Bum Vacuum

Treatment

Course Overview:

This course is great for all ladies and representatives at all levels, giving them the supporting wellbeing and security information that they will expect to work securely and effectively consistently. Welcome to this wonderful training session organized to enlighten, instruct, and guide you in achieving your desired results.

This course will guide all ladies with the actions important to control or decrease dangers to the wellbeing and additionally security of anybody who the exercises of anybody at work may impact as you will be learning varieties of lessons in Modules as to how to get yourself a good bum vacuum treatment with my guide as your teacher during this course. I will advise you to carefully read and apply each of the compiled values for you to enjoy a better life. I cannot wait to get you started on this journey; let's get to the class properly. I will see you there.

Let’s go!!!

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INTRODUCTION

Health and safety are the two main pillars of a safe workplace. They're equally important to your company, so it's in your best interest to work together to ensure you're staying on top of them. When it comes to health and safety, many things can go wrong in the workplace. Some of these could be hazardous if left unchecked, so you must stay vigilant so they don't get out of hand.

For instance, if a worker has a cut on their hand and doesn't report it immediately, that cut could become infected and cause an even bigger problem down the road. Imagine how much time and money would be wasted if this happened.

It's also important for employees not only to report injuries but also for them to seek treatment for any related issues as soon as possible. In other words, if an employee has an injury or illness, then they should see their doctor immediately! You don't want any surprises from your workers!

Health is important because if you don't have it, you can't work. You have to have enough energy to do your job, so if you're sick or injured, that means you can't do your job. Safety is important because if people aren't safe at work, they won't come back and be productive members of society. If they get hurt at work, they might not be able to work full time anymore—and if they're not working full time anymore, then they won't be able to pay taxes and contribute to society in other ways.

MODULE 1 - HEALTH & SAFETY

LESSON 1: HEALTH & SAFETY IN THE WORKPLACE

The Health & Safety at Work Act 1974 outlines the minimum health, safety and welfare standards required in the workplace. When working in a service Industry, you are legally obligated to provide a safe and hygienic environment This section will help outline your responsibilities to yourself, employees (If applicable) and clients. It is generally your obligation to ensure your clients and anybody that works for you as representatives are protected.

You are required to do the minimum under the Management of Health and Safety at Work Regulations 1999.

- Able to identify what could cause injury or illness in your business (hazards). Take action to avoid or fix the issues.
- Decide how likely it is that someone could be harmed and how seriously (the risk)
- Take action to eliminate the hazard, or if this isn't possible, control the risk.
- Assessing risk is just one part of the overall process used to control risks in your workplace.

Safety and health are two very important aspects that need to be taken seriously in the workplace. In fact, many companies have come to realize that healthy employees are productive employees and that safe workplace are not only good for business but also a way to attract top talent. Good health is simply the absence of disease at its most basic level. In any case, there's something else to it besides that: individuals who have solid ways of life can play out their positions better, remain on track and spurred when they work, and be useful individuals from their local area. That's why it's important for employers to provide their employees with the resources they need to maintain a healthy lifestyle at work.

Safety practices can prevent injuries from happening altogether or reduce the severity of an injury should one occur. This means lower medical costs and fewer missed work days—all benefits that translate directly into increased productivity for large and small businesses!

On the other side of things, when we talk about safety; we mean everything from ensuring no one gets hurt at work by accidents or equipment malfunctions down to making sure all of the building materials are properly labeled so there will be no confusion. Safety is also about preventing any hazardous materials from getting into the environment and causing problems for people in the vicinity of your business or home. This includes keeping chemicals locked up, so they don't leak out, disposing of toxic waste properly, and ensuring that your employees know how to handle dangerous situations.

As a human, you need to take care of yourself. You need to eat healthily, get enough sleep, exercise, and practice self-care in other ways. But when you work at a job, it's important to also be aware of your physical surroundings and how they affect your health.

Assuming you're working in an office setting with others around you the entire day, everybody must avoid potential risks to ensure everybody stays protected and sound. This means having a safe place to sit down when necessary, not putting any unnecessary objects in the way of traffic flow within the office space, keeping away from toxic substances like mold and mildew—and even making sure your co-workers don't put their hands on the wrong things when they're working together!

