




MULTIWell

The Slimming Concept from France
Le Concept d'amincissement



SLIMMING REMODELLING FITNESS

The slimming market is a recent market that corresponds to a social phenomenon.

It is a very buoyant market since it is a response to a lifestyle that does not respect the elementary rules of a good physical hygiene and good diet.

All indicates that this phenomenon will be accentuated (ex : USA ...)

In Europe, 81% of women are concerned with the gain of weight. A survey about overweight, carried out by the European Information and Research Centre on 1000 women aged between 52 and 58 years, in Germany, France, Great Britain and Italy, showed that only 52% had a standard weight. In all the concerned countries, the women gain an average of 10.6 kg between the ages of 20 and 50 years. (Magazine CABINES 2003-dietetics March and nutrition by Dr. Pierre Martin-Privat).

Two out of three people over 18 years-old wish to improve their figure, their physical appearance and to feel good in their body (survey Sofres-February 2000)

More than one French person out of four, aged between 18 and 64 years, carry out some physical activities for reasons linked to:

health: 76%

well-being: 53%

fitness: keeping slim: 52%

(Survey Sofres / BodyFitness.February 2000)

The Multi-Well' method and the associated materials result from 15 years of research and development.

Our professional experience in the health, slimming and fitness sector enables us to advise professionals who wish to invest in this "Slimming-fitness" niche market.

So, solutions exist and they have proved to be successful: success of the fitness centres, enthusiasm of customers, occupancy level for treatment cabins, high profitability.

Slimming specialists have looked into this social phenomenon that places importance on three essential elements:

The individualised assessment

The personalisation of the attention

The complementary treatments and techniques.

With the Multi-Well' concept, there are standard programmes as we consider each person as unique.

THE MULTI-WELL' CONCEPT METHOD

THE ASSESSMENT :

Our body is composed of what is referred to as lean mass, water and fat mass.

The lean mass is made up of muscles, bones, and internal organs.

There must be a balanced distribution between the water that circulates in our organism (extracellular) and the water contained in our cells (intracellular).

The fat mass serves as an energy reserve and a thermal protection. It is essential from a physiological point of view, but too much fat mass can have consequences that are harmful to health. Our weight on the scale is an insufficient guide because it does not indicate essential relationship between these different masses.

A given volume of muscle weighs 4 times more than the same volume of fat.

Thus, it is significant to slim by decreasing the fat mass, which will result directly in a refined figure; the Multi-Well' concept method enables to preserve both the muscular mass and the water balance of the person that are necessary to a good physiological balance.

Excess fat is the cause and the consequence of multiple and complex physiological phenomena. It is characterized by different stages of formation and it is located differently from a person to another (on thighs, stomach, buttocks, hips, etc...)

The stage and the localization of these overstocked areas must be correctly evaluated to enable the treatment to be organised in the best possible way for a given person. The Multi-Well' method indexes four standard levels in the organization of fat tissue according to the microcirculatory problems, water imbalances and the fibrose of conjunctive tissues.

The concept relies on the use of the Ohmnican, which measures the impedance, the interpretation of its data combined with the application of the training, given by the company during the training period.

THE PROGRAM OF PERSONALIZED TREATMENTS :

The Multi-Well' method:

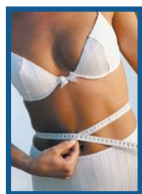
- Is a holistic global approach to the person
- Takes into account both causes and consequences since, in order to treat consequences it is important first to identify the causes.
- Involves the astute combination of a palette of proven high-tech equipment.

A thorough assessment is undertaken prior to any treatment; our techniques enable us to act at the different stages in the development and make up of these overstocked areas. They also enable us to act preventively by encouraging healthy circulation.

