

## 1. Results and analysis

At the end and during the course of the study, the variation of weight over a total of 8 sessions, with 2 sessions per week during 1 month (dd/mm/yy):

	13/09/2007	17/09/2007	20/09/2007	24/09/2007	27/09/2007	01/10/2007	04/10/2007	08/10/2007	Evolution in grams
Mme N	56,8 kg / 56,3 kg	56,6 kg / 56,4 kg	56,4 kg / 56,2 kg	56,3 kg / 55,9 kg	56,5 kg / 56,3 kg	56,2 kg / 56,1 kg	56,5 kg / 56,2 kg	55,5 kg / 55,2 kg	-1600
Mr R	99,5 kg / 99 kg	99,6 kg / 99,1 kg	98,9 kg / 98,3 kg	99,6 kg / 99 kg	98,7 kg / 98,2 kg	99,4 kg / 98,7 kg	100,3 kg / 99,5 kg	100 kg / 99,3 kg	-200
Mme V	52,8 kg / 52,6 kg	52,4 kg / 52,2 kg	52,4 kg / 52,2 kg	52,4 kg / 52,2 kg	52,9 kg / 52,7 kg	52,7 kg / 52,5 kg	52,2 kg / 51,9 kg		(-900 g)
Mr J	99,3 kg / 98,7 kg	99,2 kg / 98,7 kg	99,4 kg / 98,6 kg	98,2 kg / 97,8 kg	98,4 kg / 97,7 kg	97,9 kg / 97 kg	98,1 kg / 97,2 kg	97,4 kg / 96,8 kg	-2500
Mlle A	57,7 kg / 57,6 kg	56,5 kg / 56,2 kg	56,7 kg / 56,4 kg	56,5 kg / 56,2 kg	56,5 kg / 56,2 kg	56,5 kg / 56,1 kg	56,9 kg / 56,5 kg	55,3 kg / 54,9 kg	-2800
Mr S	85,3 kg / 84,8 kg	85 kg / 84,5 kg	84,7 kg / 83,9 kg	84,7 kg / 84,3 kg	84,6 kg / 84,2 kg	84,2 kg / 83,8 kg	84 kg / 83,5 kg	83,4 kg / 82,9 kg	-2400
Mme F	63,7 kg / 63,3 kg	64,4 kg / 64 kg	64,3 kg / 63,9 kg	64 kg / 63,2 kg	63,1 kg / 62,6 kg	62,1 kg / 61,6 kg	63,6 kg / 63 kg	62,4 kg / 61,9 kg	-1800
Mme S	50,5 kg / 50,4 kg	51,3 kg / 51 kg	50,6 kg / 50,4 kg	52 kg / 51,8 kg	51,1 kg / 50,9 kg	51,2 kg / 50,9 kg	50,9 kg / 50,6 kg	51,3 kg / 51,1 kg	PLUS 200

Over 1 month, with 2 sessions per week for a total of 8 sessions, the average weight loss is 1.5 kg. (On condition that individuals did not change their habits in terms of nutrition or physical activity).