KEY POINTS REGARDING HEALTH & SAFETY

- Know your legal responsibility with regard to implementing a health and safety policy in the workplace.
- Ensure your personal presentation at work meets health and safety and legislative requirements in accordance with workplace policies.
- Follow workplace policies for your job role and the manufacturer's Instructions for the safe use of products and equipment.
- Immediately report or deal with any risk that could beat hazards in the workplace.
- Have adequate first aid arrangements in place in the event of an accident or illness, and ensure you know who the named first alder in your workplace is.
- Have a workplace fire evacuation in place and ensure all employees are aware of how to implement this.
- Maintain high levels of hygiene to minimize the risk of spreading infection or disease.

Your team members keep you in business. As a leader, you might push the business along, and as a financial backer, you might supply the cash it needs. However, the laborers do the positions that should be finished in your business and, in this manner, make the abundance a fruitful business.

To continue to do this without interference, to do it with commitment, and to do it with complete focus on their work, laborers ought to be sure that they won't be harmed or made debilitated working. Their well-being matters to them similarly to you. A physical issue that keeps a laborer off the gig can hinder the specialist's whole family. It likewise makes a difference to you, the director or proprietor, both as a mindful individual and a business leader.

LESSON 2: BASIC REGULATIONS THAT GUIDE HEALTH & SAFETY IN THE WORKPLACE

It is important to note that the health and safety of your employees are also important. You need to ensure that your workplace is safe, secure, and healthy for all your staff.

A decent spot to begin would be with a worker well-being program. This can be implemented by implementing regular medical checkups and screenings and offering healthy snacks and meals at work. You could also offer fitness classes or other activities that benefit the employees' physical and mental health.

Something else you can do is give a climate where individuals have a good sense of security, revealing issues or concerns. For example, if someone reports being sexually harassed at work, you need to make sure that they are not afraid to come forward with this information because they have been treated poorly in the past. You ought to likewise guarantee that there are no boundaries between workers who report issues and the individuals who examine them, so there isn't any uncertainty about whether the executives view an issue in a serious way."

As a business owner, you know that safety is a major concern. Federal and state laws mostly govern workplace safety regulations. Prosperity and security in the workspace is a term that portrays what the work area can mean for the prosperity and thriving individuals who work in it. A safe and healthy environment at work promotes productivity, motivation and reduced absenteeism. Health and safety codes and standards vary in different countries and industries.

Several regulations often overlooked by employers govern health & safety in the workplace. These rules and regulations govern how employees must be treated and how their basic needs should be fulfilled. Implementing these rules is important because it ensures that all employees are taken care of and given a safe working environment.

Health and safety in the workplace are growing concerns. As companies grow, so do their workforces. Without proper health and safety regulations, serious injuries can occur. To prevent these accidents, there are a number of regulations that must be followed. General requirements include:

1. **Electricity at Work Regulations 1989**

This regulation covers the workplace installation, maintenance and use of electrical equipment. Electrical equipment should be tested regularly by a qualified electrician in order to make sure things are working

correctly, known as PAT (portable appliance testing) testing. These looks ought to be carried out on a yearly premise, and a record of these tests ought to be held.

You are also required to be aware of any potential hazards associated with the equipment, such as exposed wires, cracked plugs and overloaded sockets. Although it is the employers' responsibility to ensure that all equipment is safe to use, it is also the employee's responsibility to ensure a piece of equipment is safe to use and to report any potential hazards. An employer is responsible for ensuring that all of their employees have the correct equipment to do their job. Employers should have a duty of care for their employees and ensure that their equipment is both fit for purpose and safe.

Several regulations often overlooked by employers govern health & safety in the workplace. These rules and regulations govern how employees must be treated and how their basic needs should be fulfilled. Implementing these rules is important because it ensures that all employees are taken care of and given a safe working environment.

There are two types of health and safety:

- Health and safety at work (workplace or occupational health and safety) is the prevention of harm caused to workers in the workplace due to physical, chemical, biological, or ergonomic factors, as well as the promotion of a safe environment.
- Public health and safety (public health or community health and safety) is a broad term covering the health and safety of everyone, including non-workers, in the wider environment beyond the workplace.

There are many different factors involved in the health and safety of employees. These factors include:

- Safe systems of work
- Safe use of plant and equipment
- Safe use of chemicals
- Fire safety
- Personal protective equipment
- Working at height
- Manual handling
- Risk assessment
- Health surveillance
- First aid provision

- Training and information

These are factors that ought to be thought about while carrying out well-being and security rules. This can be a difficult task for both employers and employees, but it is necessary to ensure the safety of workers and the public.

