybrid of advanced laser technology comprehensively supports a compromised skin barrier and promotes rapid regeneration to all skin concerns and conditions. BYONIK® works by using pulse-triggered laser technology to stimulate cell metabolism, protect telomeres and improve cellular function to effectively reverse the signs of ageing via light transmembrane transduction.

With few contraindications, a high safety profile and no pre- or post-treatment requirements, the BYONIK® is a desirable standalone treatment or can be incorporated to complement all clinical modalities, enhance treatment outcomes, and reduce post-treatment downtime. Daily treatments are possible and can be carried out all year round, even after sun exposure, and with Botox and during pregnancy.

The BYONIK® yields substantial results over other similar devices for the widest number of concerns, skin types and skin conditions, demonstrating immediate results that are non-invasive and non-traumatic to the skin. Unlike most clinical devices, BYONIK® does not rely on thermal or mechanical injury for a histological



response and skin improvement. Instead, the laser utilises a pulse oximeter, which calculates in milliseconds via a complex algorithm when the laser should be triggered and when not. This enables laser energy output to adapt to the individual patient's natural cell-breathing cycle, making the BYONIK® treatment so unique and effective.

IN THE AIR
The SLIMYONIK® AIR BODYSTYLER is the international leader and most advanced technology for body and aesthetic care. Focused on boosting metabolism and lymph drainage via eight tailored pneumatic pressure therapy massage programmes, the treatment is turbocharged via oxygen-enriched ambient air. This gently activates the lymph system, boosts metabolism, and increases overall skin quality, health and wellbeing.

The benefits of the revolutionary SLIMYONIK® AIR focus on lymph stimulation and hypoxia of stimulated tissue, meaning the deep tissue is briefly deprived of oxygen, allowing it to take in and store more oxygen once released, aiding repair and detoxification.

This system supports the gut, liver, kidneys, and intestinal wall to enhance detoxify and provide a surplus of essential nutrients to our skin cells to enable internal and external optimal health.

With dedicated German engineering, both the BYONIK® PFL and the SLIMYONIK® AIR BODYSTYLER work at a cellular level to activate and restore long-term rejuvenation and optimise skin health, while providing a reparative and regenerative solution to overall wellness. [@pureswiss](#)

To discover more please visit: www.pureswissaesthetics.com

BYONIK AND SLIMYONIK Aesthetic Medicine

aesthetic
MEDICINE

HEALTH

IS LYMPHATIC DRAINAGE MASSAGE THE SECRET TO A LONGER LIFE AND LEANER BODY?

For plumper, more radiant skin all over: lymph drainage + Byonik cold laser

The Byonik cold laser painlessly revs up skin cell metabolism and makes skin more receptive to active skincare ingredients, with anti-inflammatory, antibacterial, collagen-boosting and hydrating results. At [D.Thomas Clinic](#), you can combine a 45mn Byonik Complete face treatment, £195, with a £70 add-on of the Slimyonik Air Bodystyler pressotherapy pants to boost body skin as well. And if you prefer to team your Slimyonik session with a different laser treatment, that can be arranged as well.

BYONIK
Get The Gloss

GET THE GLOSS
EXPERT HEALTH AND BEAUTY



Byonik facial: what happened when I tried a laser facial guided by my own heartbeat

With lasers that pulse in rhythm with your body, the new 'NASA facial' is the ultimate tailored experience

Wondering if a new trending facial is actually worth your cash, or if fillers are for you? Our 'I Tried' franchise trials and tests all the latest treatments to provide honest, frills-free recommendations.

Depending on who you ask, facials are either a rare and often expensive self-care treat or a regular must-have. Personally, I sit somewhere in the middle. Yes, facials can massively help improve skin hydration levels, decongest pores and reduce the appearance of fine lines and wrinkles (among many other things), but finding the time – and the budget – to have them bi-weekly or even monthly is a tall ask for many of us.

So if you *are* going to treat your skin to professional pampering, then you want to make sure it's going to deliver results. Cue the Byonik facial treatment, often referred to as the "NASA facial", or the "gold standard in cellular rejuvenation", according to advanced facial practitioner Mariam Abbas, who performed my treatment.

