



## **Frequently Asked Questions**

### **Q: Is FLOWpresso® treatment painful?**

No, the treatment should not be painful. It should feel like a strong hug, not as tight as a blood pressure cuff. If the compression is causing pain, then we can adjust the level of compression until there is no pain present or turn off the compression in that section. Compression setting ranges from 1-20. The heat setting ranges from 35-50 degrees and can be turned off.

### **Q: Is the FLOWpresso® treatment relaxing?**

Yes, most clients fall asleep during the session. We can also provide you with an eye mask and noise cancelling headphones playing gentle music. The FLOWpresso® unit does create a bit of noise due to the air compression system.

### **Q: What clothing should I wear?**

You will remain fully clothed during your FLOWpresso® treatment. Please wear long pants, socks that cover your ankles and a long-sleeved top that covers your wrists. You may feel more comfortable wearing cotton/breathable clothing with no buttons or toggles and take off your jewellery (mainly toe rings, ankle bracelet, wrist bracelet).

### **Q: Do I have to have the full body treatment?**

No, FLOWpresso® is very adaptable. The body sections (R and L foot, full leg R and L, abdomen/back piece and full arm R and L) are separate and so can be adjusted or removed. The range of compression and heat can be adjusted for each section or switched off.

### **Q: I am claustrophobic, will this be an issue when having FLOWpresso®?**

FLOWpresso® does not take place in an enclosed space. The clinic room is spacious, light and comfortable. FLOWpresso® is very adaptable. The body



sections (R and L foot, full leg R and L, abdomen/back piece and full arm R and L) are separate and so can be adjusted or removed for your comfort. The abdominal section only sits as high as the ribs so there's no compression over the chest, neck, face or head.

Once the rhythmic compression cycle starts and your nervous system gets used to the process then often the body and mind fully relax.

**Q: Will I be left alone once in the FLOWpresso® suit?**

No, not if you are uncomfortable with that. The therapist can stay in the room with you for the entire session. If you are feeling comfortable and it's okay if the therapist leaves the room, then you are given a buzzer so you can alert them at any time.

**Q: What does FLOWpresso® feel like?**

A lovely, warm, strong hug! There are 2 modes; relaxation and sports. The relaxation mode has a 'compress and release' rhythm and rolls up the body, then all sections compress together and it fully releases and starts again. The sports mode is a bit more intense. It has a 'compress and hold' rhythm and rolls up the body. Each cycle takes about 3 minutes.

**Q: How long are the FLOWpresso® sessions?**

60 minutes for consultation, set up, treatment and release. Usually, the treatment in the suit lasts 40 minutes. The length of the time of the treatment can be adjusted.

**Q: Do I have to lay flat to have FLOWpresso® or can I be seated?**

To have the treatment you will be required to lay flat on your back. The FLOWpresso® suit may be unsuitable if you are having spinal issues and find it uncomfortable to lay flat on your back with your legs straight.

**Q: How much can I move when in the suit?**

When in the FLOWpresso® suit you won't be able to bend at the elbow so if you find it uncomfortable to have the arms straight for a length of time then



we can remove one or both arm sections. You won't be able to bend much at the ankle & not at all at the knee so if you find this uncomfortable during the treatment then we can remove one or both foot and/or leg sections.

**Q: Do I have to have the heat treatment as well as compression?**

No, the level of compression and heat can be adjusted for each section or turned off.

**Q: What are the benefits of FLOWpresso® treatment?**

- Increased relaxation
- Improved sleep quality
- More consistent energy levels
- Reduced stress response
- Supporting recovery from exercise
- Supporting the body's natural healing processes
- Improved endurance in sport
- Support for weight management
- Improved mobility

**Q: Are there any side effects?**

Some clients report having to urinate more often post treatment, usually on the same day as treatment sometimes with increased volume and change of colour of urine. This is a normal response to lymphatic stimulation as the treatment encourages the movement of fluid in the body.

Everyone responds differently, but here is an overview of what may occur after your session:

- A deeper, longer sleep, or
- A more restless sleep than normal before it starts to settle - this may be due to how you have managed sleep over the years
- Feeling dehydrated
- Headaches
- Tired, more than normal for a day or two
- A feeling similar to a "hangover"



- Joint pain
- A sense of calm, ease or relaxation
- An increase in energy

**Q: What can I do to help with recovery?**

FLOWpresso® is designed to get things flowing. We suggest you hydrate well before the session as well as afterwards. Keeping well hydrated and nourished with healthy foods can assist with recovery. If you feel fatigued and have a headache after the session, then drink water and rest. Drinking electrolytes may also help with hydration and recovery.

**Q: How many sessions do I need?**

It is advisable to have at least 3 treatment sessions (weekly if possible). The treatment has an accumulative effect. Some clients experience changes instantly and notice the difference after each session, while others require 3-6 sessions to feel the benefits. If you would like to try a one-off session, then this is available to book online as well as the packages.

**Q: I have some medical conditions. Is FLOWpresso® suitable?**

This depends on the condition and if it is well managed. Please read the FLOWpresso® Contraindications document on the website.