

Live Well...

Home Care Maintenance

Ionithermie's maintenance program is an advanced home-care regimen designed specifically to target problem areas associated with cellulite using naturally derived products. Apply every day in between treatments and daily thereafter until end of program.



Body Brush: These natural bristles aid in exfoliation and circulation. This encourages the skin's natural repair process.

Tonic Silhouette: Body Toner, Removes surface impurities and provides a clean base for advanced formulas.

Afina Gel: Slimming Gel, Stimulates circulation and aids in the dispersal of fluid in the detoxifying process.

Aferligne Cream: Firming Cream, Moisturizes and reinforces the skin's elasticity.

A+B Ampoules: Hermetically sealed vials contain an advanced anti-cellulite formula that works on emulsification and dispersal of fatty deposits & toxins.

Lait Pour Le Corps: Body Lotion, Helps maintain healthy hydrated skin and stimulate circulation while aiding in the healing process.

*For long term maintenance use Metasysteme,
an advanced 3-in-1 formulation to
stimulate, contour, and hydrate.*



Simple ways to a new body

Ionithermie Presents: 5-in-1 Corrective Treatments

- ◆ Reduces the appearance of cellulite by improving & smoothing skin texture.
- ◆ Slims by causing inch loss of some 1 to 8 inches on the very first treatment.
- ◆ Firms & tones the muscles, lifting slackening areas & flattening the abs.
- ◆ Detoxifies & re-mineralizes the body, raising the energy levels & metabolism.
- ◆ Home Care Maintenance...look inside for more details on how the Ionithermie Program can work for you.

Ionithermie Detox

Created by a French Physician in 1979, Ionithermie is one of the most effective non-invasive ways of reducing the appearance of cellulite & toning the skin. Ionithermie Detox has been clinically proven to improve the texture of skin while firming the body. A course of 3 to 10 treatments is recommended depending on your needs.

Ionithermie Detox is ideal for all occasions...those "little black dress" evenings, kickstarting the new year, getting ready for swimsuit season, the quest for better health, future vacation plans, preparing for a big wedding day, golfer's aches & pains, etc. Ionithermie will leave you looking & feeling great.

The skinny... *Here's how it works.*

Step 1: Your therapist will measure you in approximately five different areas. Every area measured is marked so we can compare the measurements before and after your treatment. Your measurements are written on your personal progress card.

Step 2: Products rich in Algae, Ivy and Amino Acids are applied to the skin on the areas being treated. These active ingredients slim by increasing circulation, breaking down fatty deposits and aiding in the dispersal of trapped toxins.

Step 3: A warm natural clay infused with Algae is applied to the area being treated and electrodes are placed in specific areas on the body. Galvanic and Faradic stimuli are activated, propelling the active ingredients into the skin, emulsifying toxins and toning the muscles. The duration of the treatment is approximately one hour.

Step 4: The clay and electrodes are removed. A cooling body lotion is applied to the treated area and then your therapist will re-measure your body. Results are recorded and compared to the pretreatment measurement.



"Tonithermie is fast becoming the leading treatment for the reduction of cellulite and improvement of skin and muscle tone."

What is *Cellulite?*

There is a visible difference between "cellulite" and the fat on the rest of your body. Cellulite is the term we use for the lumpy areas normally found upon the thighs, buttocks and abdomen of both women and men. It gives the skin an orange peel, dullish look and can be cold to the touch.

Ionithermie can assist in reducing the appearance of cellulite by stimulating your internal system to release toxins via the lymphatic drainage system while boosting energy and increasing metabolic rate.

Cellulite and Health - While cellulite is primarily a cosmetic concern, Ionithermie stimulates your internal system, helping eliminate toxins in your body and enhancing your circulation and metabolism. Bearing this in mind, detoxifying with Ionithermie products and treatments can only benefit your well-being.

Cellulite and Age - As we get older, our internal cleansing system naturally slows down and our body is not as efficient in eliminating toxins. In the middle years of life, most women and some men will experience some cellulite, which can be lessened by diet, exercise and including Ionithermie into your lifestyle plan.

Cellulite and Genetics - Some are more prone to cellulite than others and much of this is due to genetics. If your parents were overweight in their youth or middle years and have cellulite, then you are prone to being overweight too. It is the same with cellulite and more often than not, it is genetically inherited.

To reduce the appearance of cellulite you need to assist your body's internal cleansing system to eliminate toxins. Do so with Ionithermie Sessions and Home Care Maintenance.