MFC
MONACO FIT COACHING

**ELEVATE**
YOUR SPORTS
**EXPERIENCE**

# PRESSOTHERAPY

THE INNOVATION IN LYMPHATIC DRAINAGE

## ACTIVATE YOUR BLOOD CIRCULATION

- **TREATMENT** FOR **WATER RETENTION & HEAVY LEGS**
- **IMPROVEMENT** OF **VENOUS RETURN**
- **SPORTS RECOVERY**
- **TOXIN ELIMINATION** & **CELLULITE REDUCTION**
- **DEEP RELAXATION**

## OUR CENTER IN MONACO

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**IF YOU HAVE HEALTH ISSUES OR MEDICAL HISTORY, PLEASE INFORM OUR TEAM**

## A LYMPHATIC TREATMENT FOR OPTIMAL CIRCULATION

Pressotherapy is a **paramedical method** that uses active pressure to stimulate blood and lymphatic circulation. It helps **drain toxins, reduce water retention, and improve circulation**. In addition to relieving **heavy legs**, it promotes deep relaxation and enhances overall well-being.
This is the **ideal solution** to **boost circulation, relieve leg fatigue and detoxify the lymphatic system**.

## RESTRICTIONS

Circulatory disorders × Untreated high blood pressure: phlebitis and/or venous thrombosis.

## CONTRE-INDICATIONS

Venous diseases × Heart failure × Cardiovascular diseases × History of heart attack or angina × Diabetes × Respiratory diseases × Kidney failure × Tuberculosis × Presence of abscesses or tumors (malignant or benign) × Abdominal or inguinal hernias × Neurological disorders × Skin irritation, burns, or wounds × High levels of uric acid, metabolic alterations × Inflammatory diseases × Muscle metabolism disorders × High blood pressure × **Pregnant women must never use this technique on the abdominal area.**

## TREATMENT PROTOCOL

During pregnancy, pressotherapy is an **effective solution** to relieve heavy legs. However, it should **never be applied to the abdomen** to ensure the baby's safety. A t**argeted treatment on the legs** is s**afe and helps oxygenate the lower limbs and eliminate fluid retention**. **A medical certificate is recommended before starting sessions**. **Hydration is essential** before and after each session to enhance the effects. For **optimal results**, schedule your sessions after **physical activity or a Lipolaser session.**

## EXPERIENCE A UNIQUE PRESSOTHERAPY SESSION

Before starting, **a visit to the restroom is advised** to prepare your body and **enhance kidney and bladder function**. You will then be comfortably installed and equipped with: a **hygienic suit** to capture toxins and a **specialized pressotherapy suit** that stimulates full lymphatic drainage: **feet, legs, abdominal belt, and arms**. The **pressure levels are customized** to your preferences, ensuring **total relaxation and maximum results**.
**Relax and let the technology work for your well-being**.

## RECOMMENDATIONS

| Treatment Duration | Recommended Sessions | Treatment Areas |
|---|---|---|
| 30 minutes | Up to One session Per Day | Feet, Full Legs, Abdominal Belt, and Arms. |

## PRICING

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| Single Session ( No Subscription ) | 30€ | 10 Sessions Subscription | 200€ |