



HIGHTECH AIR FLOW • Ref. WKB020

DIGITAL MULTI-CHAMBER PRESSOTHERAPY

HIGHTECH AIR FLOW – PRESSOTHERAPY MACHINE

The **HIGHTECH AIR FLOW – Pressotherapy Machine** is a professional digital **pressotherapy device that uses a sequential multi-chamber** pneumatic compression system to promote lymphatic drainage, stimulate venous return, and improve the elimination of fluids and waste substances accumulated in the interstitial space.

The treatment is performed using a full-leg suit up to the waist, composed of **32 independent air chambers (16 on each side of the body)** that inflate and deflate in a programmed and sequential manner, generating a physiological compressive massage that reproduces the natural course of the lymphatic and venous systems.

This design ensures more uniform, continuous, and comfortable compression, avoiding areas without pressure and optimizing the effectiveness of drainage and circulatory stimulation.

Thanks to its **12 independently controlled channels**, eight working modes, and adjustable pressure, the device allows complete customization of each treatment according to the client's clinical and aesthetic needs.

It is a non-invasive, comfortable, and highly effective technology, widely used in aesthetics, aesthetic medicine, physiotherapy, sports recovery, and postoperative protocols.

How does pressotherapy work?

Pressotherapy works through controlled air pressure cycles that exert progressive compression on the limbs and trunk.

This pressure generates a “pumping” effect that facilitates the movement of lymph and venous blood from distal areas toward the center of the body, promoting its physiological return.

As a result, the following occurs:

- Activation of lymphatic drainage
- Stimulation of venous return
- Reduction of edema
- Mobilization of retained fluids
- Improvement of tissue metabolism
- Increased tissue oxygenation
- Elimination of toxins
- Reduction of the sensation of heavy legs
- Promotes lymph transport
- Improves tissue congestion.
- Improves cellulite and the appearance of orange-peel skin
- Increases the supply of oxygen and nutrients, promoting cellular metabolism.
- Muscle recovery, reduces muscle fatigue after physical exercise.
- General well-being

Produces a pleasant sensation of relaxation and bodily lightness.

The system works while respecting the body's physiology, preventing lymphatic backflow thanks to the partial overlap of the pneumatic chambers.

Technical features

- Professional digital pressotherapy system
- 12 independent compression channels
- 32 pneumatic chambers (16 per side)
- Partially overlapping chambers for uniform compression
- Maximum pressure: **250 mmHg**
- Adjustable pressure
- Programmable time
- Eight automatic massage programs
- Independent selection of body areas
- Easy-to-use digital interface
- Power supply: 220–240 V
- Power: 60 W
- Frequency: 50/60 Hz

Ergonomic and adjustable suit

The suit incorporates a three-level adjustment system with zippers, **allowing it to be easily** adapted to the different builds and body contours of each client, in a comfortable and safe manner. This allows its perimeter to be modified, achieving an optimal fit and versatility, promoting uniform and effective compression during the treatment.

In addition, it includes an **extension** piece that increases its capacity and widens the suit, allowing you to work in complete comfort with clients of larger body volume without compromising the effectiveness or the homogeneous distribution of pressure in the different air chambers.

Indications

Especially recommended for:

- Fluid retention
- Mild edema
- Tired legs
- Mild (uncomplicated) venous insufficiency
- Edematous cellulite
- Flaccid cellulite
- Heaviness in lower limbs
- Poor peripheral circulation
- Sports recovery
- Postoperative protocols (under medical indication)
- Mild controlled lymphedema
- Body remodeling
- Detox protocols
- Complement to slimming treatments

Contraindications

Do not use in cases of:

- Deep vein thrombosis.
- Phlebitis or thrombophlebitis.
- Decompensated heart failure.
- Uncontrolled hypertension.
- Edema of cardiac or renal origin.
- Active infectious processes.