### MEASURE

Name	Weight (kg)					Fat Mass (% Kg)			BMI			Waist measurement			Hips measurement			TOTAL difference		
	1	4	8	12	16	1	8	16	1	8	16	1	8	16	1	8	16	(Kg)	SIZE	F.mass %
Stéphane G	85,3	84,3	82,9	81,7	79,4	24,6	23,1	21	29,2	28,4	27,2	101	97	93	98	97	92	-5,9	50/46	-3,8
Johan M	99,3	97,8	96,8	95	93,7	25,1	24,1	24	32,4	31,6	30,6	111	110	109	113	111	109	-5,6	52-54/50	-1,5
Flore M	63,7	63,2	61,9	61,7	61,6	28,2	26,7	25	22,6	21,9	21,8	84	82	78	103	102	102	-2,2	40/38-36	-3,2
Mr Roch	99,5	99,6	100	98,8	98,7	26,4	26,5	24,8	33,6	33,8	33,4	105	102	102	110	108	106	-1,8	56/52	-1,6
Annabelle R	57,7	56,2	54,9	55	55,9	26,6	24,2	20,9	21,2	20,2	20,5	88	87	86	94	92	92	-1,8	40/38	-5,7
Violette F	52,8	52,2	50,5			23,4	21,1		21,3	20,5		73	72		93	91		-2,3	38/36	-2,3
Claudia N	56,3	56,3	55,2			30,1	28,6		22,8	22,4		81	79		101	98		-1,1	38/38	-1,5
Hervé L	64,9	63,7	63,2			14,5	11,4		22,5	21,9		91	89		91	90		-1,7	40/40	-3,1
Laetitia L	63,4	62,6	62,7			30,1	24		26,4	25,1		88	85		103	102		-0,7	40/40	-5,9
Judith O	85,4	84,4	83,7			36,9	35		35,5	34,8		99	97		110	110		-1,7	44/42	-1,9
Chritel S	69,1	69,1	69,4			32	33		25,1	25,2		82	83,5		100	100		0,3	40/40	1
Nathalie B	64,9	65	64,3			27,5	28,4		23,2	23,1		90	90		98	97		-0,6	40/40	0,9
Maria M	86,6	87,4	86,1			39,8	39,7		33	32,8		106	106		120	118		-0,5	46/46	-0,1
Sonia B	50,5	51,8	51,1			14,6	15,7		19,7	20		74	73		93	91		0,6	36/36	1,1

### Significant facts:

Over 1 month, with 2 sessions per week for a total of 8 sessions, the average weight loss is 1.24 kg with variations

- going from weight gain: +200 gr in the case of an individual with the lowest Body Mass Index (BMI 19) and the lowest body fat percentage
- to 2.8 kg. This individual is overweight (BMI 32.4)

Over 2 months with 2 sessions per week for a total of 16 sessions, progressive average weight loss is 3.4 kg. (On condition that individuals did not change their habits in terms of nutrition or physical activity).

Between each weighing there is a decrease in body fat in favor of body water, with the hypothesis of a "release" of water in the cells.

The weight loss was always well tolerated and accompanied by a feeling of wellbeing.

## 2. Study conclusion

## Analysis and interpretation of the results with conclusion

This study highlights various points concerning the Iyashi Dome:

It appears, and this point will need to be dealt with in depth, that there is a definite rebalancing action that occurs in terms of slimming and the figure. Indeed, certain people will gain weight (especially thin individuals with a low body fat percentage), others will see their weight decrease or remain stable. One can therefore refer more to a weight rebalancing action that occurs according to the individual's physique and primary needs rather than of systematic and non-targeted weight loss. This rebalancing action also appears to occur on the body fat/lean body mass proportion of each participant.

The study shows results of up to 6 kg weight loss in the 2 months of Iyashi Dome sessions (on condition that the individuals did not change their habits in terms of nutrition or physical activity). The results with regards to slimming are very satisfying as the treatments are very well tolerated throughout the session, resulting in a more balanced figure and a 100% satisfaction rate. The feeling of comfort and wellbeing provided by the session support the prospect that the treatment program will be duly followed and will therefore deliver optimal effectiveness.

Over 2 months with 2 sessions per week for a total of 16 sessions in 2 months, average weight loss is 3.4 kg which is progressive, gentle and long-lasting.

Findings showed weight loss up to 6 kg in 2 months (16 sessions).

Loss of 1 to 2 dress sizes (16 sessions).

Loss of 2 to 3% body fat, and up to 20% (16 sessions).

By comparing the effects of 8 Iyashi Dome sessions with those of 16 sessions it is found that slimming continues with the number of sessions.

Body fat tends to decrease after one session. This decrease may be explained by the liberating mechanism of the intracellular / extracellular water exchange. This decrease of the extracellular mass is found throughout the sessions.