THE COMPLEMENTARY TECHNIQUES OF THE TREATMENTS :

The technique is chosen by a professional who will take into account both the physiology of the person and the complementary treatments:

Example: after a session of ultrasounds, which penetrate fat tissues, it is important to drain with depressomassage (Biodrem) or pressure therapy (DLS10)



THE METHOD

BODY ASSESSMENT

NUTRITIONAL ASSESSMENT

TREATMENT
OF FIBROSE TISSUES

VASCULARISATION
DEFIBROSING
DRAINAGE

LYMPHATIC DRAINAGE

ELECTROSTIMULATION

THE KEYS TO SUCCESS : MULTI-WELL[®] CONCEPT

The method :

Its principle is simple : Fulfil customer expectations.

Slimming should not be difficult. Customers must feel they are not alone, that advice is readily available. The effort to achieve a balanced diet must be adapted to a customer motivation. Some will prefer to make sacrifices for rapid results, whilst others will prefer to spread the effort over a longer period. The Effilyse software manages all these parameters. All that is necessary to do is enter the data. Treatments are adapted to the customers and must be as pleasant as possible.

The results must be convincing and measurable. The Ohmniscan is a remarkable tool both informative and educational.

Training :

Customer respect is a guarantee of success. Customer respect means acting with professionalism and using the techniques to the maximum of their effectiveness. For this reason, training is essential :

We have several kinds of training courses:

Basic training course : it enables you to begin your activity under the best conditions.

A follow-up training course : more detailed, it helps you to progress in your career.

Our training courses are both theoretical and practical.

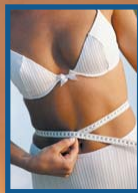
Profitability :

Treatments are made in cabins of about 10m². Working sessions last about one hour and include two treatments. Thanks to the advanced and safe technology of the devices Cellsonic (Ultrasounds), SP3 (Electrostimulation), DLS (Vacuum therapy), the presence of the therapist throughout the session is not essential.

This freedom of action enables the professional to be "closer" to the customers and to refine the personalized advice, especially concerning diet and slimming care.

The use of our range of slimming products Effibromine before the treatment sessions reinforces the effectiveness of the sessions and generates an additional turnover.

Slimming gels can also be used at home as they are available as products for domestic use. Also available are a broad range of high-protein drinks and bars as well as a draining drink. This can be advised when setting up a complete programme of diet and treatment with the devices.



