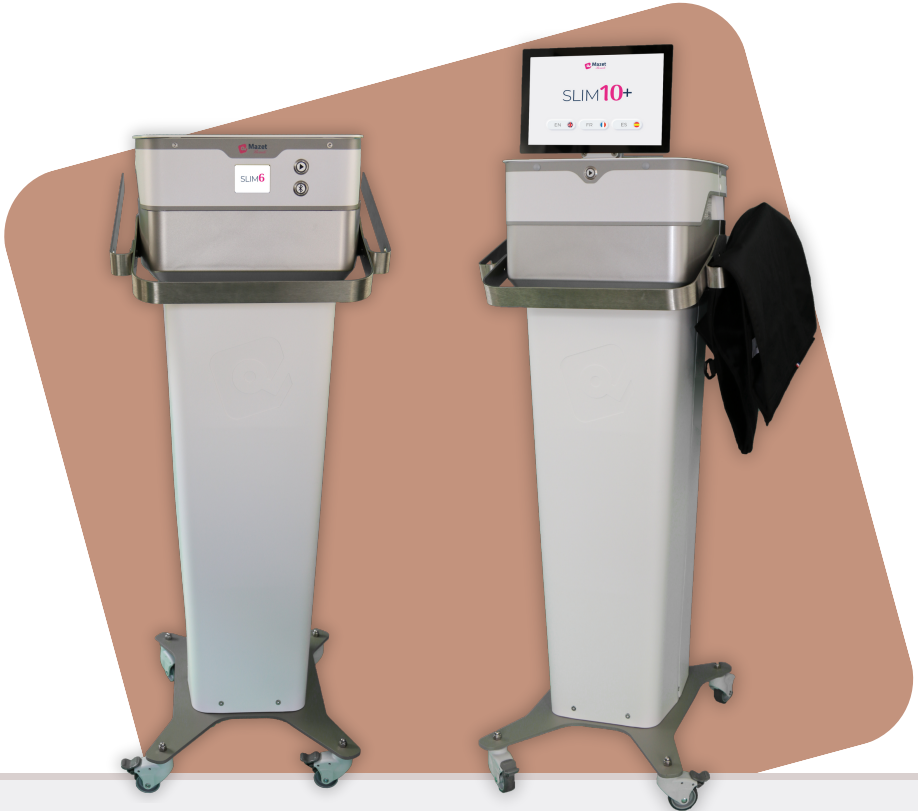


Program Guide



Pressotherapy - aesthetics

Slim

LEGS, ARMS AND ABDOMEN

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1 Device overview

Slim is a pneumatic pressotherapy device which helps with slimming treatments and offers well-being, drainage and muscle recovery programs.

By stimulating and improving venous return and lymph circulation, pressotherapy generates a set of physiological reactions conducive to the elimination of toxins and fats.

The natural processes thus initiated play an important role in slimming treatments and contribute to significantly improving well-being.

The expected results of pressotherapy treatments are:

Relieve feelings of heavy legs

Get rid of water retention

Quickly relieve edema

Improve the appearance of the skin*: firm, smooth

Refine the silhouette

Facilitate the transmission of active ingredients

Accelerate physical recovery

Optimize and accelerate the effects of lipolysis treatments

In this guide, you will find detailed settings for each program contained in your device.

The predefined programs in the device allow you to perform most pneumatic drainage techniques.

This device allows you to personalize aesthetic care for all these programs, the modifiable parameters are as follows:

Pressure exerted from 10 to 100 mmHg (maximum admissible pressure depending on the program chosen, modifiable during treatment)

Treatment time from 1 to 120 minutes

An option allows you to stop the treatment at the end of the timer or to continue beyond, until the end of the current cycle

Working time from 0 to 15 seconds (maintaining cell pressure)

Rest time of 4 to 15 seconds (deflation between 2 inflations)

These parameters can be saved in the personalized database.

An "active deflation" function allows rapid emptying of the cells at the end of the session.

How does an aesthetic pressotherapy session take place?

Pressotherapy, how many times a week?

The frequency of the sessions will depend on the people, their disorders and their needs.

How does a pressotherapy session take place for the legs and other areas of the body?

EDM recommends firstly doing a massage on the limbs to be drained with oils suitable for the treatment.

