

Flowell Home
Flowell Home Deluxe
Program Sequences



Decongestion program

If your goal is to alleviate water retention, it helps to position the body beforehand in such a way that the drainage of water in the body is favoured. The outstretched feet ideally lie higher than the knees and the knees higher than the hips. In this way, water flows in the direction of the centre of the body simply by gravity. A so-called lymph cushion is also suitable for this purpose.

Goal: Removal of excess tissue water, relief of the veins, lighter leg sensation Application

Time: 30-50 minutes

Pressure: gentle! Lymph capillaries are otherwise compressed and the return flow is blocked. A maximum of 120mmHg is recommended, depending on how firm the edema is. A golden rule is that the pressure must ALWAYS be comfortable.

WarmUp: preparation of the tissue, activation of the lymph nodes; 5-10 min program A

Main part: 20 min program B, water gets removed upwards like in a wave and a backflow downwards into the feet is prevented, because the pressure remains below

Cool down: To make the application as effective as possible, it is best to apply as many different stimuli as possible to the tissue. Therefore, alternate between programs C-F in another 20 minutes.

Stay in this position for another 15 minutes after the application, as the lymphatic system generally works very slowly and is still reworking after the application.

Improvement of cellulite

Reduction of circumference

Position your outstretched legs in a comfortable position, a sofa, bed or a training mat are suitable. To support your cellular metabolism in the best possible way, remember to drink enough water during the day. Additional muscle building exercises help to tighten the tissue afterwards.

Goal: removal of metabolic waste products, improvement of metabolism in the tissues and thus with regular use also improvement of cellulite Application time: 30-50 minutes

Pressure: during the application slowly increase to the pressure level that you are still comfortable with and then slowly decrease again during the application time (= pyramid-like pressure profile).

Warm Up: 5-10 minutes / pressure level: 1-6 / program: A.

Main part: 10-20 minutes / gradually increase the pressure / program: B and D.

Cool Down: 5-10 minutes / gradually reduce the pressure again / program C.

Pain relief

Loosening of muscles

Faster regeneration after sports

Goal: Muscle loosening Application.

Duration: 30-50 minutes.

Pressure: Pyramid-like pressure profile (= start with a slow pressure intensity, slowly increase during the application and then decrease towards the end).

Warm Up: 5-10 minutes / pressure level: 1-6 / program: A.

Main part: 10-20 minutes / gradually increase the pressure / program: E and F.

Cool Down: 5-10 minutes / pressure level: 1-6 / program: B -> to allow lactate to be removed upwards.