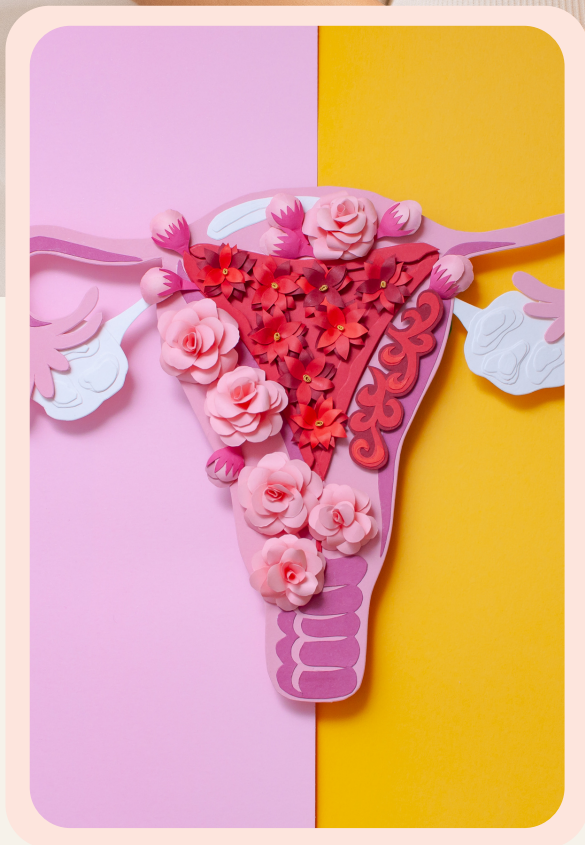


Why Complementary Support Matters

LIVING WELL WITH ENDOMETRIOSIS KK ICON WELLNESS GUIDE



Supporting Women with
Endometriosis

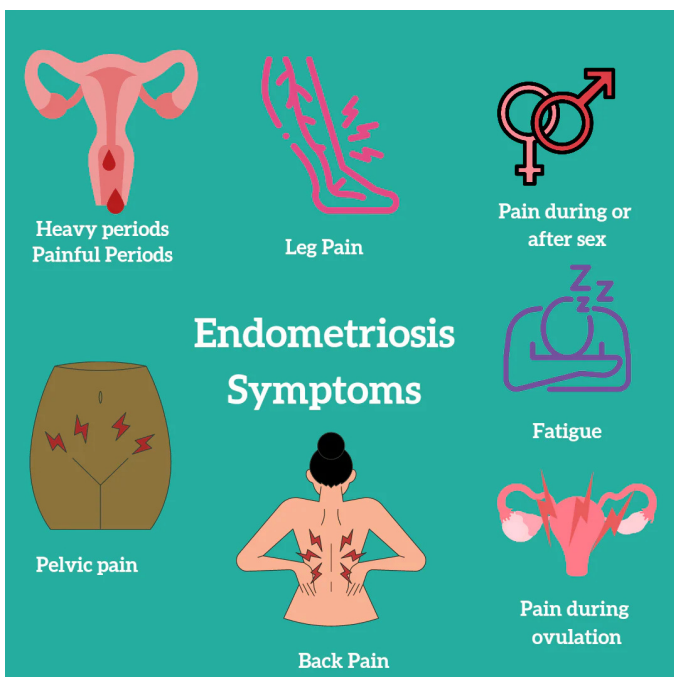
By RN Kristina Kosareva

Understanding Endometriosis

Endometriosis is a condition where tissue similar to the uterine lining grows outside the uterus — commonly affecting the ovaries, fallopian tubes, and pelvic lining. This can lead to:



- Chronic pelvic pain
- Painful periods
- Fatigue
- Discomfort during sexual activity or bowel/bladder movements
- Fertility challenges



It affects approximately 1 in 10 women of reproductive age.

Symptoms vary widely and may resemble other conditions, often delaying diagnosis.



Why Complementary Support Matters

Medical care – including hormonal therapy, pain management, and surgery – is essential. However, many women benefit from supportive therapies that enhance:

- ***Tissue mobility***
- ***Circulation***
- ***Recovery after surgery***
- ***Overall wellbeing***

Our approach is complementary, providing non-invasive support that works alongside your medical care.