Then, EDM requires the wearing of a hygiene sheath before installing the pressotherapy accessories. This barrier between the skin and the accessory will generate sweating and the opening of skin pores.

A reflexology insole can be integrated into the drainage of the lower limbs.

Once the person is lying down, and the legs or arms are placed in the devices replacing manual drainage, the devices inflate and deflate using an air compressor, with intermittent pressures adapted to each person, for around twenty or thirty minutes.

The aim is to improve poor blood and lymphatic circulation, and to benefit from the benefits of pressotherapy in the short and medium term: physical recovery, reduction of orange peel skin, refinement of the silhouette, etc.

Presentation of the programs

 Presentation of the programs on the next page

PRESENTATION OF THE PROGRAMS



Treatment family	Care	Name	Program name	N°pgm Slim	Tps/ Pressure	Activ/Press	Slim 6	Slim 10	Slim 10+	Depresso supplement treatment*	
Legs	Circulatory disorders	Heavy legs with no varicose veins	Draining treatment for light legs	Resorption	111	30min/30mmHg	✓	✓	✓	✓	20 min
		Heavy legs varicose veins + normal BMI	Light leg treatment (varicose veins)	Effleurage simple	112	30min/40mmHg	✓	✓	✓	✓	20 min
		Heavy legs varicose veins + BMI >30	Slimming treatment for light legs (varicose veins)	Effleurage large	113	30min/40mmHg		✓	✓	✓	
	Slimming	Water retention	Slimming treatment	Resorption	121	30min/30mmHg	✓	✓	✓	✓	20 min
		Elimination of toxins	Detox treatment	Peristaltic drainage	122	30min/30mmHg			✓	✓	
	Well-being	Relaxation treatment	Relaxation treatment	Resorption relaxation	13	30min/30mmHg	✓	✓	✓	✓	20 min
	Muscle recovery	Muscle recovery	Relaxing treatment	Resorption relaxation	141	30min/30mmHg	✓	✓	✓	✓	20 min
		Intense muscle recovery	Athlete care	Peristaltic drainage	142	30min/30mmHg			✓	✓	
Arms	Cellulite	Firming treatment	Firming treatment	Resorption	21	30min/30mmHg	✓	✓	✓	✓	15 min
	Well-being	Relaxation treatment	Relaxation treatment	Resorption relaxation	12	30min/30mmHg	✓	✓	✓	✓	15 min
	Muscle recovery	Muscle recovery	Relaxing treatment	Resorption relaxation	231	30min/30mmHg	✓	✓	✓	✓	15 min
		Intense muscle recovery	Athlete care	Peristaltic drainage	232	30min/30mmHg			✓	✓	
	Slimming	Slimming treatment	Slimming treatment	Resorption	24	30min/30mmHg	✓	✓	✓	✓	15 min
Abdomen	Cellulite	Firming treatment	Firming treatment	Resorption	31	30min/50mmHg	✓	✓	✓	✓	20 min
	Well-being	Muscle recovery	Relaxation treatment	Resorption relaxation	321	30min/40mmHg	✓	✓	✓	✓	20 min
		Massage stimulant	Athlete care	Resorption	322	30min/50mmHg	✓	✓	✓	✓	20 min

4 Legend of program tables

0 Blocking / maintaining previous state

1 Cell inflation

2 Exhaust

3 Inflation of the cell and delay before next step

5 Treatments on lower limbs

5.1 Circulatory disorders / Thinning

The pressotherapy technique stimulates the lymphatic system and helps detoxify the body. This technique allows an improvement in blood circulation and the general condition of the subject treated.

Indications

RESORPTION PROGRAM

- Heavy legs without varicose veins, no edema
- Water retention

Improving circulation helps reduce water retention and therefore relieves heavy legs.

The pressure first builds at the distal end of the limb.

The pressure wave of the cells follows the disto-proximal direction, that is to say goes up towards the root of the limb.

The cells remain under pressure throughout the cycle and all deflate simultaneously at the end of the cycle.

Cell No. 1 is that of the foot and No. 10 (or 6) that of the upper thigh.

This program is used when the subject complains of heaviness accentuated by prolonged standing or sitting, when the subject complains of tightness in the legs.

