



VIBRO~MASSAGE Information Sheet

The VIBRO~MASSAGE G5 machine goes much deeper than a hands-on massage. A variety of attachments are used to produce different massage techniques which can benefit a multitude of conditions.

G5 machines are mechanical massagers that use vibration therapy (& sometimes percussive) to stimulate muscles, increase circulation, and improve lymphatic drainage. Particularly good for back, shoulders, thighs, hips, buttocks and stomach.

This form of massage stimulates deep blood flow and can be used to relieve very tender areas where deep manual massage may be too painful. It can also be incorporated into a slimming program to help break down cellulite.

VIBRO~MASSAGE BENEFITS may include:

- REDUCTION OF MUSCULAR TENSION AND SORENESS
- ENHANCE FLEXIBILITY AND RANGE OF MOTION
- PROMOTE RELAXATION, STRESS REDUCTION AND BETTER SLEEP
- IMPROVE & INCREASE CIRCULATION AND LYMPHATIC DRAINAGE
- DRAIN EXCESS TISSUE FLUID, WASTE AND TOXINS
- BOOST THE IMMUNE SYSTEM
- REDUCE CELLULITE
- IMPROVE SKIN TEXTURE
- AID IN POST-OPERATIVE RECOVERY AND REHABILITATION

IMPORTANT: Like all massage, benefits can be seen and felt after the first treatment. The Vibro-massage can produce the feeling of a constant deep tissue massage. As with all body treatments and in particular Vibro-massage, due to its *lymphatic cleansing effect*, it is highly recommended you **DRINK WATER BEFORE AND AFTER TREATMENT**.

What Does a Vibro~Massage Feel Like?

A Vibro~massage can feel different for different people, depending on their individual preferences and the areas being targeted. However, in general, a Vibro-massage is a **deep tissue massage that uses mechanical vibrations** to stimulate the muscles and soft tissues.

During the massage, you will feel a **vibration sensation** on your skin, which can be intense but not usually painful. The **pressure** of the massage can be adjusted according to *your comfort level*, and some people *may experience mild discomfort or tenderness*, particularly if the massage is being performed on a sensitive area of the body.

Many people describe the feeling of a vibro-massage as **invigorating** and **energizing**, with a sense of **deep relaxation** and **relief** from muscle tension. The massage may also help to *improve circulation, reduce inflammation, and promote lymphatic drainage*, leaving you feeling **refreshed** and **rejuvenated**.

Overall, a vibro-massage **should feel deep and invigorating**, but not painful or uncomfortable. If you experience any pain or discomfort during the massage, it is **important to communicate with your therapist** so that they can **adjust the pressure and technique accordingly**.



Who Should Avoid a Vibro~Massage?

It is also worth noting that Vibro-massage may not be suitable for everyone. It cannot be applied to those who have **bleeding disorders**, epilepsy, **heart disease**, cardiac pacemaker, **severe diabetes**, hyperthyroidism, **neuromuscular disease** (Eaton Lambert Syndrome, Myasthenia Gravis, etc.), in areas with **active wound and inflammation**, those who **have had facial paralysis** in the last year and those who are **pregnant** or lactating.

People with certain health conditions, should **consult with their doctor** before undergoing G5 Vibro-massage or any other type of massage therapy.

Is Vibro~Massage Safe? What Are The Side Effects Of Vibro~Massage?

Vibro-massage is generally considered safe, but like any other type of massage or therapy, there are some potential side effects to be aware of. Some people may experience mild discomfort during the massage, particularly if the pressure is too intense. This discomfort may manifest as soreness, tenderness, or bruising in the treated area. Some people may feel itchy and tingly in some areas, this is normal and should dissipate within minutes.

However, G5 Vibro-massage machines may not be suitable for everyone. Some people may experience side effects such as skin irritation, bruising, or discomfort during the treatment. It is **important** to consult the list of people who should AVOID a Vibro-massage.

Overall, Vibro-massage is generally considered safe and effective for most people, as long as it is performed by a trained and experienced practitioner. However, like any other therapy, it is important to discuss any potential risks or concerns with your doctor before starting treatment.

Difference between percussion and vibration therapy?

In the debate of percussion vs. vibration, both are considered equally effective but they work differently. Vibration therapy is considered more effective in showing results and completely eliminating muscle soreness, whereas percussion therapy is more effective in providing immediate relief.



General Benefits

- Dilates blood vessels
- Improves circulation/relieves congestion
- Increases local blood and lymph flow
- Hastens elimination of wastes/toxins
- Promotes relaxation and better sleep
- Relaxes contracted, tense muscles
- Aids exfoliation process
- Helps alleviate pain
- Helps prevent injuries
- Disperses oedema following injury

Benefits and Effects on Body Fat

- Improved circulation
- Useful in firming body contours
- Helps reduce long-established fat deposits and subcutaneous fat
- Reduces fat deposits connected with poor circulation
- Evenly disperses subcutaneous fluids and fat

Benefits and Effects on Skin

- Helps skin function more efficiently
- Improves skin texture
- Enhances removal of waste products
- Increases secretion of natural oils
- Exfoliation creates soft, supple skin
- Helps delay new wrinkles
- Increases skin elasticity
- Diminishes skin growths and wrinkles
- Inhibits formation of skin imperfections
- Post-liposuction smoothes skin

What are the Benefits of a G5 Cellulite Massage?

G5 turns the solidified fats into free radicals by accelerating the circulation in the body and thus, provides that toxins are removed from the body through the urinary tract. It supports regional slimming by activating subcutaneous tissues. The body is shaped and recovered. It is effective in eliminating spasms and pain and helps to release lactic acid which is accumulated in the body.