THE LEG SCHOOL

“Leg School” is a series of complementary treatments that addresses vascular disorders of the lower limbs and cellulite.

The methodology, formulated and patented by **Prof. Francesco Canonaco**, consists of the application of rich active substances and vaso-active elements, which produce a bio-stimulation on a cutaneous and subcutaneous level increasing the elasticity of the skin and preventing the formation of stretch marks.

Venous insufficiency indicated by the presence of varicose veins or capillary-venous ectasias (surface capillaries) may not just prove a problem, but may actually be the beginning of a pathology which must be examined and treated by specialized doctors.

Although some men experience poor venous and lymphatic return, the majority of cases can be found in women - mainly in persons who pass most of the day standing on their feet. The condition could also be aggravated or caused by bad eating/posture habits, regular abuse of medications, sudden weight gain/loss or a wrong course of physiotherapy.

Leg School is highly successful in combating sluggish blood circulation, promoting lymphatic drainage and reducing cellulite and swelling due to water retention. Several consecutive sessions of this treatment will result in great looking and healthy legs!

**Treatment procedure**

- **Application of medical cold mud** (20 min), consisting of rich active ingredients which invigorate the venous walls and decongest sluggish tired legs.
- **Application of medical cold bandages** (15 min), highly effective in treating water retention and reducing cellulite.
- **Kneipp vascular therapy** (15 min) in shallow tanks of medicated water at different temperatures (18°C and 38°C // 64°F and 100°F) enriched with vegetal and mineral
extracts restoring vitality and lightness while improving both venous and lymphatic tone. Moreover, metabolism is stimulated due to the improved circulation.

- **Cold stone** (20 min) is a leg massage with iced marble stones that promotes the absorption of active principles producing firmer skin.
- **Press therapy** (30 min) and **manual lymph-drainage** (50 or 75 min) stimulate diuresis and improve the elimination of toxins contained in the lymph fluid. It also enhance the peripheral oxygenation of tissues and help reducing/preventing cellulite.

For more information or spa appointments please contact the **Capri Beauty Farm** at +39 081 9780 505 from 9am to 1pm and from 2pm to 8pm, everyday or e-mail us at beautyfarm@capripalace.com