LA METHODE

BILAN CORPOREL

BILAN NUTRITIONNEL

TRAITEMENT
DES TISSUS FIBROSES

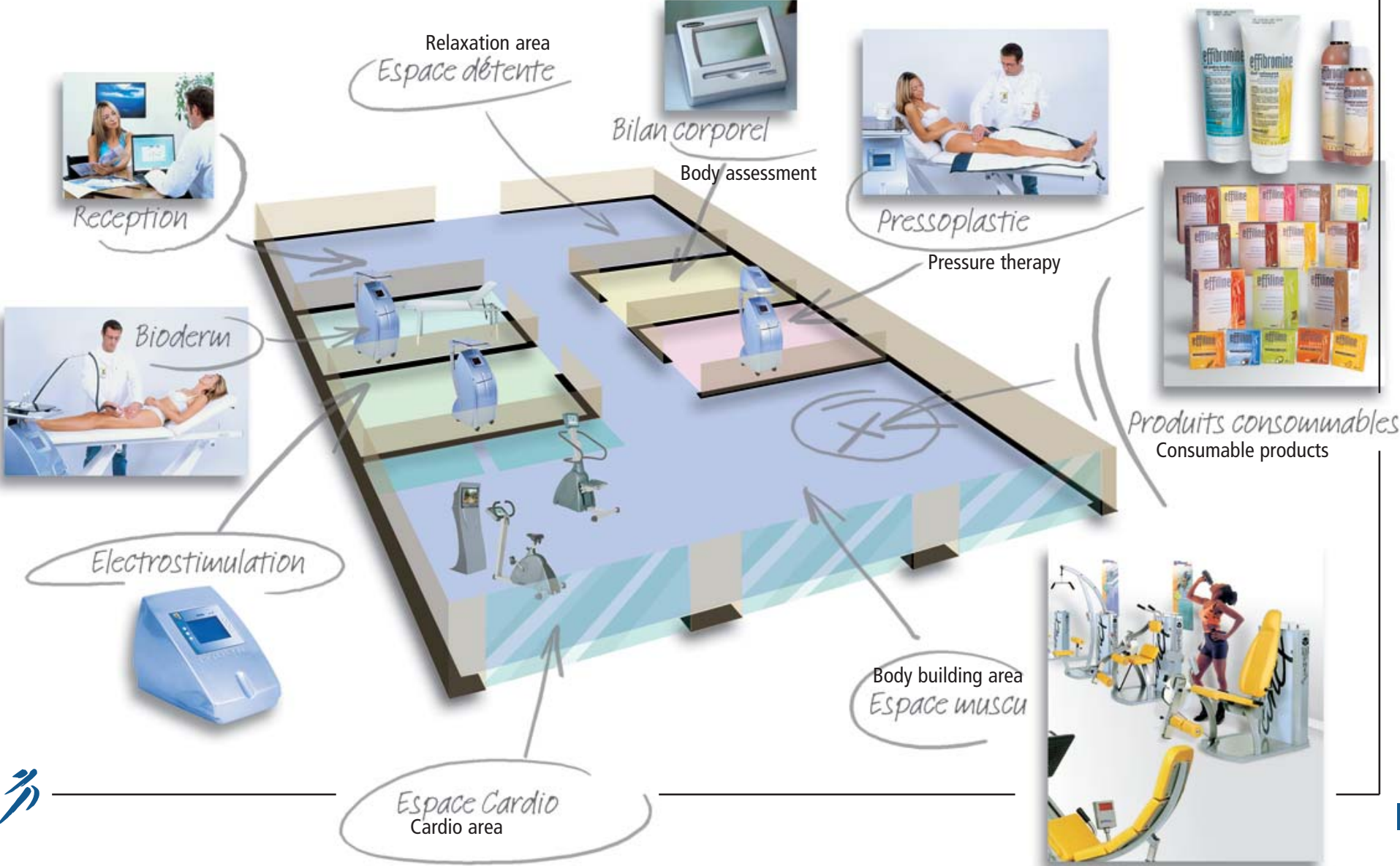
VASCULARISATION
DEFIBROSAGE
DRAINAGE

DRAINAGE LYMPHATIQUE

ELECTROSTIMULATION

LET US BUILD TOGETHER YOUR SLIMMING AREA ACCORDING TO THE ROOM AVAILABLE, YOUR BUDGET AND YOUR CUSTOMER CATCHMENT AREA.

Example of a centre with 4 cabins and an area of 90m2.
 We can offer you solutions from 45 to 300 m2.



OHMNISCAN®

Ohmniscan is a high-performance portable bioimpedance measuring device that enables, the essential data i.e.: lean mass, fat mass, water balance, basal metabolism, daily energy needs, body mass index to be calculated using a painless micro current technique.

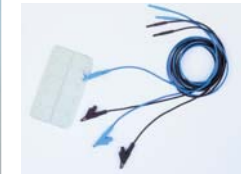
It is used for the initial assessment and for treatment monitoring. Regular checks allow fat loss to be monitored and the results used as a highly motivational tool.

The technique :

Ohmniscan releases a very low-intensity alternating current (400 μ A) at a 50KHz frequency, by applying the four-polar method to measure the body resistance. This measurement determines the client's impedance.

Using scientifically validated mathematical equations, a whole combination of parameters is deduced:

- Impedance (Z in ohms)
- Total bodily water (TBW in L and in %)
- Lean mass (LM in Kg)
- Fat mass (FM in Kg and %)
- Basal metabolism (Kcal)
- Daily energy needs (Kcal)



The equipment :

- Ohmniscan enables the creation of 100 customer cards with up to 8 measurements of the customer, their records, the interpretations, and the comparison between 2 measurements of the same client.
 - It enables the creation of a customer file with surname, first name, sex, race, age, height, weight, activity, date of measurement, interpretations, and comparisons.
 - Its fast measuring function allows calculations to be made in a minimum amount of time and they can be interpreted later.
 - The unit comes complete with pen, connection wires and electrodes.
 - Power from rechargeable batteries.
- The Display is Back-lit when used with by mains power.

