

SOULAIRE™ CIRCULATION

THERAPY EXPERIENCE

When you visit us for the first time, our process is simple:

- We measure your weight, blood pressure, heart rate, and circulation both during and after the session
- We conclude your session and review the improvements in your vital signs that occur after just your first session.

Preparing for your Soulaire Circulation Session

- Take all medications as directed
- For maximum comfort, it is recommended not to eat or drink 2 hours prior to your session as you will experience a massive, passive cardiovascular full workout
- To maintain a regular heart rate during your session, it is best to void caffeine on the day of your session; Your Soulaire Circulation session will lower the heart rate with each heartbeat
- We provide you with special therapy tights, please wear a comfortable top

During your Soulaire Circulation Session you'll experience the following benefits:

- Reduced stress and all of the benefits of being completely relaxed
- Boost in your mood from increased endorphins
- Boost in your immune system from lymphatic cleansing
- Lower heart rate
- Lower blood pressure
- Increase in your circulation (6 times more than exercise)
- Loss of weight (Detox from removal of water weight)
- Lower cholesterol levels
- Reduction of inflammation
- Growth of new arteries (if you have blocked arteries)
- Reduction in arterial stiffens (if you have hard arteries due to high blood pressure)
- Reduction in the aging process (from decreased inflammation)

After your Soulaire Circulation Session:

- All physical activity can be preformed
- Hydrate with clean, plastic-free water to prevent dehydration and promote the continuation of detox as Soulaire Circulation has pumped the lymphatic system and has aided in the removal of waste
- Aim to get plenty of sleep at night to allow your body to rest and absorb all the benefits
- Your calves may be a little sore afterwards from the passive workout, although this soreness passes very quickly
- Seldom clients experience feeling slightly light-headed, or feel mild headaches, fatigue and/or nausea after a session or a few hours later – this is due to the positive detoxing effects of Soulaire Circulation pumping the lymphatic system; Drink plenty of water these symptoms normally only last a few hours; Consult with your doctor if they last into next day

