



Restore your core & pelvic floor at Elysia in Tansor, near Oundle

Lisa Claypole, owner of Elysia, a skin, body, aesthetics and wellness clinic in Tansor near Oundle, is delighted to announce that she is now offering BTL's Emsella chair, a breakthrough treatment for both women and men in improving pelvic floor and subsequent core strength. Elysia is the only clinic in the region to offer this confidence-boosting, life-changing treatment

LISA explains: 'I wanted to offer a really good, safe treatment to work the pelvic floor muscles, as having a strong pelvic floor is so important for everyone. These muscles help every movement we make and they also absorb impact. The treatment is fantastic for clients suffering from pelvic floor dysfunction, enabling them to find a solution to their condition rather than having to live with it. It's great as a preventative measure too. I feel so passionately about this – I want clients to know that they no longer have to compromise and they don't have to settle for a management option such as avoiding certain activities, using incontinence pads or putting up with nagging pain.'

'A weak pelvic floor can be treated, enabling clients to live their lives to the full. Incontinence, for example, is still very much a health taboo and we need to progress from that. It affects around one in four women, as well as men, so it should be something that we approach positively and constructively.'

In women, pregnancy, natural childbirth, menopause and general ageing can cause the pelvic floor to decondition and weaken, resulting in continence problems such as leaking urine when coughing, sneezing or laughing, as well as vaginal laxity and lower back pain. For men, infections, prostate cancer and stress can all have a negative impact on the pelvic floor. Weight gain and constipation can negatively affect these muscles too.

But help is at hand in the form of BTL's Emsella, dubbed 'the happy chair'. This treatment uses High Intensity Focused ElectroMagnetic Energy (HIFEM) to stimulate and strengthen all the pelvic floor muscles, not just the subset that can be exercised with voluntary contractions (Kegel exercises).

Elysia's Lisa expands on this: 'I'm all about living a healthy lifestyle and keeping fit and healthy, but this device goes way beyond what you can achieve on your own. It varies the intensity of the contractions in a way that works the muscles super effectively – far above what anyone would be able to achieve without it. Since introducing Emsella, we've had an incredible response to it, which is fabulous, and we really just want to spread the word even further.'

'It really works and it does so quickly – some clients see results as early as the first treatment – plus it's progressive. It triggers the body's natural response and creates new muscle fibres and proteins, which further strengthen and tone the core, pelvic floor and bladder muscles, and improve neuro-muscular links, which help significantly. You don't have to have a health condition to use it – it is preventative, too, keeping the pelvic floor muscles in condition, which is very important for both women and men.'

Lisa continues: 'It's so positive and that's the message I want to get across. I want clients to enjoy a healthy, confident lifestyle and to know that there are options if they suffer from pelvic floor dysfunction. It can be tackled and cured. A weak core and its related conditions can be improved.'

'Another benefit is reduced anxiety – no more worrying over whether or not there'll be bathroom facilities wherever you go or having to avoid favourite activities just in case, or putting up with backache. That is all so stressful. Instead, it's about regaining the freedom to live your best life.'

'At Elysia, we appreciate that the pelvic floor can be a sensitive topic and we want clients to know that their consultation and treatments will be carried out discreetly and professionally. Our clinic is ideally situated in a quiet village location, so that clients can come and go very privately.'



'You sit on it fully clothed, with your feet flat on the floor, and it delivers the equivalent of 11,000 supramaximal pelvic floor contractions in one session'

LET'S TAKE A CLOSER LOOK AT WHAT IT'S ALL ABOUT...

What is the Emsella chair and how does it work?

Aptly nicknamed the 'happy chair', it is a medical device that is used to tone the pelvic floor. You sit on it fully clothed, with your feet flat on the floor, and it delivers the equivalent of 11,000 supramaximal pelvic floor muscle contractions (or kegels) in one session (a very precise 29 minutes). These contractions re-educate the muscles, strengthening the pelvic floor and core. Most people describe the sensation as 'weird' but not painful or uncomfortable. TV presenter Lisa Snowdon has had this treatment and said of it: 'It's like a magnetic force that vibrates up... it's amazing, it's so strange... it goes up into your pelvic floor and tightens [it]. It gets a bit weaker as we get older, and even younger people get it too.'