2. First Aid.

Every workplace should have a first aid policy in place, which still applies if you work from home, as no matter how many precautions are taken, accidents can still occur. A first aid box should be located in the workplace with a nominated person responsible for its maintenance. There should also be an accident log book in which a record of ALL accidents and near-misses is noted.

All employees should know the following:

- The first aid policy for their workplace
- Where to locate the first aid box
- Who Is responsible for the maintenance of the first aid box
- Who to Inform in the event of an accident/illness/emergency occurring

3. Disposal of Waste.

Waste should be disposed of in an enclosed bin fitted with a polyethylene bin liner. The bin should be regularly sanitized with disinfectant while wearing protective gloves.

Reusable equipment should be cleaned and disinfected after use. Disposable equipment should be disposed of in a sanitary manner. Refrigerators and freezers may also be used, as long as they are kept clean and all food is removed before disposal.

There should be sufficient space in the laboratory to handle chemicals safely. This includes both the storage and use of chemicals. There should be a chemical storage cupboard in the lab which is fitted with a lockable door. The cupboard should be fitted with shelves that are easily cleanable and non-absorbent.

4. Sterilization of Equipment

Sterilizing equipment between clients is essential to destroy harmful bacteria, fungi and *viruses* that could cause infection. Good hygiene in the workplace will prevent cross-infection and secondary infection. It's important to remember why we need to ensure the machine is cleared after every client; bacteria can travel very fast, so following these rules will destroy bacteria spreading.

Cross-infection occurs when microorganisms are transferred through personal contact or contact with an infected piece of equipment that has not been properly sterilized.

An optional disease is a contamination that occurs after a physical issue to a client during treatment or, on the other hand, in the event that the client previously had a painful injury wherein microbes had the option to enter, hence causing a disease. Any kind of wound can become infected and may be very serious, but it is especially important to prevent wound infections in the elderly and people with diabetes. These people are more susceptible to infection and need special care. A secondary infection is an infection that happens after an injury to a client during treatment or if the client already had an open wound in which bacteria was able to penetrate, therefore causing an infection. Any kind of wound can become infected and may be very serious, but it is especially important to prevent wound infections in the elderly and in people with diabetes. These people are more susceptible to infection and need special care.

5. Personal Hygiene

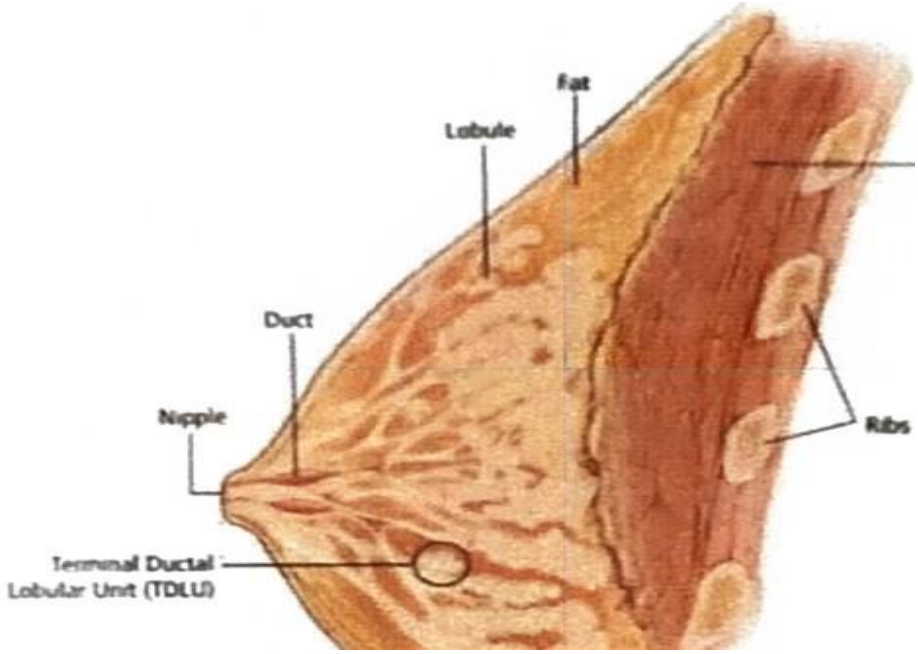
It is a fact that we are not all born equal. But we are also not born with the same cleanliness and personal hygiene level. Some people have a better sense of cleanliness than others. Some of us were raised with more hygienic habits than others, and it's a habit that others have to learn from when they are older.

