



Sculpted to
perfection

58 THE SAFETY IN

If you fancy some sculpting that feels more akin to a massage, Endosphere might be for you. This device is designed to stimulate the lymphatic system, which has a myriad of health benefits but can also lead to slimming and smoothing of the body for a more sculpted and contoured silhouette.

The device utilizes micro-vibration and micro-compression technology – basically, a roller with multiple spheres that rotate and vibrate over the surface of the body, giving a targeted massage. Your therapist will move the device over the treatment area in a specific pattern to help drain toxins and excess fluids from the body that have been 'stuck' in the lymphatic system, which simultaneously tones the tissues under the skin for a smoother and sleeker appearance.

As well as firmer skin, people often find that their legs, ankles and feet feel lighter after a treatment thanks to their lymphatic circulation having been reactivated. A minimum of 12 treatments is usually recommended for long-lasting results, but again, this is dependent on the individual.

Another device that helps with lymphatic drainage is the SLIMYONIK® AIR BODYSTYLER. Remember when Jennifer Anniston caused a stir by posting a picture of herself in a giant pair of inflatable trousers? Well, this is the same sort of thing.

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 well-being.

Best for cellulite busting:
Injectables
Body area:
Thighs and buttocks



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IN BEAUTY

The Safe Guide To
NIP TUCK & TWEAK

Spring/Summer 2024 | Issue 1

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www.safetyinbeauty.com/the-nip-tuck-and-tweak-magazine/
(Digital Publication)