The desired effect being venous assistance, the resorption program will lead to an acceleration of venous flow. To achieve this acceleration, while avoiding crushing the superficial veins, the pressures exerted must remain relatively low. These pressures can, however, be slightly increased if the user wants to act on the deep venous network.

If the subject experiences the treatment as uncomfortable, the user can:

- Reduce pressure
- Use the light or broad stroking program recommended for circulatory disorders with varicose veins ± obesity.



Do not lose sight of the fact that varicose veins are not always visible, especially in obese subjects. The effleurage program is also more pleasantly perceived by clients who do not like being "squeezed" in boots and allows the pressure to be increased to 40 mmHg without them feeling any discomfort.



Resorption program (1)
(30mmHg - 25 min)

PHASE	CELL. 10	CELL. 9	CELL. 8	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1										1
2									1	
3								1		
4							1			
5						1				
6					1					
7				1						
8			1							
9		1								
10	1									
11	2	2	2	2	2	2	2	2	2	2

The pressure is first exerted at the end of the limb (distal part) and follows a disto-proximal progression as in the case of Resorption.

Indication

SIMPLE EFFLEURAGE

- Heavy legs with a normal weight index

However, unlike Resorption, the wave is only made up of one or 2 active cells, so that at the end of the cycle, the limb is not completely compressed, unlike Resorption programs.

This program will be used when the venous circulatory deficit is accompanied by varicose veins.



SIMPLE EFFLEURAGE program (2)
(40mmHg - 25 min)

PHASE	CELL. 10	CELL. 9	CELL. 8	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1										1
2									1	
3										2
4								1		
5									2	
6							1			
7								2		
8						1				
9							2			
10					1					
11						2				
12				1						
13					2					
14			1							
15				2						
16		1								
17			2							
18	1									
19		2								
20	2	2	2	2	2	2	2	2	2	2

Program similar to the previous one. The difference lies in the fact that in this program two cells are permanently inflated instead of just one in simple stroking.

Indication

LARGE EFFLEURAGE

- Heavy legs with significant symptoms or obesity (>30)



LARGE EFFLEURAGE program (2)
(40mmHg - 25 min)

PHASE	CELL. 10	CELL. 9	CELL. 8	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1										1
2									1	
3								1		
4							1			
5										2
6						1				
7									2	
8					1					
9									2	
10				1						
11									2	
12			1							
13									2	
14		1								
15						2				
16	1									
17						2				
18									2	
19									2	
20									2	
21									2	
	2	2	2	2	2	2	2	2	2	2

Pressotherapy can be used to fight cellulite. This device benefits from different programs adapted to the types of cellulite to be treated.

This technique acts on skin with an "orange peel" appearance, so it helps reduce the affected areas. The skin is firmed and the silhouette is refined.

Indications

PERISTALTIC DRAINAGE

- Elimination of toxins/Cellulite
- Intense muscle recovery

By restarting circulation, pressotherapy helps to unclog the tissues and reduce their swollen appearance.

Cell 1 is inflated then deflated and re-inflated, then cell 2 is inflated, deflated and re-inflated, and so on for the following cells up to 10 (or 6) and are deflated all at once at the end of the cycle according to the diagram below



PERISTALTIC DRAINAGE program (3)

(40mmHg - 25 min)

PHASE	CELL. 10	CELL. 9	CELL. 8	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1										1
2										2
3										1
4									1	
5									2	
6									1	
7								1		
8								2		
9								1		
10							1			
11							2			
12							1			
13						1				
14						2				
15						1				
16					1					
17					2					
18					1					
19				1						
20				2						
21				1						
22			1							
23			2							
24			1							
25		1								
26		2								
27		1								
28	1									
29	2									
30	1									
31	2	2	2	2	2	2	2	2	2	2

5.2 Well-being / Muscle recovery

Pressotherapy is a good way to recover quickly and combat fatigue following strain on the muscles after intensive training or a sporting competition.

Indications

RESORPTION RELAXATION

- Relaxation
- Muscle recovery

Indeed, the muscle recovery program promotes blood circulation after exercise.



