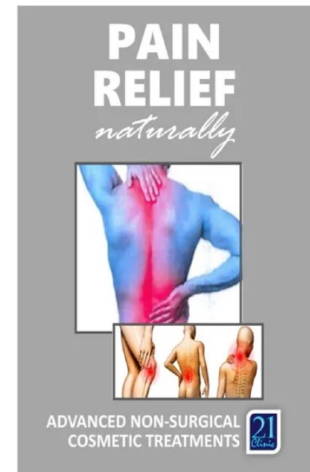


Treatment fact sheet



Pain relief



What to expect...

CONSULTATION

The first step is a free initial consultation to understand exactly what you want to achieve.

Our therapist's objective will be to hear what problems concern you and plan which treatments will solve them for you.

TREATMENT PROGRAMME

Your therapist will need you to complete a strictly confidential client questionnaire. A copy can be sent to you in advance by email or it can be completed when you arrive for your first initial consultation.

Treatments are safe, painless and conducted in a private treatment area. We may combine different treatments and products as appropriate for you but no pain relieving drug, no surgery, fillers or injectable is needed.

21 technology rejuvenates your look while you relax. After your treatment, guided by your therapist, benefits can often be felt immediately.

Unlike surgery, there is no risk of any secondary problems or any irreversible error. You do not have to suffer from weeks of recovery.

Pain is relieved naturally and if due to bad posture, lack of support to the back or joints, 21 clinic have the technology to restore your body to help prevent pain in future and to restore fitness where pain has caused an inability to exercise.

PROBLEMS

Pain caused by nerves such as sciatic pain or a swollen ankle or knee. Muscular pain in the back, joints or limbs treated with pain inhibiting drugs is a cause of increasing concern, not only addiction but also the risk of adverse side effects.

SOLUTION

Cold therapy has long been recognised for being effective for reducing pain. When you press a bag of frozen peas on a swollen ankle or knee, you are treating your pain with a basic version of cryolipolysis (cold) therapy. The problem is that this therapy is generally insufficiently controlled.

21 Advanced Cryolipolysis puts cryotherapy under control, no cold therapy is a cure but can give relief for many weeks. This advanced treatment provides precise temperature control and is applied with a relaxing massage.

Cryotherapy for pain relief may be used for: Runner's knee, Tendonitis, Sprains, Arthritis pain, Pain and swelling after a hip or knee replacement, lower back pain and much more.

Cryotherapy's benefit is that it lowers skin temperature, this reduces the nerve activity, relieving pain and often the cause. Cryotherapy can also reduce sensitivity to pain.

In some cases, other 21 treatments may be appropriate to help relieve the cause of pain such as 21 lymphatic drainage or strengthening slack muscle to improve posture and to give better support to prevent pain. Such treatments would be conducted after discussion with your physiotherapist or medical consultation.

Details of the range of 21 Clinic's advanced treatments are described on the next page and will be explained fully during your first free consultation.

Click [here](#) to go to our Gallery watch video of a patient reporting on relief from her sciatic pain.

More information...

RESULTS

- 21 treatments prove their potential for you. Often providing benefits directly after your very first treatment.

COST

- The total cost of your treatment programme will depend upon the nature and extent of your problem and your budget.

The cost varies according to each treatment session and the time per session but is a very small cost when compared to any surgical procedure. Typically a treatment is a similar cost to any ordinary physiotherapy session.

TIME

- Each treatment will typically be around 30 - 45 minutes. Many treatment programmes will require a number of regular treatments. After treatment there is typically no reason that you cannot return to work or any other activity.

CLOTHING

- No special clothing is required. You will not need to shower or change after treatment, they are relaxing and effortless

APPOINTMENT BOOKING AND CANCELLATIONS

- For booking treatments call or text 07707 860883, should you have to cancel any appointment please give 48 hours notice. If you do not, we reserve the right to charge you for a missed appointment.

ADVICE AND EVERYDAY SUPPORT

- Your 21 Clinic therapist will keep in contact and will continue to provide advice to help you to maintain an improved diet and healthy lifestyle to maintain all of the benefits of your treatment.



21 CLINIC ADVANCED TREATMENT PROGRAMMES

We have the following advanced 21 treatment technology. Those selected for your treatment will be the most appropriate programmes to resolve your individual problems, 21 treatment may include:

• **21 ADVANCED CRYOLIPOLYSIS** – targeted fat reduction and tissue firming with a relaxing cold Cryo massage - advanced technology to deplete fat cells treat cellulite, firm, lift and so much more.

• **21 ADVANCED e-FITNESS** - advanced computer software provides a range of unique, perfect exercise programmes. These can simulate running or stimulate perfect resistance exercises delivered precisely and directly to those muscles that require it. This software also enables new exercises that only a computer can instruct. For example; a unique transverse muscle contraction to accelerate the speed your body burns calories, slimming and keeping weight under control and perfectly controlled, fully automated lymphatic drainage.

• **21 ADVANCED SKIN CELL REGENERATION** – a remarkable innovation, perfected for 21 Clinics. An invention that creates new skin cells in the treatment area by accelerating the skin's natural repair mechanism of shedding superficial skin cells as they rise to the skin's surface.

New, young cells are rich in collagen and elastin and create firmer new skin. This also tightens and lifts slack skin smoothing away wrinkles. Removal of superficial skin cells also makes it possible to remove many types of skin blemishes quickly, painlessly and without any risk.

• **21 ADVANCED LED - MICRO THERAPY** - blends advanced micro current waves with near intravenous LED light therapy.

Micro-current is a tiny galvanic electrical current, so small you cannot feel it. The principle benefit is that it improves communication between cells which slow with age, most important for your looks and your health. It can also relax the tension in muscle that holds wrinkles and lines in place.

LED Light therapy delivers specific frequencies of light to repair damaged cells and remove toxins throughout the body. The benefit of light therapy is best illustrated by the use of blue light cradles in every maternity ward to treat babies with neo natal jaundice.

Being in combination with micro-current, the valuable nutrients in 21 Skin care products penetrate the skin rather than them being left and wasted on the surface. This is far more effective than old fashioned "needling" procedures.

• **21 BESPOKE SKIN CARE** - natural creams rich in essential nutrients blended by your 21 Clinic therapist to optimise them for your skin type. These are used to enhance treatment benefits and can also be prepared for you to take home to use between and after treatments to improve and maintain optimum results.

• **21 NUTRITIONAL FOOD SUPPLEMENTS** - will be suggested if needed to restore the D and B Vitamins that are essential to your looks and your well-being. Food supplements that balance and improve hormone levels naturally may also be prescribed where appropriate as part of your treatment programme.