Optional accessories :

- Infrared connection casing that enables the transfer of information to a computer in order to print and save the complete customer cards (delivered with the user's manual).
- The infrared connection also enables the transfer of data to the nutritional software "Effilyse", thus avoiding manual data input.
- Support stand to position the Ohmniscan close to the treatment table.
 - Consumables related to the equipment:
Removable specific electrodes ...

Contra-indications: Pace maker, cancerous tumour, pregnancy.



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THE EFFILYSE® SOFTWARE

Effilyse is the ideal assistant to develop and produce personalised diets for a wide spectrum of people (from the sedentary person to the top-level athlete).

It is an "expert system" for health, fitness or sports professionals. Simple and friendly, it enables you to consult databases about food, information cards about dietetics. It can be completed by the user: new recipes, meal structures...

It does not contain pre-recorded meals, but it makes an automatic selection of food items according to the characteristics and goals indicated: from a customer's general and nutritional assessment, a series of different and changeable meals is proposed for the chosen period. Every selected food item has a caloric value; this then adds up into the rest of the menu in order to calculate precisely the absorbed calories in a meal.

The software also enables the print-out of menus, shopping-lists, and graphs showing body parameters and their improvements over time.

Effilyse allows the creation of files per patient: identity, impedance and morphology measurements, physiological conditions, diet habits and the avoidance of certain food items. The measurements of the main anthropometrical parameters and of the skin pleats can be entered and interpreted in order to refine the setting up of the menus.

The measurements obtained with Ohmniscan can be entered in the Effilyse software and it will then calculate the patient's daily energy needs. As the data on basic metabolism and energy needs are known, the software personalises the menus according to these data.

With Effilyse, slimming is easy and tailored :

You want your weight to remain stable, follow its advice.

You want to take your time to slim but not deprive yourself, follow its advice.

You want to slim as quickly as possible; it will propose you the best solutions whilst protecting your health.

You do not need to slim but to build up your muscles; it will help you re-sculpt your body.

It makes it easier to slim thanks to its menus and recipes perfectly adapted to your needs and tastes.

It takes into account, of course, possibly contra-indicated products and your likes and dislikes.

Adhering to the personalised proposed programme, volume loss may be spectacular.

Effilyse always protects your health.

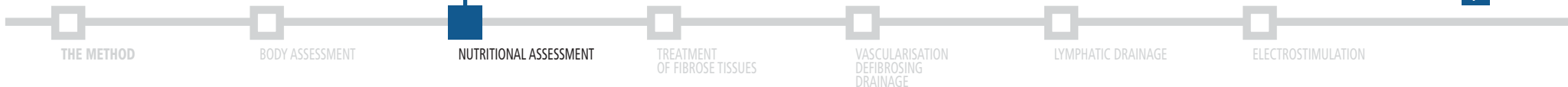
Effilyse compares analyses and draws up a result sheet.



Draining drink:
toffee flavour



High-proteins bars
and preparations



CELLSONIC

Low-frequency ultra-sounds are a sure and painless method that when combined with drainage enables the most rebellious fat particles to be treated.

The technique :

Low-frequency ultra-sounds penetrate through the adipose tissue; their vibrating action weakens the fibres that surround the adipocyte cells and favours fat acids release.

These low-frequency ultra-sounds, oscillate between 28 and 32 KHz and are applied under stationary conditions through a contact gel and have 3 effects:

Mechanical effects : "micro-massage": alternative compression and expansion of the tissues (pressure differences), provoke cells friction and defibrosing.

Thermal effects : the energy released by the ultra-sounds becomes heat and favours a vasodilatation.

Biological effects : they are due to both mechanical and thermal effects: It activates the local venous and lymphatic circulation and relaxes the muscles.

Once released, fat acids must be drained in order to favour the evacuation. This is why pressure therapy represents an excellent complementary technique.

Furthermore, an intensive physical activity will use these fat acids through aerobic metabolic means and naturally drain them with muscular efforts.