- Infectious cellulitis.
- Active cancer without medical authorization.
- Pregnancy (especially abdomen and pelvis).
- Active hemorrhages.
- Recent fractures.
- Open wounds.
- Burns.
- Severe sensory disturbances.
- Severe arterial insufficiency.
- Aneurysms.
- Lymphangitis.

Caution

Work only under professional judgment in cases of:

- Diabetes.
- Significant varicose veins.
- Recent postoperative cases.
- Elderly people.
- Skin sensitivity.
- People with claustrophobia.
- Capillary fragility.
- Hypotension.

Work programs

Operation of the work modes

Air Flow pressotherapy operates through a system of **32 independent air chambers** that inflate and deflate in a controlled manner to generate a sequential compression massage.

The device allows complete customization of the treatment through different parameters.

Inflation time of each chamber

This setting determines how long each chamber remains inflated before moving on to the next one.

It can be set between **3 and 21 seconds**, increasing in 3-second intervals.

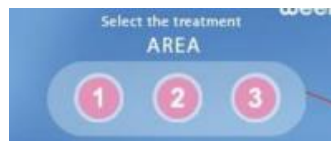
- **Short times (3–6 s):** more dynamic and stimulating massage.

- **Medium times (9–15 s):** balance between drainage and relaxation.
- **Long times (18–21 s):** more sustained compression, indicated when deeper drainage or greater mobilization of fluids is sought.

In aesthetic body treatments, it is usually set between **6 and 12 seconds**, always adapting it to the client's sensitivity and needs.

Activation or deactivation of chambers

The screen allows you to independently deactivate any of the air chambers; in addition, you can select from 3 specific treatment areas, making it versatile and practical.



This function is very useful when:

- There is a localized injury.
- The client has discomfort in a specific area.
- You do not want to work on a part of the body.
- You want to focus the treatment only on certain areas.

In this way, the treatment is fully tailored to each client.

Working modes

The device includes eight automatic programs. Each modifies the inflation sequence of the chambers and produces a different physiological effect.

Mode A — Automatic program

It is the most complete program.

The device automatically alternates sequentially through all programs from B–H, the modes **B, C, D, E, F, G and H**, remaining approximately five minutes in each one.

It is the recommended mode for daily use, as it automatically combines the different compression patterns, providing a complete and balanced treatment without the need for additional adjustments; the inflation time in this mode cannot be adjusted.

Indications:

- Comprehensive treatments.
- General maintenance.
- First sessions.

- Regular use in the treatment room.

Mode B — Gentle sequential massage

Inflation of the air chambers sequentially, one after another, from the first to the last (12).

1 → 2 → 3 → 4... → 12

This mode generates a gentle peristaltic massage, in which compression progresses gradually along the air chambers. It is especially indicated for **maintenance treatments** or for cases where low-intensity compression is required.

It is recommended for people **without circulatory or lymphatic disorders, as** a preventive measure to promote venous return, stimulate circulation, and maintain proper fluid drainage, contributing to well-being and vascular health.

Indications:

- Gently promote venous and lymphatic return.
- Stimulates blood circulation.
- Helps prevent the sensation of tired legs.
- Provides a relaxing and comfortable massage.
- People without circulatory pathologies who wish to prevent fluid retention.
- First pressotherapy sessions.
- Sensitive clients or those who do not require intensive compression.

Mode C – Intensive lymphatic drainage

In this mode, the air chambers inflate in an **overlapping and progressive manner; each** new chamber begins to inflate before the previous one is completely deflated. The sequence starts by inflating chamber 1, continues with chambers 1+2, then 2+3, 3+4, and so on until completing chambers 11+12, then subsequently repeating the cycle.

This compression pattern keeps the previous chamber partially inflated while the next one is activated, creating **a continuous peristaltic** compression effect that limits lymphatic backflow and promotes the physiological displacement of lymph toward the proximal lymph nodes.

1 → 1+2 → 2+3 → 3+4...

