

# E-Fit ThermoCare Shorts

## The effective solution to fight cellulite

E-Fit is one of the most outstanding brands in the market offering **whole-body electrical muscle stimulation** (WB-EMS) technologies. Our day-to-day work is driven by continuous development and our aim to meet the ever increasing demand of consumers. ThermoCare family is a result of this endeavour.

ThermoCare Shorts are a member of the ThermoCare family. The aim of developing the shorts was to **assist weight control and the treatment of cellulite**.

## Why thermotherapy?

The physiological benefits of thermotherapy have been known for thousands of years by different cultures. Sunshine, heated sand or stone and hot water have always been effective tools in therapies against pain and diseases since the beginning of time. The well known Finnish sauna, steam baths and Japanese thermotherapy are all based on that. **Thermotherapy improves circulation and the function of skin**. This ancient method inspired the development of the ThermoCare family, in which ThermoCare Shorts deliver a perfect combination of all the benefits of thermotherapy and EMS.

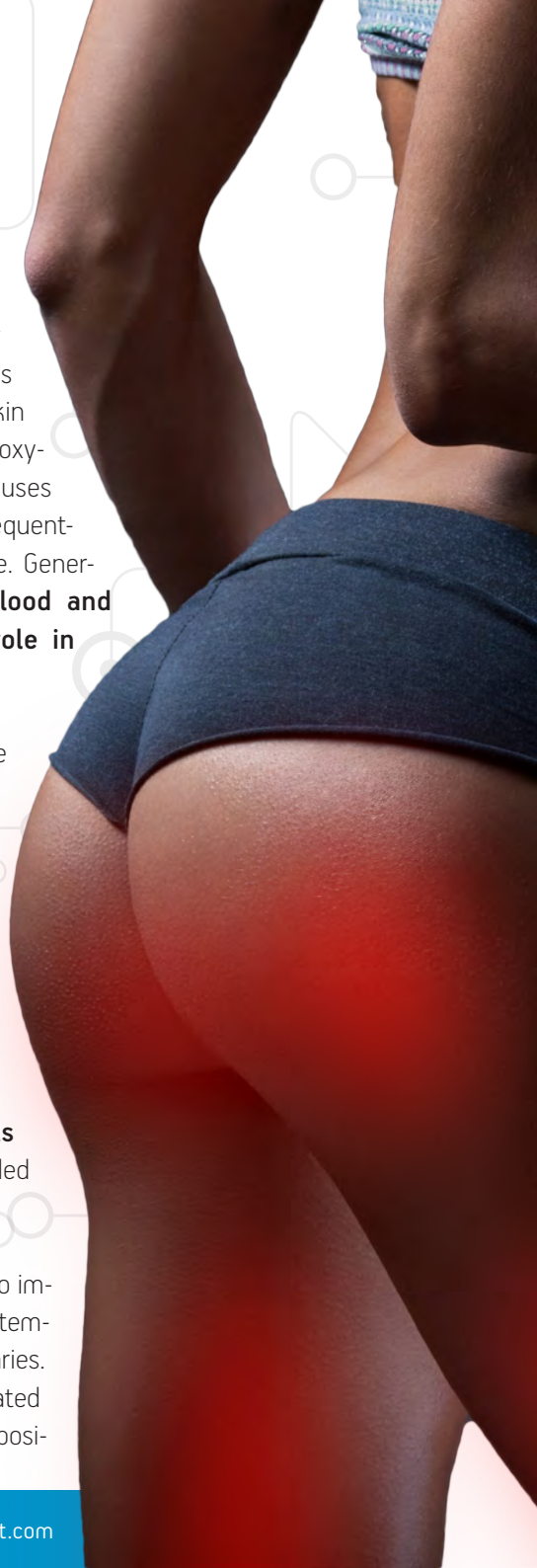


## Innovation of the thermotherapy and EMS technology

Cellulite is a problem that typically affects women. It may appear on the upper arms, thighs and buttocks at any age. As the micro circulation of the affected skin tissues deteriorates, less nutrients and oxygen is delivered to these areas, which causes the skin to produce less collagen. Consequently, fat cells increase in size and protrude. Generally speaking, **the improvement of blood and lymphatic circulation plays a key role in fighting cellulite.**

In addition to physical exercise, passive electrical muscle stimulation (EMS) treatments (that do not involve active movement of the body) can also improve circulation in the treated areas. Due to the rhythmical contraction of the muscles, blood and lymphatic circulation improves and so **more oxygen and nutrients are delivered to the affected areas.** Faster metabolism **helps the body process the stored fats and supports weight control** provided that a proper diet is followed.

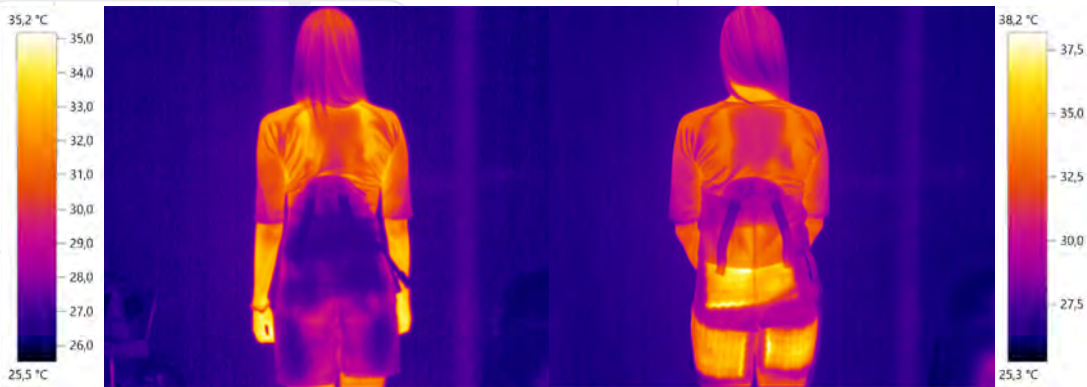
Thermotherapy can be successfully used to improve circulation because elevated body temperature causes dilatation in the tiny capillaries. Raising the body temperature of the treated person temporarily to 39°C has countless posi-



tive physiological effects. The **improved local blood and lymphatic circulation** and the increased metabolism removes the excess by-products of the metabolism, thus **reducing the appearance of cellulite**. Additionally, it helps **relax the body of muscle**, which results in a pleasant and relaxed condition.

## Product benefits

The special distribution of electrodes of the E-Fit ThermoCare Shorts has been specifically designed for the EMS treatment of the lower body muscles. With the help of its **built-in heating panels** it fights against cellulite by **raising body temperature and stimulate local blood and lymphatic circulation**. This double effect can relax muscles, so it is especially suitable for the treatment of muscle soreness and stiff muscles.



## TENS effect

We designed the electrode allocation of the E-Fit ThermoCare Shorts with the specific aim of locating electrodes **directly above the problematic areas**, thus increasing intensity of stimulation.

- Lower section of the latissimus dorsi muscle - m. latissimus dorsi
- Rectus abdominis muscle - m. rectus abdominis
- Gluteus maximus muscle - m. gluteus maximus
- Quadriceps femoris muscle - m. quadriceps femoris
- Biceps femoris muscle - m. biceps femoris
- Triceps brachii muscle - m. triceps brachii



**The product can be used for passive treatments with the EF-690 Beauty&Slim device.**

The double benefit offered by thermotherapy and EMS has also been used in ThermoCare Jacket, the other member of the ThermoCare family. **With ThermoCare Jacket you can ease back pain.**

## References and Literature

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