SONOPHORESIS : The vibrating effect of the ultrasounds facilitates the penetration of active substances through the skin.

This is the major interest in the use of low-frequency ultra-sounds: they optimize the results of cosmologic products such as Effibromine slimming gel.



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ELECTROSTIMULATION



The device:

CELLSONIC has 4 entirely independent generators which supply up to 3 cells of 3 transducers; this enables you to treat different parts of the body at the same time and with different programmes perfectly adapted to the concerned part.

Frequency of 30 KHz oscillating between 28 and 32 KHz.

Maximal output voltage: 15 V controlled peak.

Maximum output power: 0,2 A peak.

Mains power voltage: 220/240 V – 50/60 HZ

Delivered with 8 cells (6 triple and 2 simple), 2 additional triple cells in option.

Available maximal power by cell: 2W/cm².

Working programmes: - Continuous mode: 10 seconds of work/1 second of rest.

- Pulsated mode: 7 seconds of work / 2 seconds of rest, 5/2, 3/3 and 2/1.

Contra-indications: skin injuries (eczema...) – phlebitis - light and major venous thrombosis - ischaemia and arthritis of the lower limbs – osteoporoses – pace maker – pregnancy bone artificial limb – plaques and screws.

Consumables related to the technique : ULTRA- SOUNDS GEL.

Ultra-sounds deep action is widely intensified by a special gel applied before a treatment on the whole surface of the ultra-sounds plaque. It is a neutral gel, available in 5 litres bottle.

EFFIBROMINE SLIMMING GEL

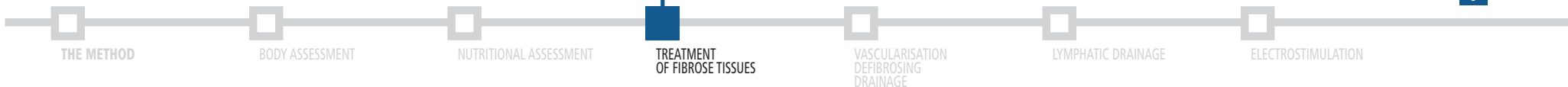
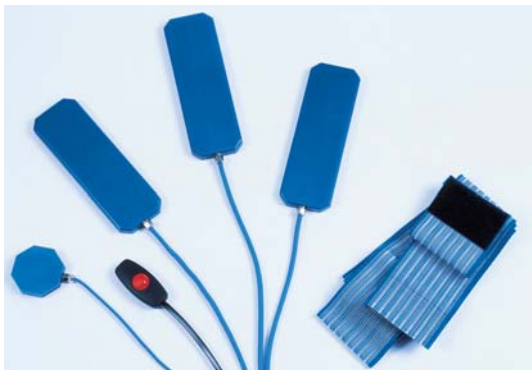


Ultra-sounds have an important property: they make products penetrate more deeply through the skin.

Effibromine, a remarkable slimming product made from 13 active products, penetrates more deeply and is therefore more efficient when used in conjunction with this technique

Can be used in professional centres but also at home; morning and evening applications are additional treatments.

200 ml or 500 ml bottles.



B I O D E R M

VACUUM THERAPY combines two well-proven techniques: suction effect and mechanical palpate-roll. The combination of those two techniques, in a global slimming concept, offers good results particularly in cases where excess weight is hard to move.

The technique:

The round heads with Teflon rings slide easily over all skin surfaces, including hairy areas, with no risk of pinching. The head are transparent so that the formation of the skin pleat can be checked and vascularisation can be verified. Its transparent round heads form a skin pleat by suction which can be moved in every direction, whatever the body part (6 different heads diameters).

The physiological effects, in particular as regards beauty treatments, general circulatory phenomena of the outer dermis:

- Vascularisation
- Defibrosing
- Draining
- Reflex effect
- Relaxing and anti-stress effect.

Thanks to the use of the proper massage head, the Bioderm technique can be applied to the face; this is called Ridoplastie. Wrinkles are the result of skin ageing and also fibrinolytic phenomena which attach the base of the wrinkle to the tissues. The face and neck are areas with lots of lymphatic and venous exchanges and are often insufficiently stimulated. Ridoplastie face cares give noticeable results from the first session as regards both external aspect and feeling of well-being.