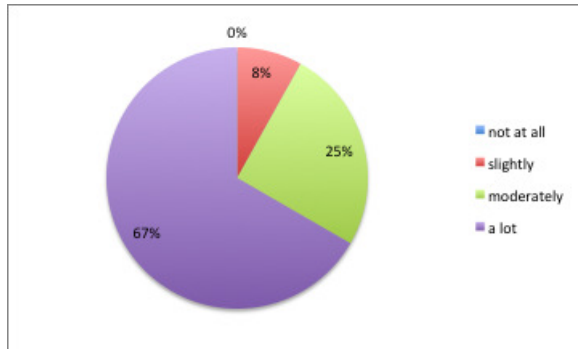
The results are in favor of progressive, balanced and well-tolerated slimming method. However, certain participants do not respond at all to these treatments and in other rare cases, participants can gain weight.

## Questionnaire results

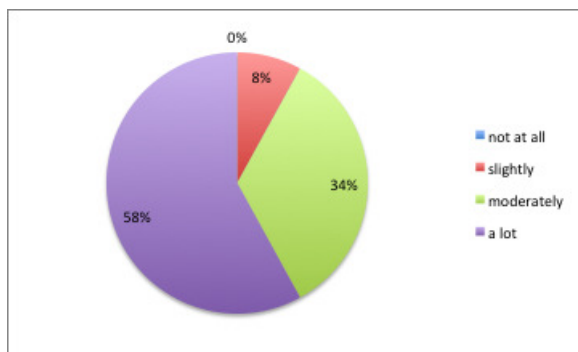
### Questionnaire for each patient, voluntary self-assessment feedback.

A questionnaire after the treatments to evaluate the effects of 8 Iyashi Dome sessions:

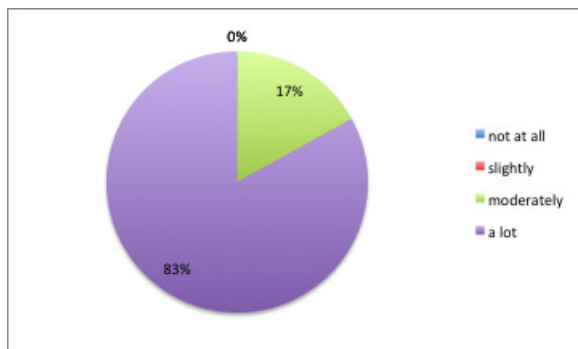
#### 1. Do you feel relaxed after these treatment sessions?



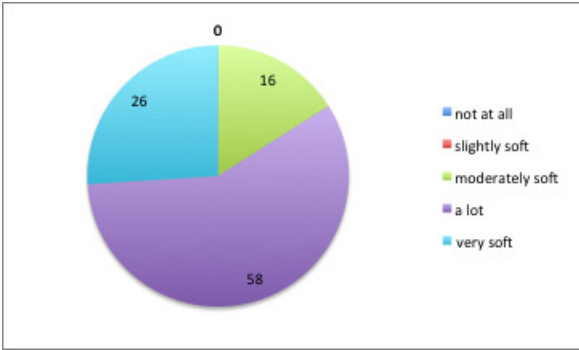
#### 2. Does a treatment provide you with a sensation of comfort?



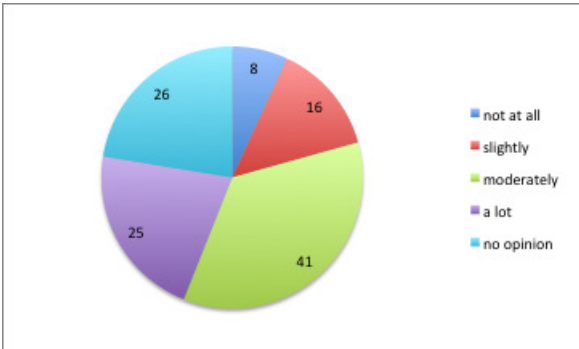
#### 3. Does a treatment provide you with a soothing effect?



