

6/4/2016

Has anyone tried cryolipolysis, cavitation or pressotherapy? - Page 2

Azirafel

Junior Member

Registrado: octubre-2013

Posts: 9



Hello! I tell you that I had a treatment called Therapy Cool. It is therapy of cold heat contrast. In 8 sessions I lost 8 cm of the knees (which I did not know were measured, but apparently the fat there is rather liquid and easily lost) about 6 cm less hips and some amazing 12 cm less waist. In addition to that I left the skin super good, soft and even seemed whiter, and I improved cellulite a lot. It consists of activating the system of detoxification, so that the body continues to function well a few days after the session.

I CLARIFY: With this NO kilos are lowered (I only lost 2 Kg), but volume. They put you on a stretcher with a plastic jumpsuit so that the sweat does not escape, wrapped in a kind of blanket full of tubes inside where liquid passes which is heated and cooled according to the program that they put in the machine. Usually, it's 11 minutes of heat that makes you sweat "like a Bedouin", and 2 minutes of cold that makes reaffirm all that skin that eliminated toxins with sweat. That repeats about 4 times and then you can shower right there with very cold water to complement the treatment.

The temperatures are a bit extreme, but tolerable. Of course it depends on each body, and they "gave me a lot of cane"*, but they always told me that if I felt bad I could do it more lightly. I paid 20 euros each session. They were 8 and I'm happy. They told me that there are not many machines in Spain, he named me some cities but I do not remember well. I am in Zaragoza, and here I think I remember that they told me that there are four different centres. I highly recommend it, and nobody pays me for saying it XD.

If someone wants more information, let me know.

Regards!

* "gave me a lot of cane" Spanish colloquial expression (me dieron mucha caña) that is used to say, in this context, that they drove her to her tolerance level but kindly.

Editado por Azirafel en 31-oct-2013 a las 10:41

Sam