You must have good personal hygiene around the workplace. Hands should be washed regularly, both before and after a client. Long hair should be tied back, and nails cut short to prevent bacteria from gathering underneath as well as scratching your client. Any cuts or abrasions should be covered with a clean dressing, and protective gloves should be worn where appropriate.

Further guidance on Health and Safety in the workplace can be found on The Health and Safety Executive (HS£) website: www.hse.gov.uk.

MODULE 2 - BREASTS

LESSON 1: ANATOMY & PHYSIOLOGY OF THE BREASTS



The breasts are the most visible feature of the body, and they play a vital role in women's health. They are just one part of the female reproductive system, including the ovaries, uterus, and fallopian tubes. The breasts are made up of a tissue called mammary glands. These glands produce milk for nursing babies, but they also make estrogen and progesterone that help regulate other processes in the body.

The breast is an organ whose design mirrors its extraordinary capability: milk creation for lactation (breastfeeding). The epithelial part of the tissue comprises lobules, where milk is made, which interface with channels that lead out to the areola. The male bosom structure is almost indistinguishable from the female bosom; then again, actually, the male bosom tissue misses the mark on specific lobules since guys have no physiological requirement for milk creation.

Physically, the grown-up bosom sits on the pectoralis muscle (the "pee" chest muscle), which is situated above the ribcage. The bosom tissue broadens evenly (side-to-side) from the edge of the sternum (the firm level bone in the chest) out to the midaxillary line (the Focal point of the axilla or underarm). A tail of bosom tissue called the "axillary tail of Spence" stretches out into the underarm

region.

The bosom tissue is enclosed by a meager layer of connective tissue called a belt. The profound layer of this belt sits quickly on the pectoralis muscle, and the shallow layer sits simply under the skin. The skin covering the

bosom is like skin somewhere else on the body and has comparative perspiration organs, hair follicles, and different highlights.

The arrangement of the mammary organ as an organ of the conceptive framework happens during adolescence. Affected by the pituitary and thyroid chemicals, the improvement of supporting tendons and fat tissue happens, and affected by female sex chemicals, the arrangement of glandular tissue and conduits straightforwardly happens. At this progressive phase, there are such deviations as unbalanced advancement of the mammary organs, unreasonably quick and concentrated development (hypertrophy) or under development (hypomastia).

Generally speaking, I don't suggest any restorative procedure before the principal birth since pregnancy and lactation usually permit the issues recorded above to be settled normally. The main exemption is adolescent hypertrophy, where medical procedure is the main choice for bosom decrease and works on personal satisfaction.

It is accepted that the arrangement of the mammary organ closes by the age of 25. As of now, the adult female bosom comprises straightforwardly the organ and the greasy tissue encompassing it. Notwithstanding fat and glandular tissue in the bosom, there are veins, nerves and channels of the mammary organs through which milk is emptied while taking care of the child. The conduits start in the lobules of the mammary organ, converge with one another and end in the areola. The round area of pigmented tissue encompassing the areola is known as the areola.

Check the next details.

Areola.

An area of the skin can be from light brown to dark brown. This is where the sebaceous organs are found. The mammary gland comprises two-thirds of the glandular tissue responsible for milk production. These glands enter the nipple through 4-18 ducts, each of which has its opening. The system formed from the ducts resembles the root system of a tree and is distinguished by a complex structure. It is important to remember that milk is not stored in the mammary gland, which is why, when breastfeeding, it is necessary to monitor the mammary glands' fullness to avoid an inflammatory process. Also, the composition of the mammary gland includes connective tissue and adipose tissue of the Cooper ligaments.

The areola contains extraordinary muscle filaments liable for the erection of the areola. An interesting feature - in lactating women, the ratio of glandular tissue to adipose tissue is 2: 1, while in non-nursing women, this ratio is 1: 1.

The following arteries carry out the blood supply to the breast:

- Internal thoracic;
- Lateral thoracic;
- Posterior intercostal arteries;
- Clavicular.

The area around the nipple contains a large number of nerves and blood vessels. The venous outflow from the mammary gland occurs through the axillary vein; from the same side, the outflow of most of the lymph is carried out - approximately 75%. The lymph nodes facilitate the outflow of the rest of the lymph in the sternum and on the other side of the mammary gland.

