

# PURE MUSCLE MAGIC

How the VIEMAX SCULPT  
treatment got our client back  
in her saddle

By Vicky Grammatikopoulou

**T**he latest Electro-Magnetic Muscle Stimulation (EMS) treatments claim to build muscle, burn fat and help you recover from injury.

But do they really work?

EMS treatments are the latest trend in the aesthetic medicine and fitness world, promising to help you simultaneously burn fat and build muscle. Indeed, the technological advances in this area are remarkable, with machines essentially performing the equivalent of 20,000 sit-ups or squats during a single 30-minute session – all while you relax lying on a bed! But surely, you may think, it's too good to be true, right?

When we introduced the CE certified, high performance VIEMAX Sculpt, which offers a wide range EMS for HIIT, Strength, Hypertrophy and combination Body Contouring programmes for men and women, our staff first “road-tested” it and gave their stamp of approval. And now, a few months on, I can say that the results don't cease to amaze both staff and clients alike.

However, this treatment is not just for slimming, toning, and defining body shape. By building muscle strength, the EMS technology can also help speed up recovery from injury or from sustained periods of lack of exercise. It is one of these cases, namely the success story of Vanessa Daly, that I wanted to talk to you about in this issue.

I can still see Vanessa literally jumping for joy during her post-treatment review session last week.

Understandably so; only six weeks after her initial visit to us, her measurements now show that her “bad” leg has grown over half an inch in girth where the muscle has rebuilt itself and the waist is now an inch less.

I can't forget how her face lights up as she looks at her before-and-after pictures too; her abdomen is noticeably more toned and reduced in body fat.

Vanessa, an amateur competitive horse-rider, fell from her steed in November 2019. Originally diagnosed in hospital with a fractured pelvis, she was back on her saddle weeks later. However, many months on she still was experiencing problems. “Basically, my riding had regressed, and I couldn't compete at the level that I was

prior to my injury,” explains Vanessa. “I wasn't sure why.” Karen, her trainer also noticed that Vanessa had difficulty when turning left on her horse and that she also developed a lack in stability to canter, which is a medium-fast pace. In addition to giving her strengthening exercises, the trainer advised Vanessa to see a chiropractor. It wasn't until June 2020 that Vanessa discovered that she had actually broken her back in the fall. This explained her difficulties in her riding, as her left leg had increasingly become weaker because the break had affected a major nerve too.

Around that time and during a visit for her facial at the Vie Aesthetics clinic in Essex, Vanessa heard of our VIEMAX Sculpt. Learning about the muscle-strengthening properties of this EMS treatment, she booked herself in for a consultation to see if it could help. During that initial assessment, the measurements showed a significant difference in the circumference of Vanessa's thighs and a visible loss of abdominal muscle tone too. Our practitioners found that Vanessa's left leg had become a whole one inch thinner than her right leg due to the underuse of the muscles since the injury.





The improvements continued. By the end of her six weeks, even her trainer describes this sudden progress as “miraculous”. “I can now do half-hour lessons with cantering and I’m more stable in my seat from using my core,” says Vanessa. “My confidence has improved dramatically. My trainer said it was like two different riders! I’m virtually back to where I was before the injury.”

EMS can also support complement existing exercise for added benefits. “My legs are more even now, which was the priority,” says Vanessa. “I wasn’t doing this for aesthetic effect, but for athletic performance and recovery, and restore my confidence in the saddle. So, the fact it’s made my stomach visibly flatter is a bonus!”

At Vie Aesthetics, we are so happy with the results we see, that we are now adding more VIEMAX devices to create our first VIEMAX Studio in Essex and soon in London too. If you consider trying the EMS, feel free to contact me for more information [vicky@vie-aesthetics.com](mailto:vicky@vie-aesthetics.com)

or book yourself in for a consultation and taster session:  
[www.vie-aesthetics.com](http://www.vie-aesthetics.com)

Vicky Grammatikopoulou CEO, Vie Aesthetics

For more information on the VIEMAX Sculpt EMS Body Contouring,  
visit [www.vie-aesthetics.com/treatments](http://www.vie-aesthetics.com/treatments)

Vanessa was advised to have a 12-session course of VIEMax Sculpt to build her core strength and address the muscular imbalance in her legs. This included 30-minute sessions of targeted treatment on both legs, and 30 minutes on her abdomen, twice a week for six weeks.

Fast-forward and 7 weeks later, during her post-course review, Vanessa is sitting in the same office again and this time she can’t hide her delight when our practitioner shows her the measurements and the pictures.

It is not that she hadn’t noticed the difference for herself, though. Vanessa noticed improvements with her riding after just the fourth session. “I was sitting straighter on my horse and I was even able to canter a little,” she says. She even participated in her first dressage event, and finished an impressive fifth out of 15, and third out of 20. But most importantly, her performance was encouraging. “The judges said that my horse moved quite straight and anyone who rides horses will know riding straight is one of the hardest things to do!”





Regenerative Treatments



Body Treatments

Skin Treatments



Hair Treatments  
Wellness and Lifestyle

Get in touch  
[www.vie-aesthetics.com](http://www.vie-aesthetics.com)



Face Treatments