The Firm Slimming & Health Clinic

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Visit www.thefirm.co.im for a full list of services and products.Our custom-made Electrotherapy Muscle Stimulation equipment transmits impulses deep into the muscles, mimicking natural muscle movement experienced during a workout. EMS is beneficial to all muscle groups and is commonly used to firm and tone the stomach, thighs, knees, buttocks and arms. It helps prevent muscle scarring, the loss of muscle elasticity and the loss of strength caused by normal gym workouts. It also strengthens old scar tissue.Treatment sessions are set up according to the clients' personal objectives and take place in private cubicles with a trained EMS therapist.*Weight loss results will vary for each individual,depending on how much weight needs to be lost in the treatment period chosen. Regular attendance and adherence to the eating plan is essential to achieve desired results.Our innovative cellulite treatment combines Infrared Therapy with EMS to reduce the appearance

of cellulite.
Cellulite is the encapsulation of waste and excess fluids as fat in the fibrous tissue of the body. It is one of the few conditions that cannot be treated effectively with dieting and exercising.Our Infrared EMS treatment works by warming up the muscles and activating the cells and organs, causing the blood vessels to widen. The absorbed heat is then distributed through the body via blood circulation. This increases the metabolic rate and mobilises the body's antigens. The increased blood supply also accelerates lymph drainage, which flushes toxins from the body and reduces cellulite. In addition to its cellulite-reducing properties, Infrared Therapy is particularly therapeutic for individuals with weak backs, painful joints and bad posture.When it comes to losing weight and being healthy, there's nothing more important than diet. A healthy diet ensures you receive the correct amount of energy, vitamins and minerals needed to fuel your body.At The Firm, a team of registered dieticians have compiled eating plans to help you meet your individual needs. They are designed to be as simple as possible, featuring foods that are easily available.In addition to a healthy eating plan, we encourage our clients to drink at least 2 litres of water daily. Staying hydrated reduces appetite, helps the liver metabolise fat deposits and flushes waste products and toxins out of the body. It also conserves muscle tone and nourishes the skin, preventing sagging and keeping it supple. Dehydration, on the other hand, is often linked to issues such as low energy, headaches and fatigue. Many people also mistake dehydration for hunger.

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