Cooper's ligaments and pectoral muscles determine the breast's shape and size. The skin carries out partial support of the mammary gland. It is important to remember that the internal structure does not affect the shape of the breast. The spherical shape of the mammary glands is explained by their main function, laid down by nature. Thanks to such outlines, the body retains heat, which allows you to feed the baby and maintains the acceptable temperature of the milk. There is also an opinion that this form is provided by nature in order to make the feeding process as convenient as possible.

LESSON 2: PHYSIOLOGY OF THE BREASTS

The breasts are a part of the human anatomy that all women are proud of. The female chest is a symbol of femininity, admired by both men and other women. The chest is also useful during physical activity. It's no wonder the chest has a significant place in fashion history.

The chest is an organ of the respiratory system. It lies in front of the spine and behind the thoracic cavity. It is a vital organ in the human body that performs many vital functions. The chest consists of the breasts, pectoral muscles, ribs, and sternum. Breasts are also known as mammary glands or glands of Montgomery in females. The right and left breasts are separated by a fibrous band called the midline.

Here we will discuss the stages formed in the breast, which include:

Breast during puberty

In girls, before the onset of puberty, the mammary glands are in their infancy, the mammary glands consist of short, unbranched tubules, and there are no alveoli.

With the beginning of pubescence, affected by estrogens created in the ovaries, the smooth cylinders start to fill long and branch, and at their closures, the fundamentals of the alveoli are framed. At the same time, the

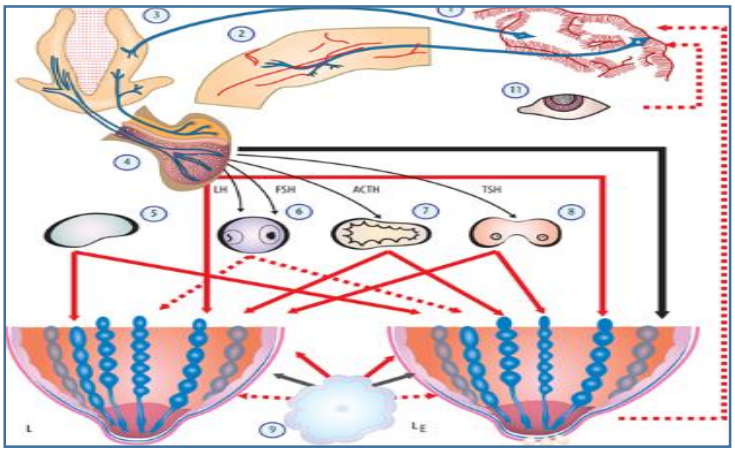
amount of adipose and connective tissue increases, and iron acquires the size and shape characteristic of an adult woman.

Breast and menstrual cycle

With the onset of the menstrual cycle, the mammary gland undergoes monthly cyclical changes. Under the action of progesterone, released in the second phase of the cycle, the development of the alveoli begins. But the duration of progesterone production (12-14 days) during the menstrual cycle is too short, so the alveoli, not having time to develop, disappear again by the beginning of the next cycle.

By the end of the menstrual cycle, the mammary glands increase slightly in size, and a slight soreness may appear (the notorious "engorgement" of the glands occurs). If this process is expressed excessively, it may cause some inconvenience. Excessive engorgement and soreness of the mammary glands are one of the manifestations of premenstrual syndrome.

Mammary gland during pregnancy



The full development of the mammary gland reaches only during pregnancy. Under the influence of progesterone released for a long time, the alveoli finally develop. At the end of pregnancy, the production of another hormone, prolactin, increases sharply. Prolactin causes the production of a special secret in the alveoli - colostrum. Colostrum differs from regular human milk in its higher protein content and lowers lipid content. In the primary days after labor, the mammary organ changes to the development of mature bosom milk and becomes fit for carrying out its fundamental role - lactation. The main hormone that regulates the release of milk from the alveoli is oxytocin. Thyroid hormones also affect breast function.

Breast size and shape

Breast size and shape are individual. The mammary gland itself is much smaller than the entire breast. Individual differences in the size of the female breast are due to the thickness of the subcutaneous fat layer. The shape of the breast (standing or hanging) depends on the strength and elasticity of the connective tissue capsule that encloses the mammary gland. Thus, neither the size nor the shape of the breast affects a woman's ability to breastfeed. However, they are an important component of sexual attractiveness. Boob size is normally communicated as far as bra sizes. The average breast size fluctuates around 80 cm in circumference. The left bosom is generally somewhat bigger than the right.