After testing this treatment firsthand, I'm here to share *everything*, from exactly how it works to the truth about the results (spoiler alert: seven days have passed since Abbas lasered my skin, and it's still clear, smooth and glowing.

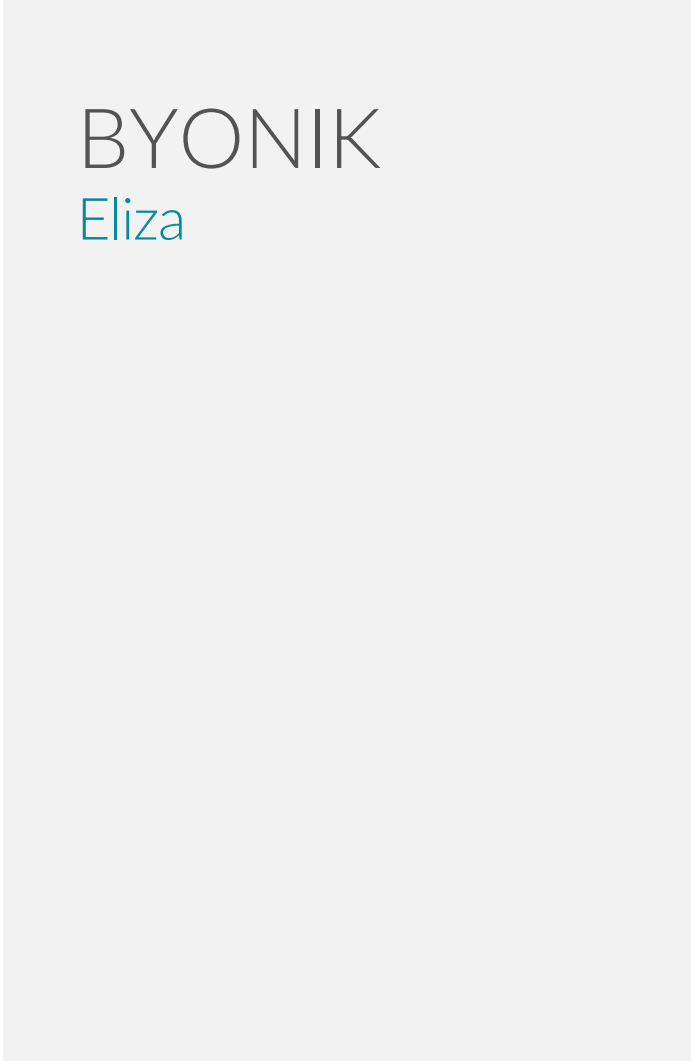
So, what is the Byonik facial treatment?

"The facial uses the trinity of a pulse-triggered laser, transmembrane light-induced convection and hyaluronic acid to achieve skin-strengthening and anti-aging results," shares Abbas. "In simple terms, this means that the pulse-triggered laser beams in rhythm with the client's heartbeat, monitored through an oximeter."

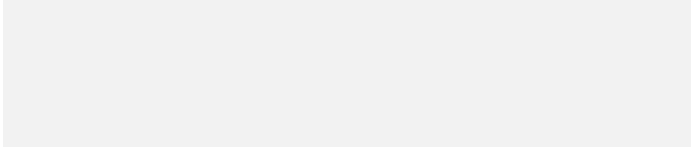
And, unlike your regular shop-bought hyaluronic acid, the Byonik hyaluron gels have been bioengineered, broken down and dehydrated to be absorbed deeper into the skin and contain great antioxidants such as wakame algae. The lasers then shock skin cells to release any toxins and help to push all of the 'good' molecules from the gels in, working to regenerate the skin barrier, plump up the skin and improve its elasticity and overall health.

What actually happens during the treatment?

After starting with a spritz of anti-pollution mist and a good cleanse, Abbas applied an enzyme mask to exfoliate and prep skin for better absorption. This did leave me looking a little flushed, but it was all part of the process.



