



NEW at Creative Beauté

Vibration Platform

Step on, turn on and wobble. It's just that easy. Vibration technology gets your whole body shaking with a host of benefits. Research has proven that Vibration technology may assist in cellulite reduction, stimulate circulation and lymph drainage, improve flexibility, stimulate metabolism and weight loss, strengthen bone tissue, reduce body fat, assist in rapid recovery after exercise and plenty more.

How and why vibrating platforms work

The body muscle operates in two different ways:

- Voluntary Stimuli: When you walk, run or jump your muscles send an electrical message to the brain through the central nervous system, causing the muscle to move.
- Involuntary Stimuli: When an outside stimulus sends a message through the central nervous system to move muscles like when something hits your elbow and arm move.

These are the muscle movements that Vibration Therapy is based on. By standing on the plate, the vibration generates systematic involuntary muscle contraction through out the body, which not only increases your flexibility but also burns fat by increasing your metabolism while it improves your circulation and provides your cells with ideal oxygen and nutrient delivery to slow the degenerative process.

The platform drops either 2 or 4mm. This is a small and gently drop. If you have slight bend in the knees and the platform drops 2mm, your muscle becomes quickly lengthened, or 'stretched'. The body immediately reacts and contracts the muscle. In the time taken to contract the muscle, the platform is already and the first position. The platform drops again and this is repeated. The platform is designed to this 20 to 50 times per second meaning you

How the whole body Vibration Training benefits your body

Your entire body musculature, internal organs and glands are affected by vibration platforms. Your muscle spindles fire secondary to the mechanical stimulation produced by the vibrating plate, and this rapid firing of the muscle spindle causes a neuromuscular response that leads to the physiological changes in your brain as well as your entire body. Traumas and injuries can leave cellular memories in your brain or body tissue that impede normal body movement or function, even after they're healed. Using Vibrating platforms stimulates your body and brain to rapidly de-imprint these old cell traumas, re-imprinting with positive, healthy information. This allows for more efficient and better rehabilitation of injuries from sport or surgery.

Benefits

- Cellulite Reduction
- Increased muscle strength
- Enhanced bone and muscle building
- Increased lymph drainage
- Increased flexibility, mobility and coordination
- Decreased cortisol reduction and levels
- Pain and ache reduction
- Increased secretion of serotonin and norepinephrine
- Increased stamina
- Increased fat burning
- Improved collagen production and skin tone

Ageing and Vibration Exercise

- Improvement in chair rising test, indicates improved muscle power
- Improve elements of fall risk and health-related quality of life
- Beneficial for balance and mobility in nursing home residents with limited functional dependency
- High compliance with vibration exercise
- Improved walking in elderly woman

Summary of Vibration exercise effects

- Similar strength gains from 3 months of vibration exercise (maximum time 20 minutes) compared to 1 hour of conventional strength training
- Doubling of blood circulation after vibration training, resulting in the body carrying of waste products much faster, thereby enhancing recovery
- Duration vibration exercise stimulates force and power output.