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The equipment :

- Bioderm offers free or programmed work methods; it can be used in continuous or pulsed mode; the pressure goes from 50 to 800 mbar.
 - 3 body draining programmes: trunk-belly, legs-thighs, general back.
 - 3 slimming programmes: waist-stomach, thighs, ankles.
 - 4 face-cares programmes: face top and bottom, lifting, wrinkles.
 - 3 scars treatment programmes: face top and bottom, body.
- Continuous mode – pulsed mode: Frequency: 0,5 Hz/0,7 Hz/1 Hz/2,5 Hz.
- Mains voltage: 220/240 V to 50/60 Hz.

Contra-indications : skin tumours, inflammatory rheumatism, major dermatosis, progressive infectious diseases, tumours, excessive hair fragility.



Massage heads

- Head 1 & 2: Scars and wrinkles treatment**
- Head 3: scars and body treatment**
- Head 4-5-6: body treatment.**

Consumables linked to the equipment:

EFFIBROMINE
Tired legs gel

To optimize the efficiency of equipment, it is advised to apply on the concerned parts, the EFFIBROMINE TIRED LEGS gel. Essential oils of cypress, vegetable extracts of prele and menthol provide a calming and draining effect; from its cryo-effect it produces a true feeling of well-being. Available in 250 ml tube.



PRESSOPLASTIE

Pressoplastie is an aesthetic drainage which encourages the transfer of the lymph to the venous system. The DLS 10 makes a drainage similar to that produced by manual lymphatic drainage, thanks to the VODDER TECHNIC.

Technique:

The DLS 103 model proposes several programmes :

- **Programme 1** : it is the standard programme. It uses the sequential pressure technique from the distal to the proximal. The session time, inflating duration of the cell and the applied pressure can be adjusted. Each cell is inflated cyclically, provoking a regular wave of pressure along the limb.
- **Programme 2 to 6** : they represent each phase of the VODDER technique. Very close to a real manual lymphatic drainage, this technique is based on the principle of drainage according to the VODDER technique : a pressure is applied sequentially on each cell with vacuum sessions which provoke a pumping effect. Three phases follow one another automatically. They correspond to the phases of the VODDER drainage : pulling, sensing, pressing.
 - Programme 2 : legs
 - Programme 3 : leg and stomach
 - Programme 4 : pulling for legs
 - Programme 5 : sensing for legs
 - Programme 6 : pressing for legs
- **Programme 7** : progressive pressure, cells inflate from the distal to the proximal. When cell n°10 is inflated, all the cells are under the referred pressure. Then they all deflate before the launch of sequency.
- **Programme 8** : progressive and decreasing pressure: same as programme 7, except for the deflation which operates from the distal to the proximal.
- **Programme 9** : progressive pressure and deflation
- **Programme 10** : sequential drainage by maintaining 3 cells under pressure. It is possible to unselect some cells (in case of varicose veins, person a small height ...).



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ELECTROSTIMULATION



Characteristics :

- Sequential pressure supplied by 20 independent microprocessors: 10 alveoli per boot.
 - Inflating time of an alveolus : 10 seconds, adjustable from 4 to 15 seconds to optimize the drainage according to the leg's size.
 - Possibility to disconnect one alveolus or more when the client has a lesion that must not be touched.
- Number of outputs : 3 - Standard accessories provided : 1 pair of boots and an abdominal belt - Pressure : adjustable from 0 to 200 mbar (continuously) with permanent display, regulated by an incorporated pressure sensor.

Inflating elements :

Boots, hip girdle, sleeve, abdominal belt are adjustable to any person, whatever the size or the diameter of his/her limbs. Each inflating element is divided into 10 cells of same dimension, and manufactured in 2 parts; The interior is in stretchable nylon for perfect "moulding" around the limb. The exterior is in polyethylene that is resistant and supple but does not deform, eliminating the frequent "rubber ring" phenomenon.