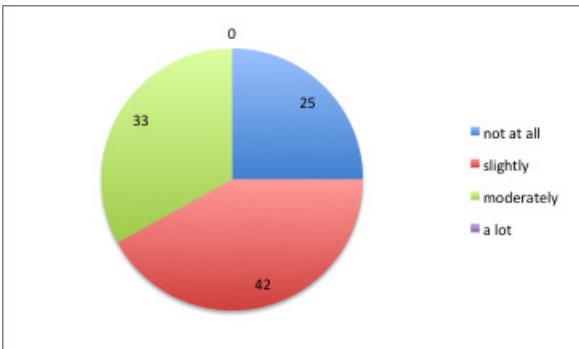
**4. Does your skin feel soft?**



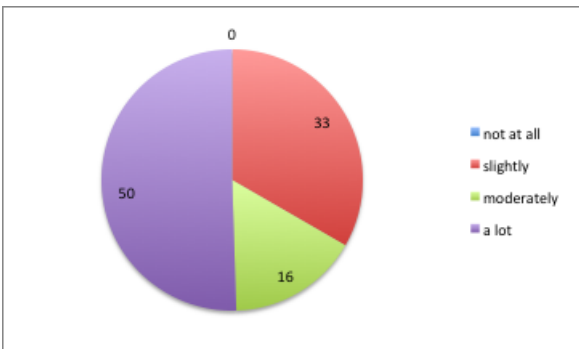
**5. Is your complexion brighter?**



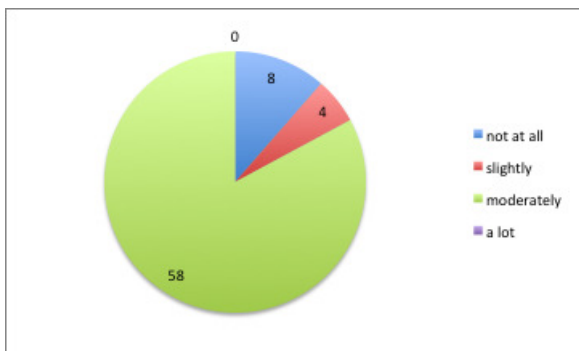
**6. Do you find the sessions have a tightening effect on the skin?**



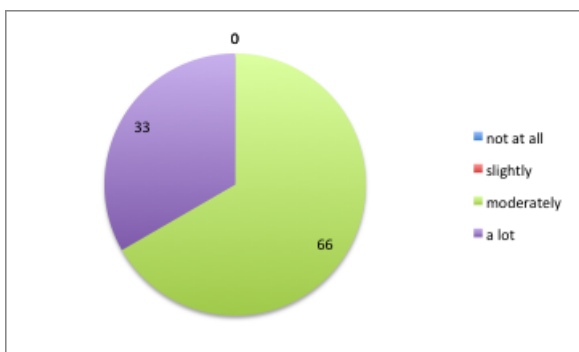
**7. Have you observed an effect on the reduction of fine lines?**



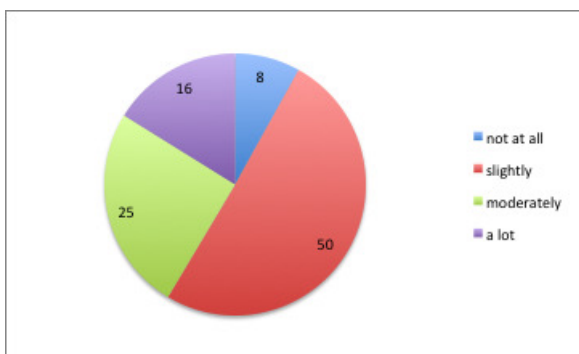
**8. Does your skin feel more toned and more elastic?**



