



# Compression Session



# What is Compression?

Compression boots use air-filled chambers that inflate and deflate to mimic muscle contractions, boosting circulation and lymphatic drainage. This helps flush out metabolic waste and speed up recovery after intense activity.

# WHEN TO USE COMPRESSION

**1 Post-workout recovery:**  
After strenuous exercise, using compression boots can help accelerate the recovery process by facilitating the removal of metabolic waste

**2 Pre-workout preparation:**  
Wearing compression boots before a workout can help warm up the muscles by increasing blood flow, preparing them for physical activity.

**3 Injury recovery:**  
For those recovering from leg injuries, compression boots can aid in reducing downtime by enhancing circulation and reducing swelling in the affected areas

**4 Relaxation:**  
Beyond physical activity, these boots can be used for general relaxation after a long day of standing or walking.



# BENEFITS OF COMPRESSION

## **FASTER RECOVERY**

The sequential pressure exerted by compression boots significantly speeds up the recovery process by enhancing blood flow. This increased circulation helps to rapidly reduce metabolic waste like lactate from the muscles, allowing them to repair and rebuild at an accelerated rate.

## **IMPROVE CIRCULATION**

Compression boots are highly effective in boosting overall circulation in the lower extremities. By mimicking the natural pumping action of the muscles, these boots help to maintain blood flow, which is crucial for delivering nutrients to tissues and removing waste products. Improved circulation not only aids in recovery but also helps maintain muscle health and vitality.

## **REDUCED MUSCLE SORENESS**

Muscle soreness after workouts, known as delayed onset muscle soreness (DOMS), can be mitigated through the use of compression boots. The dynamic pressure helps to reduce muscle tension and prevent the stiffness typically associated with high-intensity workouts. This can make it easier to return to training sooner and with less discomfort.

## **ALLEVIATE SWELLING**

For athletes or individuals experiencing swelling due to surgery or physical activity, compression boots offer significant relief. The pressure helps to move excess fluid out of the affected limbs, reducing swelling and promoting healing. This is particularly beneficial for those with injuries or those who spend long periods on their feet.

# BOOKING A COMPRESSION SESSION

\*1 credit = 20 min

- Enjoy Compression for 20, 40, or 60 minutes
- Book solo or add to your stretch

**Relax**  
**Recover**  
**Recharge**

**Schedule your  
Compression Session  
today!**

