

NEW ENDERMOLOGIE® PROTOCOL VITALITY - STRESS - SLEEP



IMPROVE YOUR CUSTOMERS' WELL-BEING

Are your customers under stress, sleeping badly or lacking vitality? The pandemic and the current economic climate have had a considerable impact on people's stress levels.

In fact, over 90% of the population is affected by stress, resulting in symptoms such as fatigue, anxiety and even depression. In fact, **62% of adults** say they have trouble sleeping*.

It has been scientifically proven that stress, anxiety and insomnia affect our immune system and make us **more vulnerable to disease**. To help your customers improve their quality of life, LPG® offers the **"Vitality - Stress - Sleep" endermologie® treatment protocol**.

The effectiveness of this innovative protocol has been validated by a new scientific study** conducted by the beScored Institute in collaboration with the Sleep Institute, with significant results on **STRESS, SLEEP** and **VITALITY** obtained over 10 sessions.

TESTIMONIALS

"I am absolutely thrilled to share my recent experience with the LPG® programme. I was lucky enough to take part in a study that introduced me to this technique. After each session, I felt a deep sense of calmness and well-being throughout the day. In addition to these unexpected benefits, the physical results were just as pleasant. I highly recommend discovering this technique to anyone looking to feel good or better in body and mind."

Audrey - 45 years old

"I'm very happy to have taken part in the LPG® study on stress, sleep and vitality. From the 1st session, I felt much "lighter". Each session gave me a feeling of relaxation, the massage brings a real moment of well-being, which is much appreciated in addition to its effectiveness. After a few sessions, I noticed that my sleep had improved. I fell asleep more quickly and woke up less "tired"."

Laura - 53 years old

*Philips Global Sleep survey **IMPACT OF A LPG CELLU M6 ALLIANCE® MULTISESSION PROGRAMME
Effect on cognitive performance, sleep quality, stress and immunity levels in stressed individuals.
Pr. Christophe Hausswirth, PhD1,2,3, Dr. Alexandre Coste, PhD1, Dr. Vincent Raimondi, MD, PhD4, Dr.
Cyril Schmit, PhD1, Dr. Anis Aloulou, PhD5, Dr. François Dufrez, MD5, Nathalie Paradis6 & Pr. Damien
Léger, MD, PhD7



**INNER POWER.
BETTER LIFE.**

STRESS

+ 76.6% HEART RATE VARIABILITY (HRV)

HRV is recognised as one of the best indicators of physical fitness and our body's ability to adapt to its environment. An increase in HRV reflects a better balance in the nervous system and a reduction in stress.

- 19% CORTISOL AFTER 1 SESSION

- 44.6% CORTISOL AFTER 10 SESSIONS

Cortisol is the stress hormone. A drop in cortisol levels is an indicator of reduced stress.

- 69% MUSCLE PAIN

Muscle and joint pain can be an indicator of stress. Reducing muscular pain allows for better recovery.

- 50.9% STRESS & ANXIETY

Stress goes from a high level to a low level.

PSS Index (Perceived Stress Scale Cohen et al. 1983).

HADS Index (Hospital Anxiety and Depression Scale Zigmond & Snaith, 1983).

+ 2.5% CONCENTRATION. COGNITIVE TESTS

The results of precision cognitive tests are improved, demonstrating better concentration and vitality.



SLEEP

- 54.7% INSOMNIA SEVERITY INDEX (ISI)

There has been a reduction in insomnia-related problems: the level has gone from moderate (19.86) to no insomnia. ISI (Insomnia Severity Index).

VITALITY

+ 9.4% T LYMPHOCYTES

T lymphocytes boost natural defences.



**BOOST YOUR CUSTOMERS' OVERALL WELL-BEING
WITH THE NEW*** ENDERMOLOGIE®
"VITALITY - STRESS - SLEEP" PROTOCOL**



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