

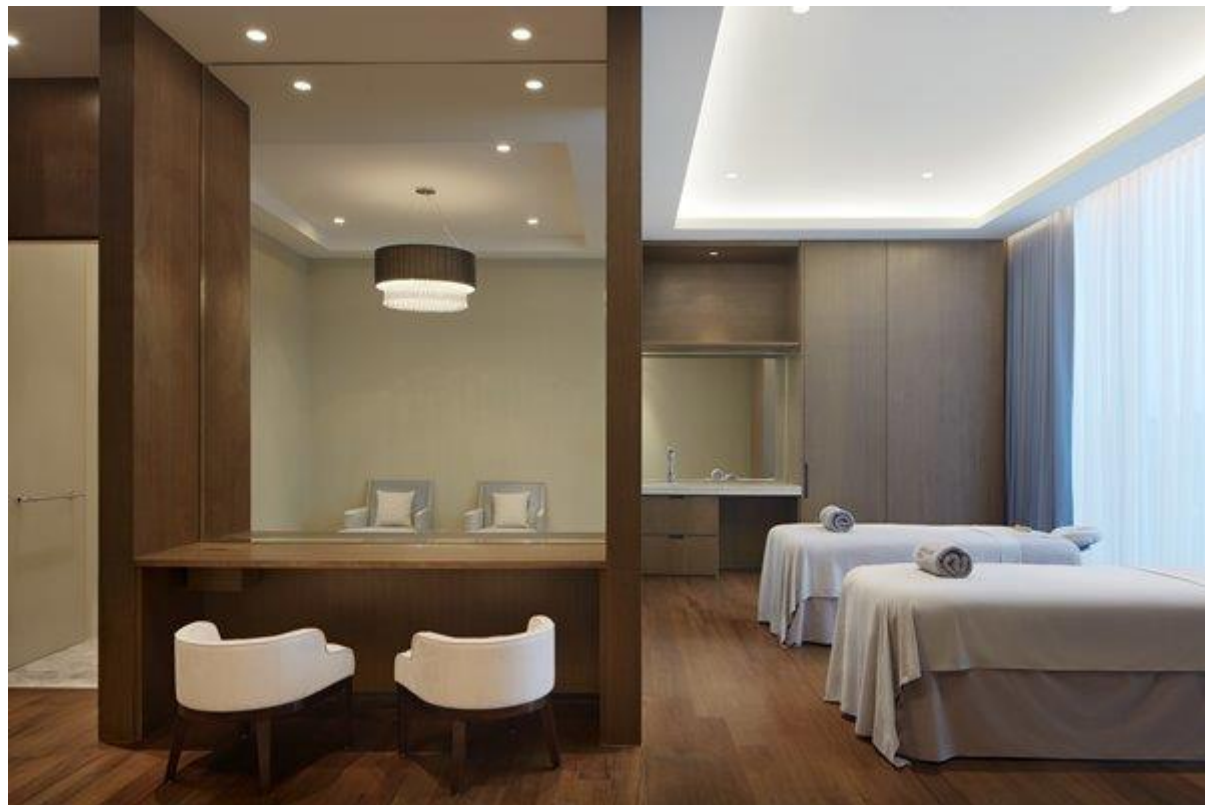
# My very first LPG Body Treatment in Iridium Spa at the St Regis Hotel

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MAY 4, 2018

It was very exciting for me as I walked into the Iridium Spa at St Regis Hotel for the LPG Body Treatment. I honestly had no idea what to expect, whether it was going to be painful or would I enjoy it? All my worries were laid to rest as I met Nadia the person who was going to do the treatment for me.



She had briefed me as to what to expect from the treatment, with 45 minutes allocated for fluid mobilization and the balance 20 minutes for her to focus on one particular spot of my choosing. Before anything had began, I was given a body stocking (endermowear) for hygienic purposes and also for the treatment to be effective.





It is a natural and pleasant technique that gently mobilizes the tissues to boost circulatory exchanges, activates stubborn fat release, smoothest cellulite and of course firm the skin.

To be honest, at first glance I immediately doubted if I was able to get into it as it seemed really tiny but of course it was possible to my surprise as it was really stretchable and upon wearing it felt really snug.

Before proceeding further, I was given a foot wash with a gentle rub. At this point I was already uber calm and ready to doze off. Nadia then explained to me how the machine works whereby I had to lay on my back first where she used various speed levels on me from the lowest to the highest starting from my arm to thigh on either side and followed by tummy and then turned the other way and followed likewise.

What I do realize is that the higher the suction speed is the more effective it is apparently as for me it wasn't painful but rather ticklish and I couldn't keep still especially areas like my inner thigh and as for the tummy it felt a slight ache but nothing too painful. If I could describe it I would say a rather pleasant pain.

As for the focus spot I chose my tummy and boy it felt ticklish with a tad bit of pain.

So what makes up the LPG body treatment? It actually uses the latest technology and techniques to target anti-aging, detoxification, silhouette reshaping and body contouring. It is a non invasive treatment that uses mechanical stimulation that accelerates the progress of cellular awakening and restores from within. The stimulated fibroblasts operates from within thus helping produce a metamorphosis for the skin.

With Endermologie® it is easy to penetrate deeper epidermis and fat tissue layers. What happens? It pretty much gives the fibroblasts a wake up call to produce firmer skin. This treatment has been the talk of thousands and been around for almost three decades now. It is approved by the (Food and Drug Administration).

P.S. This treatment goes hand in hand if you workout and eat well as it gives the stubborn fats that extra push to bugger off. I'd say don't expect to go for it and not be working out or eating healthily. Also what I realize after the treatment I had been going to the toilet frequently, pretty much a cleansing treatment as well. So staying hydrated would be essential after the treatment.