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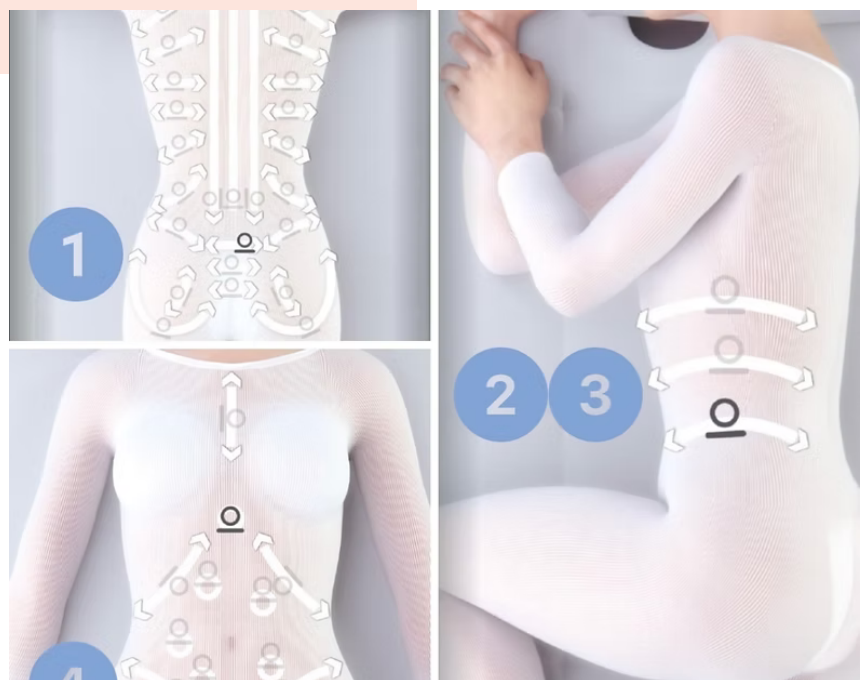
Medical Endermologie® Protocol

We use a certified LPG® Endermologie® system, tailored for women living with endometriosis. The protocol is customised according to:

- Stage of endometriosis
- Surgical history
- Symptom profile

Key benefits:

- Relieves pelvic and back pain
- Reduces tissue tension and discomfort
- Improves lymphatic circulation and mobility
- Supports scar tissue and post-surgical adhesions
- Enhances overall wellbeing



How actually LPG endermologie Helps?

Endermologie® can provide multiple benefits for those living with endometriosis:

Pain Relief

Gentle tissue mobilisation can reduce muscle tension and improve circulation, helping to alleviate pelvic and abdominal discomfort often linked with endometriosis.

Improved Lymphatic Circulation

By stimulating lymphatic flow, the treatment supports detoxification and helps reduce inflammation, contributing to overall relief of symptoms.

Reduction of Adhesions and Scar Tissue

Adhesions – fibrous scar bands that can develop after inflammation or surgery – are common in endometriosis. Endermologie® helps loosen tissues and improve elasticity, supporting better mobility and reducing discomfort.

Enhanced Digestive Function

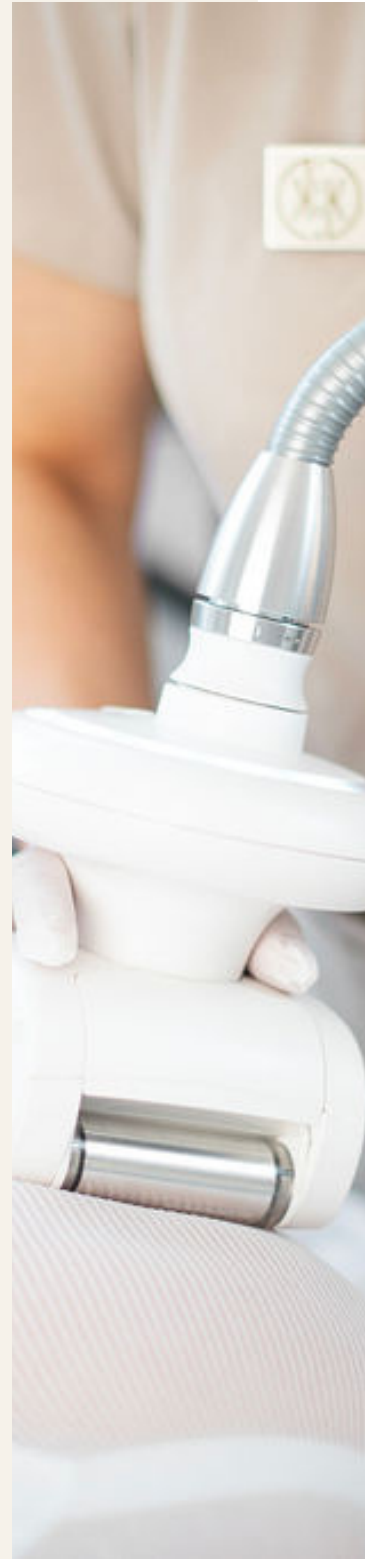
Endometriosis can sometimes affect the intestines, leading to bloating or constipation. The therapy's circulatory and muscular stimulation can help promote better digestive function.