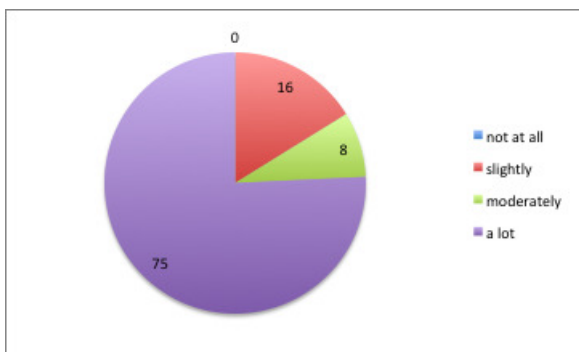
**9. Does your skin feel smoother?**



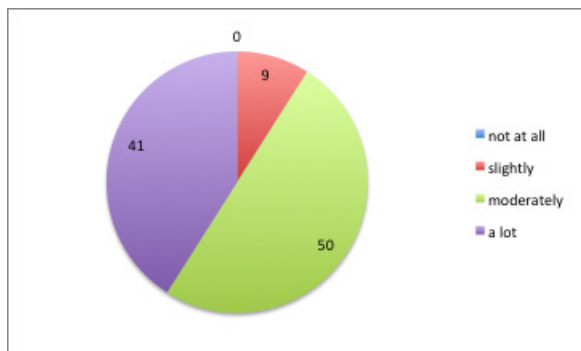
**10. Do you consider that your cellulite has been reduced?**



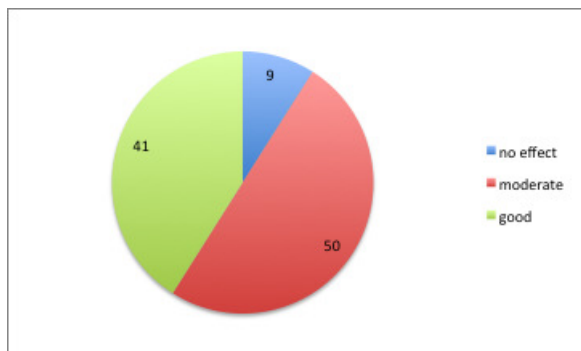
**11. Do you feel in better shape after these treatments?**



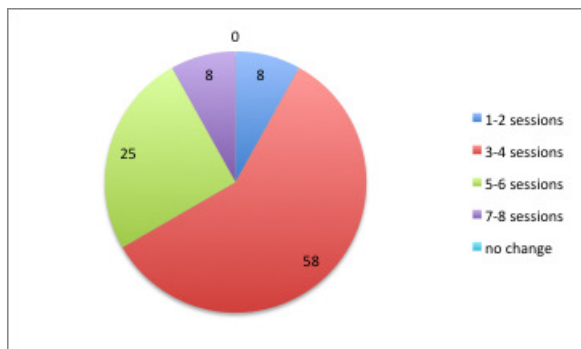
**12. Do you feel an effect of relaxation after these treatments?**



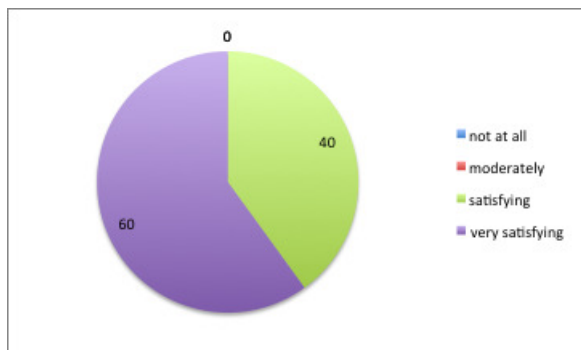
**13. How do you rate the effects of the sessions on your cellulite?**



**14. After how many sessions did you feel an improved sensation of wellbeing?**



**15. Generally speaking, did you find this treatment program satisfying?**



**Clients' Comments Book:**

- “Weight loss, soft skin, very positive relaxation, the device has many virtues.” Maria N
- “All of these sessions were extremely pleasant and provided an unbelievable sensation of wellbeing, thank you for enabling me to discover the Iyashi Dome.” Sonia B
- “I put on weight after an accident. Not only did I lose weight I also have less pain and my knee isn't so swollen as before.”
- “I play competitive sports and I find I am more focused and my stamina has improved.”

TESTS AND QUESTIONNAIRES CARRIED OUT IN 2007  
MEDICAL VALIDATION 2008  
Dr Joakim VALERO