BYONIK
Eliza



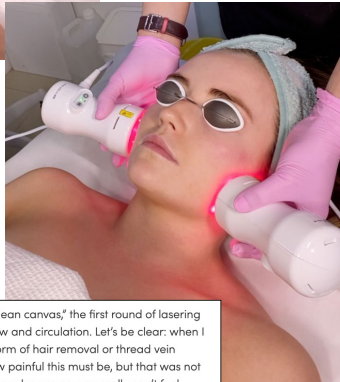
eliza



thatfashionjourno

Such a pleasure to test out the @byonik_uk facial from the wonderful @mariamabbas_facialist for @eliza.co.uk ~ full review and lowdown on how this laser facial works coming soon 📱📱📱

#facial #facialtreatment #londonfacialist #beautytherapist #beautywriter #beautyreview #skincarejunkie



Then, with what Mariam dubbed as a "clean canvas," the first round of lasering began, working to improve lymphatic flow and circulation. Let's be clear: when I say lasering, anyone who has had any form of hair removal or thread vein lasering will most likely be thinking of how painful this must be, but that was not the case at all. Once the protective eye goggles are on, you really can't feel anything apart from Mariam's fingers as she guides the lasers across your skin.

A hyaluronic gel was then applied, firstly in a lower strength, lasered in, followed by a higher percentage gel, which was again lasered, before the product was all sealed in with a mask. After one final cleanse, SPF was applied before I headed back out into the world – no downtime needed.

What does your pulse have to do with the facial, and how does NASA play a role?

OK, so here's where it gets super hi-tech...

"While studying cell activity in astronauts during space travel, NASA scientists found that there is an optimum time for human cells to allow the transport of moisture and molecules through cell membranes – just before the heart beats," Abbas explains.

"German technology based on this principle then led to the creation of this Byonik treatment." So, monitoring your pulse through an oximeter, the laser shoots just before each beat to push the hyaluronic acid and antioxidants into each cell when the osmosis rate is at its best and your skin can absorb it all like a sponge.

What results are achieved by the Byonik facial?

As with many beauty procedures, it's not always a quick fix. For me, after one treatment, the breakout on the corner of my mouth had reduced in size, the lines on my forehead were less visible (as were my under-eye circles), and my skin was overall brighter, tighter and just looked fresh again.

But Abbas did share that regular treatments will, of course, produce better results. "One treatment will make a person look and feel young and fresh. However, the result of cumulative treatments include plumping of the skin, visible reduction in age lines, improved skin elasticity, even skin tone, lighter pigmentation and reduced pore size."

Who is the Byonik facial for?

Unfortunately, this treatment isn't advised for anyone who has light-sensitive conditions such as epilepsy, and also for anybody with skin cancer. But for those with neither of the above, it is seen to be perfectly safe even during pregnancy (after the first trimester), for those on oral roaccutane, and for all skin types and tones. It's excellent for those with sensitive skin, rosacea, eczema and acne and can even be used alongside more invasive work or injectables.

"The laser light works on healing tissue inflammation and the bioengineered Ecto gel is especially effective in treating acne, rosacea and dermatitis," explained Abbas. "Byonik treatments also support healing post-invasive treatments such as chemical peels, facial threads, wounds and abrasions, and the Wakame Algae in the Byonik gel inhibits the breakdown of hyaluronic acid and helps the effects of injectable treatments last longer."

When it comes to pregnancy, the laser is pregnancy-safe but some clinics advise waiting until after the first trimester as, after all, that is when your baby is growing the fastest and your body is adapting the most.

How much is the Byonik facial and where can you get it done?

Abbas offers a range of **Byonik facial treatments** at her practice in London, with prices ranging from £125 for the Byonik Quick Power to £325 for the Byonik Intensive Rejuvenation, as well as tailored packages depending on your desired results and budget.

I had the 'Seriously Good Facial,' which covers the Byonik cellular rejuvenation treatment, including the application of two gels and three rounds of laser light, an enzyme exfoliation, and mask application (as well as a deep cleanse and extractions if needed), which is priced at £250 for 60 minutes.