Indications:

- Promotes more efficient lymphatic drainage.
- Reduce the stagnation of interstitial fluids.
- Decrease fluid retention and edema.

- Stimulate venous return.
- Improve tissue oxygenation and nutrition.
- Promote the elimination of toxins and waste products.
- Help improve the appearance of cellulite and tissue congestion.
- Edematous and fibrous cellulite.
- Fluid retention.
- Edema of venous origin or lymphatic congestion (provided there is no medical contraindication).
- Sensation of heavy or tired legs.
- Accumulation of localized fat associated with fluid stasis.
- Intensive body protocols for remodeling and lymphatic drainage.

Professional recommendation: This is one of the most commonly used modes in aesthetics for anti-cellulite and lymphatic drainage treatments, as the overlapping sequential compression optimizes the displacement of fluids without allowing them to flow back, increasing the effectiveness of the treatment and providing a deep, progressive, and comfortable massage.

Mode D — Progressive circulatory stimulation

In this mode, the air chambers inflate **progressively and cumulatively**, gradually increasing the compression surface. The sequence begins by inflating chamber 1, continues with chambers 1+2, then 1+2+3, 1+2+3+4 and, from that point on, the cycle advances by shifting the compression sequentially (2+3+4+5, 3+4+5+6, etc.) until finishing with chambers 9+10+11+12, after which the cycle repeats.

1 → 1+2 → 1+2+3 → 1+2+3+4...

This pattern generates continuous centripetal **compression, propelling** venous blood from the most distal areas toward the heart and supporting the physiological functioning of the venous system and venous valves.

Indications:

- Promote venous return progressively and effectively.
- Stimulate and improve blood circulation.
- Increase tissue oxygenation and nutrition.
- Promote the elimination of metabolites and waste substances.
- Reduce the sensation of tired and heavy legs.
- Help improve muscle tone in people with hypotonia.

- Contribute to decreasing vascular congestion and improving the overall well-being of the limbs.
- People with slow circulation or mild functional venous insufficiency.
- Muscle hypotonia.
- Muscle and sports recovery treatments.
- Protocols aimed at improving tissue oxygenation and metabolism.
- People who spend many hours standing or sitting.

Professional recommendation: Mode D is especially recommended when the main goal is to improve venous circulation and tissue oxygenation. Its progressive compression promotes blood return in a physiological manner, helping to relieve heaviness in the legs and improving the supply of oxygen and nutrients to the tissues, making it an excellent complement in muscle recovery and circulatory wellness protocols.

Mode E — Complete progressive compression

In this mode, the air chambers remain inflated while new chambers are added until the entire suit is completed, inflating **progressively and cumulatively**, maintaining all previously activated chambers inflated while new chambers are added until achieving full compression of the suit. The sequence begins by inflating chamber 1, continues with chambers 1+2, then 1+2+3, 1+2+3+4 and so on until inflating all **12 chambers simultaneously, after which the cycle** repeats.

This pattern generates intense and continuous peristaltic **compression**, creating uniform pressure that promotes the displacement of fluids toward the lymphatic collectors and venous return, being one of the most effective programs for treating fluid retention and tissue congestion.

Indications:

- Promote deep and intensive lymphatic drainage.
- Stimulate venous return and improve peripheral circulation.
- Reduce fluid retention and edema.
- Promote the elimination of toxins and waste substances.
- Improve tissue oxygenation and nutrition.
- Help reduce the appearance of cellulite and adipose tissue congestion.
- Contribute to reshaping the silhouette and improving skin tonicity.
- Significant fluid retention.

- Mild functional venous insufficiency (provided there is no medical contraindication).
- Alterations in lymphatic drainage.
- Edematous or soft cellulite.
- Accumulation of localized fat accompanied by fluid stasis.
- Reshaping treatments for abdomen, hips, and thighs.
- Intensive body protocols for drainage and reshaping.