RELAXATION RESORPTION program (2) (40mmHg - 25 min)

PHASE	CELL. 10	CELL. 9	CELL. 8	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1										1
2									1	
3								1		
4							1			
5						1				
6					1					
7				1						
8			1							
9		1								
10	1									
11										
12		2								
13			2							
14				2						
15					2					
16						2				
17							2			
18								2		
19									2	
20										2
21	2	2	2	2	2	2	2	2	2	2

This pressotherapy device also has "Well-being" programs which help to tone the tissues.

As with Global Resorption, the pressure first builds at the distal end of the limb. The pressure wave from the alveoli follows the disto-proximal direction, that is to say goes up towards the root of the limb.

All the cells remain under pressure throughout the cycle but, unlike the previous program, they deflate one after the other in the proximo-distal (retrograde) direction.

6 Treatments on upper limbs

6.1 Cellulite / Slimming

Pressotherapy can be used to fight cellulite. This device benefits from different programs adapted to the types of cellulite to be treated.

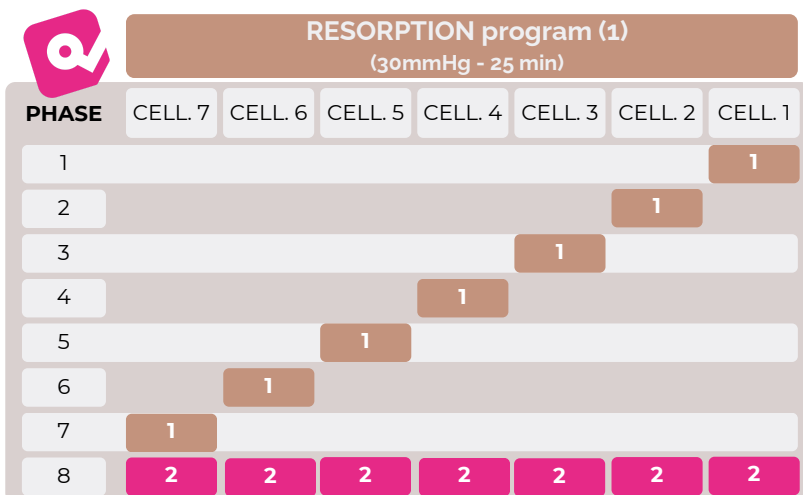
This technique acts on skin with an "orange peel" appearance, so it helps reduce the affected areas. The skin is firmed and the silhouette is refined.

Indications

RESORPTION PROGRAM

- Cellulite
- Slimming

By restarting circulation, pressotherapy helps to unclog the tissues and reduce their swollen appearance.



6.2 Well-being / Sports

Pressotherapy is a good way to recover quickly and combat fatigue following strain on the muscles after intensive training or a sporting competition.

Indeed, the muscle recovery program promotes blood circulation after exercise.

Indications

RESORPTION
RELAXATION PROGRAM

- Cellulite
- Slimming

This pressotherapy device also has "Well-being" programs which help to tone the tissues.



RESORPTION program (1)

(30mmHg - 25 min)

PHASE	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1							1
2						1	
3					1		
4				1			
5			1				
6		1					
7	1						
8	2						
9		2					
10			2				
11				2			
12					2		
13						2	
14							2
15	2	2	2	2	2	2	2

Indications

- RESORPTION
- RELAXATION PROGRAM
- Cellulite
- Slimming



PERISTALTIC DRAINAGE program (3)
(30mmHg - 25 min)

PHASE	CELL. 7	CELL. 6	CELL. 5	CELL. 4	CELL. 3	CELL. 2	CELL. 1
1							1
2							2
3							1
4						1	
5						2	
6						1	
7					1		
8					2		
9					1		
10				1			
11				2			
12				1			
13			1				
14			2				
15			1				
16		1					
17		2					
18		1					
19	1						
20	2						
21	1						
22	2	2	2	2	2	2	2

7 Treatments on the abdomen

Pressotherapy can be used to fight cellulite. This device benefits from different programs adapted to the types of cellulite to be treated.

This technique acts on skin with an "orange peel" appearance, so it allows reduction in the areas concerned. The skin is firmed and the silhouette refined.

By restarting circulation, pressotherapy helps to unclog the tissues and reduce their swollen appearance.

Indications

- Cellulite
 - Resorption
(program 1)
- Relaxation
 - Resorption relaxation
(program 4)
- Stimulant massage
 - Resorption
(program 1)



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