Stress Reduction and Relaxation

Chronic pain can heighten stress, which may in turn worsen symptoms. The soothing, rhythmic motion of Endermologie® helps calm the nervous system, promoting deep relaxation and emotional balance.

Your Treatment Journey

1. Initial Consultation: Assess symptoms, surgical history, and overall health.
2. Personalised Treatment Plan: Target areas and protocol settings are customised for your needs.
3. Treatment Sessions: Typically 30-40 minutes, using gentle mechanical stimulation for tissue mobility and improved circulation.
4. After Each Session: Clients often feel lighter, more relaxed, and experience reduced discomfort.
5. Maintenance Plan: Initial frequent sessions (weekly) followed by maintenance sessions to sustain results.



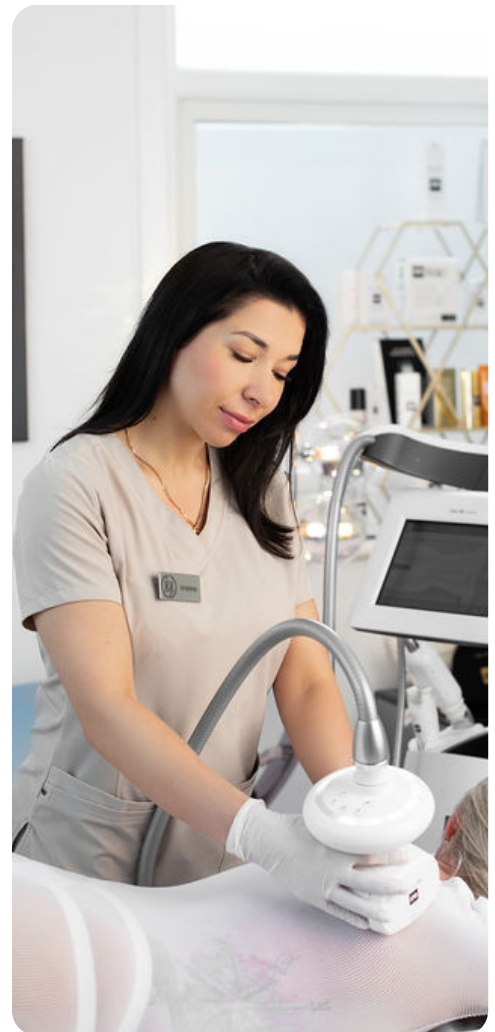
Who Can Benefit?

This therapy may be ideal for those who:

- Experience chronic pain, tension, or fatigue related to endometriosis
- Have had surgery and wish to support tissue recovery
- Seek a gentle, non-invasive therapy to complement medical care
- Want to improve relaxation, mobility, and daily comfort

Aftercare Tips

- Stay hydrated to support circulation and lymphatic drainage
- Engage in gentle movement such as walking or stretching
- Avoid high-intensity exercise immediately after sessions
- Therapy is supportive, not a substitute for medical care



Share & Spread Awareness

If you found this guide helpful, please share it on social media to help others learn about this supportive treatment and spread awareness — it's greatly appreciated! 🧡

Useful Resources & Support

For more information and community support, visit:

- *Endometriosis UK* - Trusted national charity providing advice, support groups, and education.
- *Leeds and Bradford support group*
- *NHS Endometriosis Information* - Up-to-date clinical guidance on symptoms, diagnosis, and treatment.



Thank you!

If you would like to explore how KK ICON Skin and Wellness can support you on your endometriosis journey, you are more than welcome to book a consultation using the link below or contact us directly — we would be delighted to help you.



[book a consultation](#)

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