Professional recommendation: Mode E is one of the most intensive programs of the device and is especially indicated for clients with marked fluid **retention, edema, or soft cellulite**. Its progressive and cumulative compression maintains continuous pressure of all chambers until completing the cycle, optimizing lymphatic drainage and venous return. In addition, it concentrates an especially effective action on the **abdomen, hips**, and thighs, making it an excellent option in body reshaping protocols and anti-cellulite treatments. It is advisable to start with low or medium pressure levels and progressively increase them according to the client's tolerance and condition.

Mode F – Relaxing Massage

In this mode, the air chambers inflate simultaneously in two **independent circuits**, generating an alternating compression pattern over different areas of the body.

The inflation sequence is carried out as follows:

- **First circuit:** chambers **1+9, 2+10, 3+11, and 4+12**.
- **Second circuit:** chambers **5+9, 6+10, 7+11, and 8+12**.

This pattern produces a dynamic **massage**, with a sensation of rhythmic and even compression that promotes muscle relaxation and overall well-being, without exerting lymphatic drainage as intense as other modes.

Indications:

- Provide a relaxing and comfortable body massage.
- Promote muscle relaxation.
- Help relieve the sensation of fatigue and muscle tension.
- Gently stimulate blood circulation.
- Improve tissue oxygenation.
- Promote recovery after physical exercise.
- Provide a pleasant sensation of well-being and rest.
- People without significant lymphatic disorders.
- Relaxation and body wellness treatments.

- Muscle recovery after sports practice.
- Muscle fatigue or a sensation of tired legs due to physical exertion.
- Maintenance and prevention protocols.
- Clients seeking a comfortable massage without the need for intensive drainage.

Professional recommendation: Mode F is especially indicated when the main goal is muscle **relaxation and physical recovery**. Thanks to its alternating, high-frequency compression pattern, it provides a pleasant massage that helps reduce muscle tension and promotes recovery after sports activity or extended periods of exertion. It is an excellent option to finish a body treatment or as a general wellness protocol.

Mode G — Rapid drainage

The device first inflates chamber 1, then chambers 1+2, and then works in pairs of consecutive chambers: 3+4, 5+6, 7+8, 9+10, and 11+12, repeating this cycle throughout the treatment.

1 → 1+2 → 3+4 → 5+6...

This program generates rapid drainage massage, with dynamic and rhythmic compression that promotes the movement of lymph and retained fluids, gently and effectively.

Indications It is especially indicated for:

- People with mild or moderate fluid retention.
- Edemas of non-pathological origin, with little congestion.
- Sensation of heavy or tired legs.
- Maintenance of the lymphatic system.
- People with mild circulatory alterations or states of general fatigue.
- Recovery and wellness treatments.
- Promote physiological lymphatic drainage.
- Help reduce fluid retention.
- Improve the sensation of lightness in the extremities and mild circulatory fatigue.
- Stimulate venous and lymphatic circulation.
- Promote the elimination of toxins and metabolic waste.
- Help reduce tissue congestion and improve tissue oxygenation.

This mode is an excellent option for maintenance treatments, tired legs, and lymphatic drainage protocols that do not require such intense but rather dynamic pressure, as with other programs specific to cellulite or venous insufficiency.

Mode H — Global compression

In this mode, **all chambers inflate simultaneously**, maintain the pressure for a few seconds, and then all deflate at the same **time**, repeating this cycle continuously throughout the treatment.

This program provides uniform **compression over the entire treated area**, generating a global pumping effect that promotes the final drainage of fluids mobilized during the earlier phases of treatment.

It is generally used at the end of other modes to enhance drainage and provide a pleasant sensation of relaxation.

Indications:

It is especially recommended for:

- Finishing a pressotherapy treatment.
- Enhancing lymphatic drainage.
- Promoting venous return.
- Reducing the sensation of heaviness and fatigue in the extremities.
- Relaxation and wellness protocols.
- Promoting the drainage of fluids toward the main lymphatic pathways.
- Enhancing the effects of previously performed programs.
- Improving venous and lymphatic circulation.
- Helping to decrease the sensation of tired legs.
- Providing a pleasant sensation of relaxation and well-being.