There are also a handful of other clinics also offering the treatments across the country including **The Skin to Love clinic in Hertfordshire**, **The Angel Laser Clinic in London**, **Andy Millward in Birmingham** and **The You Clinic in Chiswick**.

BYONIK

Eliza

Lauren Cunningham

@thatfashionjourno

eliza

BYONIK

Pure Swiss has added three new Restorative Skin Heroes to the BYONIK range. CONCUR Elixir Ampoules are an intensive anti-ageing, anti-pollution and anti-pigmentation complex that provides immediate skin tightening, along with anti-inflammatory and skin-soothing benefits. SUPREME SICCA Control Fluid regulates the imbalance of skin that is prone to impurities and dry at the same time, while SUPREME HyaluronPower provides concentrated moisture to the skin and has an intensive skin-smoothing effect.

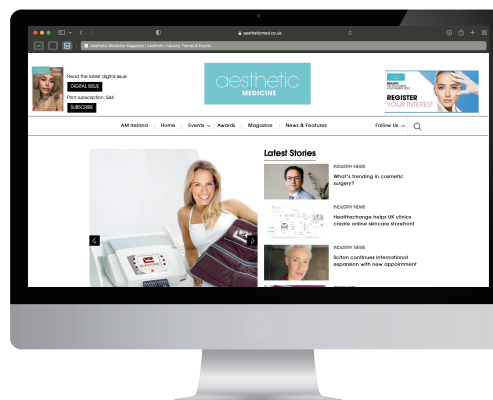


BYONIK Aesthetic Medicine

aesthetic
MEDICINE

Optimising lymph efficiency at cellular level for the ultimate in skin health and 360° longevity

Unlike your blood, which is constantly being circulated in your body, the lymphatic system does not have a pump to remove metabolic waste. Optimising lymph flow is critically important to keep the skin, body and mind balanced and healthy. (Sponsored Story)



SLIMYONIK Aesthetic Medicine (Web Article)

Nov 22, 2022

Sponsored News

The SLIMYONIK® AIR Bodystyler is the international leader and the most advanced technology to offer a solution across all well-being, therapeutic and aesthetic sectors. With dedicated German engineering, the SLIMYONIK® AIR Bodystyler works at a cellular level providing a reparative and regenerative solution to long-term optimal skin, physical and mental health.

The SLIMYONIK® AIR Bodystyler is focused on boosting metabolism and lymph function, via eight tailored pneumatic pressure therapy massage programmes, and the treatment is turbocharged via oxygen-enriched ambient air. This gently activates the lymph system, boosts metabolism, and increases overall skin health and well-being. Detoxification, cellular support and gut health are in demand post-pandemic and enhancing the body's defence abilities is critical ahead of the cooler months for strengthening the immune system and overall nutrition uptake.

Research has shown that by optimising your current in-clinic treatment offerings with dynamic, science-backed bolt-on treatments, you securely elevate your patients' experience, loyalty and results. The consumer appetite for something new is growing and biohacking is right on top of the agenda. Consumers want results supported by science, but they also want premium, luxurious experiences.

"I did 10 sessions on the SLIMYONIK® AIR Bodystyler and felt a massive difference not only in my bloating but in my energy and overall wellbeing as well," said Aesthetic Medicine consultant editor Vicky Eldridge. "As a peri-menopausal woman, I have been suffering from joint pain, muscle aches, irregular menstrual cycles, weight gain and bloating. After a course of treatments, I was able to get back into my jeans which I hadn't been able to wear for months. The suit also really helped with my achy muscles. It felt so nice to get on it after a day of sitting at my desk. This is a fantastic adjunct to any other aesthetic and wellbeing-based treatments and feels like you've had a well-earned rest!"

The SLIMYONIK® AIR Bodystyler is safe, pain-free and non-invasive. A treatment solution that supports a holistic journey and relieves the client of a wide range of symptoms and concerns.

This is a sponsored story in association with [Pure Swiss Aesthetics](#).

Devices

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