Accessories related to the device :

Transparent plastic inner-boots

They must be used every time :

- they guaranty hygiene,
- they enable the use of active gels, without dirtying the inside of the boots
- they must be thrown after use.



Contra-indications : Thrombophlebitis - phlebitis - varicose vein - erysipelas
decompensated cardiac insufficiency - severe skin inflammation - cancerous metastasis



EFFIBROMINE – Tired legs gel

To use the devices with maximum efficiency, it is advisable to apply the EFFIBROMINE TIRED LEGS GEL. Essential cypress, horsetail and menthol vegetable extracts bring a draining and soothing effect; the cold effect provides well being. Available in tubes of 250ml.



SP3[®] ELECTROMYOSTIMULATION

Electrostimulation: consists in substituting the electrical messages from the body's nervous system by impulses supplied by an external generator, in order to create muscular contractions.

SP3 is a high performance stimulator. Its microprocessors and 12 outlets enable it to simultaneously manage different stimulation programmes.

The type of current used, its form, its intensity, its frequency (and other parameters) must be adapted to the muscles chosen and the aims: body toning and remodelling, force or volume increase, vascularisation, relaxation ...

SP3 is interesting to use for body remodelling during a slimming programme and to tone the muscles to make up for the decrease of volume caused by the fat mass loss. SP3 can also be used as a complement for physical preparation, muscular training for injured people, and also simply for persons who do not want to practice sports.

- **Performances and time saving** : during the same session, thanks to the 24 electrodes, it is possible to carry out different programmes on different parts of the body; and therefore both slimming treatment on an area of excess fat and at the same time as muscle toning (electrostimulation) on one or two muscle groups. For instance, it is possible to work simultaneously on the hips, the buttock and the abdominal muscles.

- **Comfort** : SP3 is equipped with a unique concept whereby the current installation gradient can be adjusted so that the different muscle fibres are gradually called on making stimulation more comfortable.

- **Easy to use** : SP3 is equipped with specific programmes for each part of the body or each type of use. Just select the right programme and adjust the intensity level to that required for the treatment:

- Specific slimming programmes
- Mixed slimming and muscle toning programmes
- Specific programmes for each muscle group: buttocks, abdominal muscles, pectoral muscles; back muscles, quadriceps, etc...
- Active recovery programmes for volume, explosive strength, resistance, endurance, warming-up, relaxation, vascularisation.
- Specific programmes for face treatment.



Safety :

SP3 generators are equipped with secured outlets to protect the customer from any risk of electric shock or burning.

Characteristics :

Biphasic current of nil average.
Power supply: 220V/50Hz (alternative sinusoidal)
Option : 110 V
Absorbed power : 65W Device of type IIBF
Fuses : 2 fuses 240V/0.3A 4x20mm fast fusion
In conformity with directive 93/42/CEE



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Accessories related to the device :

Electrodes: the quality of the electrodes is essential to optimize the use of our stimulation technique. Multi-well' electrodes are adhesive, easy and quick to apply. Their conception enables the current to spread about the electrode, thus offering a maximum of comfort to the customer. The lifetime of an electrode is of 15 to 30 sessions according to how they are used.



**EFFIBROMINE GEL
RELAXING GEL**

Made of natural camphor, essential and natural turpentine oil, the relaxing gel is characterised by its calming properties. After an electrostimulation session and a light massage on sensitive areas will calm down muscle contractions and called on areas.



MULTI-WELL' devices are certified under the norms ISO 9001 and ISO 13485 (certificate N°99-osl-AQ-6839)

All our devices comply with the directive 93/42/CEE and are marked **CE 0434**

MULTI-WELL' belongs to group ARMONY which includes MULTI-FORM', specialised in fitness and GENIN MEDICAL, specialised in the manufacture of physiotherapy couches. The factory, of 4000m², is situated in La Roque d'Anthéron (FRANCE). It groups all the necessary devices for the conception, the manufacture, the quality follow-up and the marketing of the products of the three companies.





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The Slimming Concept from France
 Le Concept d'amincissement