Professional recommendation: Mode H is commonly used **as the final phase of the treatment**, after working with other specific modes (such as C, D or E), to complete the drainage of mobilized fluids and optimize results.

Treatment configuration

 Time adjustment

Allows programming the **total duration of the session** according to the protocol and the client's needs.

 Start and pause

The **Start/Stop** button allows you to **start, pause, or** end the treatment at any time quickly and safely.

 Quick zone selection

The device has **three shortcuts that** allow independently enabling or disabling the different segments of the pressotherapy suit, making it easier to personalize the treatment.

The three areas are:

- **Lower limbs** (legs).
- **Lower limbs** (thighs).
- **Abdominal area and waist.**

This function allows the treatment to be adapted to the needs of each client, working only on the desired areas or avoiding those that should not be treated due to therapeutic indication or contraindication.

Professional recommendation:

- **Mode B:** maintenance and prevention.
- **Mode C:** lymphatic drainage and cellulite.
- **Mode D:** circulatory stimulation and tired legs.
- **Mode E: significant fluid** retention, edema, and body contouring.
- **Mode F:** relaxation and muscle recovery.
- **Mode G:** light drainage and maintenance.
- **Mode H:** end of treatment to enhance the draining effect.

The pressure should always be adjusted progressively, seeking firm but comfortable compression. The client should perceive an intense massage sensation, **never pain or discomfort**. Correct pressure adjustment and the proper selection of the working mode are essential to obtain an effective, safe treatment tailored to each patient's needs. It is important to always maintain communication with the client and work to tolerance.

Treatment setup

Once the suit is correctly placed and all connections have been checked, configure the device in the following order:

1. Select the most appropriate working **mode according to the therapeutic or** aesthetic objective.
2. Activate the body areas **you wish to** treat.
3. Adjust the **pressure** level, always starting with low intensities and increasing progressively according to the client's tolerance.
4. Set **the treatment time**.
5. Press **START** to begin the session.

During the treatment, maintain constant communication with the client to check their comfort and adjust the parameters if necessary.

Treatment time adjustment

The digital timer allows programming the total duration of the session based on the treatment objective and the body area to be worked on.

As professional guidance:

20–30 minutes

- Localized drainage.
- Tired legs.
- Circulatory maintenance.
- Postoperative protocols (according to medical prescription).

30–45 minutes

- Partial body treatments.
- Fluid retention.
- Cellulite.
- Mild venous insufficiency.

45–60 minutes

- Full body treatments.
- Intensive drainage and body contouring protocols.
- Always assessing the client's tolerance and circulatory status.

Important: A longer treatment time does not necessarily imply better results. The duration must always be adapted to the client's individual needs and the protocol objective.

Treatment start and pause

Once the program, pressure, working areas, and time have been selected:

- Press **START** to begin the session.
- If during the treatment it is necessary to modify any parameter, press **STOP/PAUSE**, make the appropriate adjustments, and press **START** again to continue the session.

This function allows the treatment to be safely adapted without needing to restart the program.

Area selection

The device includes three shortcuts that allow enabling or disabling complete groups of pneumatic chambers, personalizing the treatment according to the client's needs.

It is possible to work independently:

- Lower limbs (legs and thighs).
- Abdomen and waist.
- Upper limbs (if the suit includes this function).

This configuration allows treating only the necessary areas, optimizing treatment effectiveness and increasing client comfort.

Pressure selection

The pressure should always be adjusted individually, taking into account sensitivity, circulatory status, and the purpose of the treatment.

Low pressure

Indicated for:

- First sessions.
- Sensitive individuals.
- Lymphatic drainage.
- Mild edema.
- Postoperative treatments (with medical authorization).

