

HIFEM Technology

High-Intensity Focused Electromagnetic (HIFEM) technology to induce supramaximal contractions, something that cannot be achieved at the gym through voluntary exercise. The muscle tissue then adapts by remodelling its inner structure resulting in building muscle and burning fat.



2 Handle



2 Handle



2 Handle



4 Handle

HIFEM electromagnetic stimulation effect on muscles.

The forced contractions are separate from the brain function, therefore they are more effective. The high intensity pulsed electromagnetic stimulation offers a continuous muscle contraction. This contraction does not involve muscle relaxation and the muscle works at its maximum capacity. These extreme contraction conditions require the muscle to adapt and develop muscular mass over the treated area and in time burns fat.

How many treatments will I need?

For optimal results, generally we recommend 4 - 6 treatments, two times per week, depending on your current body composition status. Treatments as little as twice a year after that will help maintain your results.

What does it feel like?

The best way to describe an treatment is to say it's like a very intense workout while laying down, and most people find it very enjoyable to watch TV or listen to music to pass the treatment time.