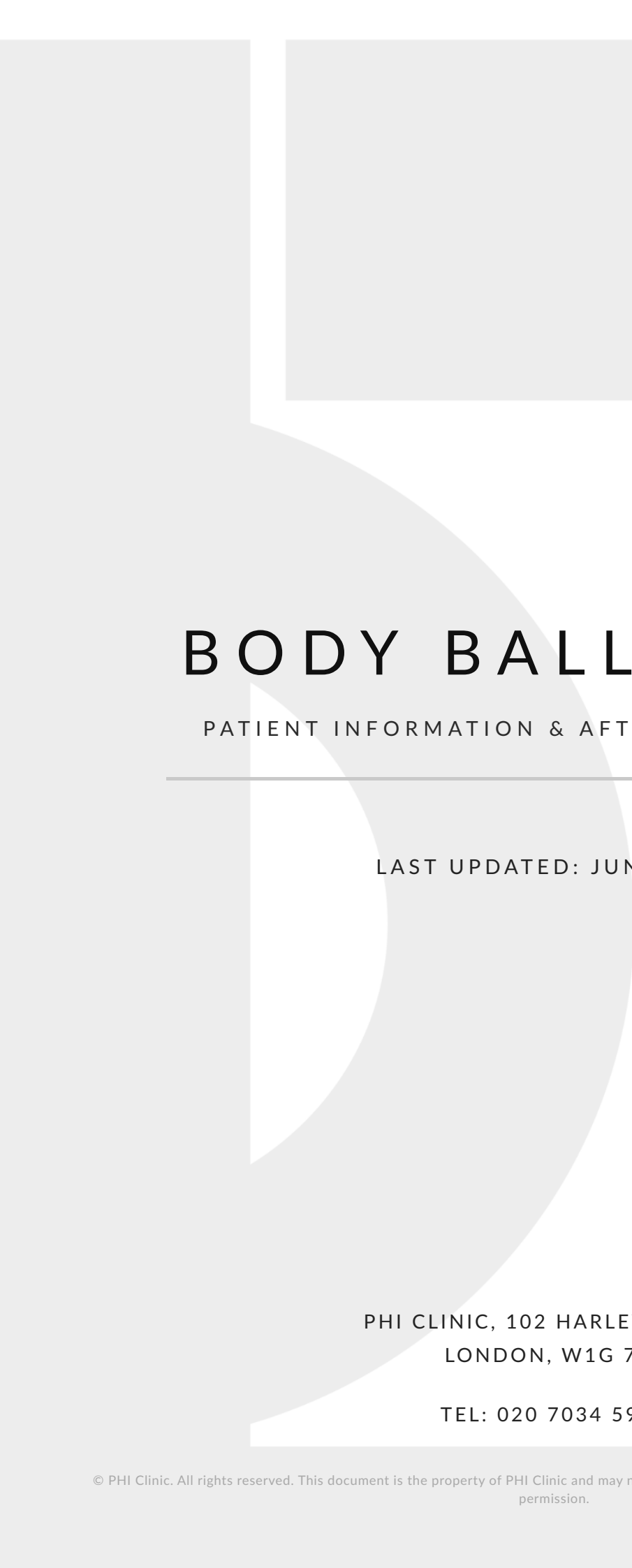




BODY BALLANCER

PATIENT INFORMATION & AFTERCARE GUIDANCE

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BODY BALLANCER PATIENT INFORMATION

WHAT IS A BODY BALLANCER TREATMENT AND WHAT IS IT USED FOR?

The Body Ballancer system works on improving and maintaining a healthy lymphatic system. The lymphatic system sits alongside your body's cardiovascular system, quietly helping to remove waste cells from the body. Its function and the vital role it plays in preventative health is widely recognised by functional medicine worldwide. A healthy lymphatic system is vital for preventing illness and disease as well as keeping your body in a healthy condition.

The lymphatic system performs three critical functions:

- It supports your immune system by removing toxins, dead blood cells, pathogens and other waste.
- It helps your body absorb fats and fat-soluble vitamins from your digestive system, delivering these nutrients to cells where they're used as fuel.
- It removes excess fluid – known as 'lymph' – and waste products from the spaces between the cells and organs of the body.