Medium pressure

Recommended for:

- Fluid retention.
- Grade I and II cellulite.
- Circulatory maintenance.
- Sensation of tired legs.

High pressure

Indicated only for:

- Fibrous cellulite.
- Body reshaping.
- Athletes.
- Clients accustomed to pressotherapy and with good tolerance.

Compression should never be painful. The client should perceive a firm, progressive, and comfortable pressure, without a sensation of numbness, intense tingling, or discomfort.

Recommended duration

Area treated	Time
Legs and thighs	30–40 minutes
Abdomen and waist	20–30 minutes
Full body	40–60 minutes

Recommended frequency

Intensive phase

- 2–3 sessions per week.
- Programs of 10 to 15 sessions, depending on the client's progress and the treatment goal.

Maintenance phase

- 1 session every 15–30 days.

Professional application protocol

1. Initial assessment

Before starting the treatment:

- Conduct a complete anamnesis.
- Rule out any contraindication.
- Assess circulatory and lymphatic status.
- If the treatment has an aesthetic purpose, record photographs and measurements to carry out an objective follow-up of the progress.
- Explain to the client the procedure and the sensations they will experience during the session.

2. Client preparation

- Place the client in the **supine** position, ensuring they are comfortable and relaxed.
- Place a disposable suit or cover for hygiene reasons.
- Properly adjust the suit using the side zippers according to the body contour.
- If necessary, add the extensions to adapt it for clients with greater body volume.
- Check that all pneumatic connections are correctly installed.

3. Equipment setup

Select:

- Treatment program.
- Pressure level.
- Session time.
- Body areas you want to work.

4. Treatment procedure

Throughout the session:

- Maintain continuous communication with the client.
- Periodically check their comfort.
- Observe possible signs of discomfort or excessive pressure.
- Verify that the inflation and deflation of the chambers is performed correctly.

The perceived sensation should be that of a rhythmic, progressive, and pleasant compressive massage.

5. Completion

At the end of the session:

- Press **STOP**.
- Wait for the chambers to fully deflate before removing the suit.
- Help the client to get up slowly.
- Recommend drinking plenty of water to promote the elimination of fluids and metabolites.
- Advise walking for a few minutes to enhance venous and lymphatic return.

Professional Recommendations

- ✓ Always perform a prior assessment before starting the treatment.
- ✓ Start with low pressures and increase them progressively according to the client's tolerance.

- ✓ Maintain adequate hydration before and after each session.
- ✓ Complement the treatment with healthy habits, regular physical exercise, and a balanced diet to optimize results.
- ✓ It can be integrated within combined protocols with:
 - Body radiofrequency.
 - Cavitation.
 - Vacuum therapy.
 - Cryotherapy.
 - Manual lymphatic drainage.
 - Reshaping or reductive massage.
 - Wood therapy
 - Electrical muscle stimulation.
 - Anti-cellulite and firming body protocols.

Expected Results

After a complete treatment protocol, the client may experience:

- Decreased sensation of tired and heavy legs.
- Improved venous return and lymphatic circulation.
- Reduction of fluid retention and edema.
- Facilitation of the elimination of toxins and metabolites.
- Greater oxygenation and nourishment of the tissues.
- Improved appearance of cellulite and skin quality.
- A feeling of greater lightness and overall well-being.
- More defined body contours as a result of decreased tissue congestion and fluid retention.

Professional Note

Pressotherapy is a technique based on sequential **pneumatic compression, whose main objective is to stimulate the venous and lymphatic systems, promoting** venous return and the mobilization of interstitial fluids. Although in aesthetics it is frequently used in anti-cellulite and body-contouring protocols, its benefits derive mainly from improved lymphatic drainage, reduced edema, and optimized peripheral circulation.

The best results are achieved when it is integrated within a comprehensive protocol, combined with proper professional assessment, healthy habits, physical exercise, a balanced

diet, and other device-based techniques or manual therapy, offering safer, more personalized treatments with more effective and longer-lasting results.

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