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"".

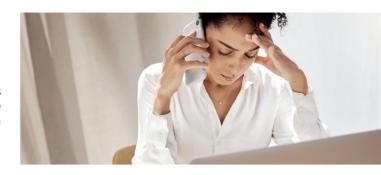
Laura - 53 years old



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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