If a healthy lymphatic system becomes compromised due to illness or a poor lifestyle, this can lead to a range of issues, including tissue swelling, poor skin tone, excess weight, cellulite, headaches, joint pain, fatigue and greater susceptibility to illness.

The Body Ballancer uses patented compression garments to apply a gentle or firm massage. Each garment applies fluent compression strokes that target every inch of the treated area. The Body Ballancer accelerates the removal of waste products and excess fluid via the lymphatic system, temporarily improving the appearance of cellulite, improving skin tone, and reducing the volume in areas affected by excess fluid retention whilst its gentle, rhythmic action promotes relaxation and overall wellbeing.

Body Ballancer is the only aesthetic compression therapy system on the market with a solid medical background making it the most advanced aesthetic compression system on the market today.

HOW OFTEN SHOULD I HAVE A BODY BALLANCER TREATMENT, AND HOW MANY SESSIONS WILL I NEED?

This will depend on the particular issue being treated.

At Phi Clinic a Body Ballancer session can be added on during a number of facial treatments such as a PhiGlow, M22, Ultraformer or even SecretRF. Body Ballancer can also be added onto the end of Coolsculpting, Endolift or Body Treatments to optimise results.

Cellulite and skin tone improvements usually require a course of treatments. We usually recommend 12 treatments spread over three to four weeks. Please note these results are temporary.

Some of the Body Ballancer programs we offer at Phi Clinic includes Lymphatic Drainage, Gut Health, Deep Tissue, Slimming & Body Contouring to name a few. During a consultation with your practitioner, we will discuss the best program for you.

WHO IS SUITABLE FOR TREATMENT?

Anyone who is looking to improve overall health and wellbeing, as well as anyone who is feeling bloated or puffy due to water retention or stiff or sore from a work out.

WHO IS NOT SUITABLE FOR TREATMENT?

People with any vascular or cardiac disease as well as severe varicose veins are not suitable for this treatment.

PRE TREATMENT INFORMATION:

We recommend wearing comfortable clothes that cover the area to be treated such as leggings with socks if treating the lower body, or a soft, long sleeved top if treating the upper body. We advise that no bare skin should touch the garments for hygiene reasons. Tights can also be worn for the lower body but please avoid jeans or thick material for your comfort and efficacy.

WHAT DOES A TYPICAL TREATMENT LOOK LIKE?

Depending on the area to be treated, you'll be helped into the Ballancer Pro Pants or Pro Jacket before reclining comfortably onto the treatment couch. The garment will then be attached to a computerized air-compression device programmed to apply exactly the right amount of pressure into all or a combination of the 24 individual but overlapping air chambers.

Once the treatment starts, the gradual and gentle inflation of the garment will provide a smooth, flowing massage over the entire treated area, providing a relaxing, enjoyable and comforting experience. When the treatment is complete, the garment will automatically deflate and you'll emerge feeling lighter, more energized and refreshed.

WHAT RESULTS CAN I EXPECT?

Just a single session with Body Ballancer can help you:

- Detox
- Improve digestion

- Feel more relaxed and less stressed
- Get a better night's sleep
- Improve speed of recovery and enhance results after surgery
- Improve muscle recovery following a work out

Regular, long-term use of Body Ballancer can also help:

- Improve body shape by reducing water retention
- Diminish the appearance of cellulite
- Tone, firm and smooth the skin
- Boost the immune system to better fight off illness

HOW MUCH WILL IT COST?

As an add on to other treatments at Phi Clinic a single session will cost you £120. As a stand alone session a single session will cost you £220.

AFTERCARE

After the treatment you can carry on with your normal day to day activities.

NEED MORE INFORMATION?

Please call **0207 034 5999** or email info@phiclinic.com if you would like further details about your treatment, or to schedule for an appointment.

Should you need any further advice, or would like to book in for your next session of treatment, please call 0207 034 5999, alternatively, you can email us at info@phiclinic.com