BTL Aesthetics is a brand that Elysia have tried and tested, and this particular machine has been on the market since 2015, but it has evolved and improved since then, so the technology is safe and established.

How many treatments are usually needed for it to work?

The majority of clients need a course of 6 sessions, spaced at 2 per week over a period of 3 weeks, although this may be greater, depending on the client's age and condition. Maintenance treatments of a single session after 3 months, then 6 months, then annually might then be typical. 'I will be able to advise on this, as it varies from person to person,' says Lisa. Most people see and feel results after just two or three treatment sessions (some after just one), and Emsella's studies show the 95 per cent of women reported an improved quality of life after their course of treatments.

What is so special about it?

It's pain-free with zero downtime. It vibrates and flicks the undercarriage in a non-sexual way. You can't use your phone during a treatment, but you can, for example, read a magazine or book, and you can chat. There's no downtime and the results are really fast. The typical turnaround time of 3 weeks for the 6-session course is pretty incredible for a treatment that can be life-changing. The chair is multi-award-winning – in 2021 and 2022 it won the award for 'Best Intimate Health' treatment at the New Beauty Awards.

Who is a good candidate for the chair?

Anyone who wants to improve the strength of their pelvic floor and core. It works on all ages and genders, so this includes men or women suffering from urinary incontinence, anyone with decreased sexual satisfaction, clients with lower back pain, mothers with stress incontinence following childbirth. The NHS advise new mums to do pelvic floor exercises (that's the first many of us hear about the pelvic floor), but with a new baby, this doesn't always feel like a priority. Plus the Emsella chair is so much more effective than our own voluntary kegel exercises.

BTL Emsella™



95%
PATIENT
SATISFACTION*



REMAIN FULLY
CLOTHED



NON-INVASIVE



*HIFEM Technology Can Improve Quality of Life of Incontinent Patients. Berenholz J., MD, Sims T., MD, Botros G., MD. Individual results may vary.

NEED TO KNOW ABOUT THE PELVIC FLOOR...

- 1** Pelvic floor muscles are the layer of muscles that support the pelvic organs (the bladder, bowel and reproductive organs).
- 2** Strong pelvic floor muscles not only give you control over your bladder and bowel but also help to strengthen your core. Having a strong, stable core helps to prevent injuries and allows us to perform at our best, whether that means running after children/grandchildren or enjoying that favourite exercise class.
- 3** Weakened pelvic floor muscles mean the internal organs are not fully supported, which can cause lower back pain as well as incontinence, especially under stress (when laughing, coughing, sneezing, running or jumping, for example).
- 4** Pregnancy, natural childbirth, menopause, infections, prostate cancer and general ageing can all affect the pelvic floor.
- 5** Pelvic floor exercises can be hard to do, even if you know what you're doing. The Emsella chair works the muscles far more effectively than you'd be able to do yourself, re-educating them, which makes the treatment so incredibly effective.

HEALTH & WELLNESS CLINIC AT ELYSIA

Services (for men and women) include: Bio-identical hormone replacement therapy consultation and relevant tests; nutritional consultation and advice; lifestyle coaching; fitness advice; PRP (O shot and P shot) for rejuvenation; and Emsella. Elysia also offer: Morpheus8; laser; HIFU; Radio Frequency; medical peels; skin boosters; and skin tightening and focused fat reduction.

Elysia's doctor-led team is there to guide you through, giving you the confidence to enjoy, understand and lead your best life.

For more information about Elysia, check out the clinic's website and social media (Facebook/Instagram @elysiaskinbodylaser).

ELYSIA Skin:Body:Laser
Fotheringhay Road, Tansor, Oundle PE8 5HP
01832 226328 / 07879 620196
email: lisa@elysiaskinbodylaser.co.uk
www.elysiaskinbodylaser.co.uk