

# Professional Wellness Programs

- Lymphatic Drainage
- Detoxification
- Body Contouring
- Cellulite
- Energy!
- Slimming & Toning
- Pain Relief



# How Toxic Are You?

Every day we are exposed to toxins in our daily environments. Pollution, unhealthy eating, unfiltered water, smoking and stress all contribute to our toxic accumulation. Our immune systems work to eliminate many of these toxins, but if we accumulate more toxins than our systems can handle, they build up in our body tissues, degenerating cells and tissues. From simple fatigue and muscle pain to chronic diseases, the effects of toxic accumulation are many.



*Exfoliation through skin brushing is part of the detoxification process of cleansing the body during Wellness Programs. Drinking plenty of water, exercise, healthy eating and eliminating toxins are vital steps to take.*

## Signs of a Toxic Body:

Overweight / Cellulite	Anxiety / Depression
Fatigue / Lack of Energy	Bad Breath / Body Odor
Frequent Illness	Allergies / Sinus
Dull Skin / Skin Disorders	Headaches
Digestive Problems	Constipation
Joint & Muscle Pain	Insomnia
Lack of Mental Clarity	Drinking / Smoking

## Questions?

How long does a session take? How many treatments do I need? What's the cost? What steps does my wellness program entail?

For more information on treatment details, costs and scheduling, please speak with your Spa Professional in your participating salon, day spa or medical spa.

# Benefits of Professional Wellness Programs

When detoxification occurs in the body, many benefits follow. In addition to a slimmer figure, revitalization and renewed energy levels; a cleansed, toned, healthier body emerges. This is due to the removal of wastes and toxins through a stimulated immune system.

- Temporarily reduces the appearance of cellulite
- Promotes lymphatic drainage
- Improves circulation
- Soothes sore muscles
- Body Contouring
- Skin Toning



# Proven Technology

General Physiotherapy is celebrating 50 years of wellness. Our professional G5® Brand equipment began with use in physical therapy clinics and medical offices for the alleviation of pain and muscle soreness. We have now moved into professional salon and spa environments for esthetic and spa treatments.

Our equipment uses a variety of trademarked applicators which allow therapists to work deeper than they might physically be able to, with their hand and arm strength alone. The powerful G5® motion penetrates far below the level of surface manipulation alone, to transmit forces deep into underlying layers of body tissue.

Directional-Stroking® is the action of simultaneously delivering perpendicular and horizontal force through the motor-driven head. The concurrent actions of these two forces act to loosen areas of congestion and move fluids so the body can eliminate them.



*The unique gyrotory motion of our application heads produces no possibility of hair entanglement. The Directional-Stroking® motion offers powerful, yet safe Percussive Massage™.*



System H. Cuinier®

# Lymphatic Drainage



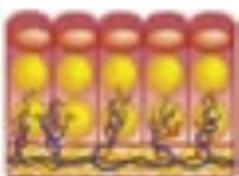
Manual lymphatic drainage is a specialized massage technique that stimulates the circulation of lymphatic fluid, a milky substance derived from body tissues that contains white blood cells. Lymph transports wastes and toxins away from cells to be cleaned through the lymph nodes. The stimulation of lymphatic fluids is one of the most beneficial aspects of massage and it is crucial to the immune system to promote healing and prevent illness. Lymphatic flow can stagnate or stop due to fatigue, stress, trauma, lack of exercise, or allergic reactions. During lymphatic drainage massage, the therapist directs fluids in the flow of the lymphatic drainage patterns, so that wastes can be eliminated.

## Cellulite

Cellulite is really just plain fat! Bands of vertical connective tissue are anchored from the outer layer of your skin to the deeper layers, and fat deposits stretch them, causing bumps and dimples to appear on the surface of the skin. Many factors contribute: lack of exercise, poor circulation, poor lymph flow, unhealthy eating, pregnancy, aging, medication, genetics, smoking, stress and toxins in your body.

This condition, which mainly exists in women, has no known permanent solution. However, the appearance of cellulite can be reduced. Besides creating a more attractive figure, massaging the connective tissue that causes the orangepeel effects ultimately rids the body of toxins and improves overall health.

**Before** →  
Orangepeel  
pockets on  
surface.



**After** →  
Local circulation  
improves and  
facilitates the body's  
natural mechanisms.



# Professional Therapies Performed By:



G5<sup>®</sup> Contour<sup>®</sup>



G5<sup>®</sup> Cellutec<sup>®</sup>



G5<sup>®</sup> Gx-99<sup>®</sup>



G5<sup>®</sup> Gemini<sup>™</sup>



System H. Cuinier<sup>®</sup>



G5<sup>®</sup> Vibraport<sup>®</sup>



**GENERAL PHYSIOTHERAPY, INC.**

13222 Lakefront Drive • Earth City (St. Louis), MO 63045-1502  
(314) 291-1442 • (800) 237-1832 • fax (314) 291-1485  
[www.G5.com](http://www.G5.com)