Asymmetry of the mammary glands: normally, it can reach a difference of up to 2 sizes between the right and left breasts! What is not a disease? But if a girl is worried about breast asymmetry, then surgical correction should be done no earlier than 18 years old. The final development of the breast reaches 20-25 years.

Regulation of development and function of the mammary gland

The physiological processes in the mammary gland are under the constant hormonal influence of various endocrine organs. At least 15 hormones regulate the development of the mammary glands during puberty, their function in the reproductive period and during pregnancy, and involution in postmenopause.

Estrogens. Affect the growth and development of ducts and connective tissue. Recent studies have shown that in the process of growth and development, four types of lobules can form in the mammary gland:

- **Type I lobules**. Least differentiated and known as "virgin" because they represent the immature female breast before the onset of monthly menstruation (menarche). Type I lobules have 6 to 11 ducts.
- **Type II lobules**. They evolve from type I lobules, present a complex morphological picture, and the number of ducts is 47 per lobule.
- **Type III lobules**. These are the mammary glands that are under the influence of hormonal stimulation during pregnancy. On average, type III lobules have 80 ducts or alveoli per lobule.
- **Type IV lobules**. This type of lobule is present in lactating women and is not found in women who have not had pregnancies; they indicate the maximum differentiation and development of the female mammary gland. There are about 120 ducts in a type IV lobule.

Progesterone: Responsible for the growth and development of glandular tissue, an increase in the number of alveoli, and the growth of lobules. Increases the number of its receptors in the tissue of the gland. The effect of progesterone on the mammary gland is currently not fully understood.

Prolactin: Promotes the proliferation of epithelial cells, causing their growth. Prolactin is important in the development of the mammary gland during pregnancy and lactation. Under the influence of prolactin, the number of estradiol and progesterone receptors in the breast tissue increases. With the mutual action of prolactin and progesterone, a synergistic effect on the mammary gland is revealed - an increase in cell growth by 3-17 times. Prolactin is an active stimulant of lactation and also affects the content of proteins, fats and carbohydrates in milk.

Thyroid hormones have an indirect effect by acting on prolactin secretion and increasing the prolactin-binding capacity of mammary alveolar cells.

Corticosteroids induce the formation of prolactin receptors in breast tissue and, in synergy with prolactin, are involved in stimulating the growth of epithelial cells, as well as in the process of their differentiation; insulin can play a mediator role in the processes of stimulating cell growth caused by progesterone, prolactin and glucocorticoids.

Thus, the regulation of growth and development of the mammary gland occurs under complex hormonal influences. Estrogens, progesterone and prolactin play the main role in regulating all processes in the gland. But unfortunately, the mammary gland remains one of the most mysterious target organs since there is no complete understanding of its hormonal effect on it.

Age-related involutive changes in the structure of the mammary glands are also characterized by the replacement of the parenchyma with adipose tissue. These processes intensify after 40 years. In postmenopausal women, the gland is almost devoid of glandular structures and consists of adipose tissue with mildly pronounced connective tissue layers.

Breast or natural feeding

This form of nutrition for a newborn person, which was formed in the course of the biological evolution of mankind, is the only physiologically adequate nutrition for a newborn and infant.

In addition to the actual suction of milk by the child directly from the mother's mammary glands, breastfeeding includes a chain of complex psycho-physiological interactions between the child and the mother.

An important element in successfully establishing breastfeeding is the joint stay of the mother and the newborn child immediately after birth.

Feeding on demand

Feeding on demand means that the baby is put to the breast whenever he somehow shows his desire to suckle. Feeding is not limited in duration or in the number of daily feedings. Feeding on demand, as well as co-sleeping mother and baby, are recommended by the World Health Organization (WHO/UNICEF).

Anomalies of development.

1. Amastia - atrophy of the mammary glands, unilateral or bilateral, is extremely rare.
2. Macromastia - excessive (up to 30 kg) mammary gland enlargement, usually bilateral.
3. Polymastia - additional mammary glands. Most often found in the armpits.
4. Polythelia - the presence of additional nipples. Polythelymia (poly- + Greek thele - breast nipple; synonyms: additional nipples, additional nipples) - an anomaly of development in the form of an increase in the number of nipples of the mammary glands along the nipple line of the body.

   The term polythelia is applicable to mammals, in particular to humans. An increase in nipples is recorded with a frequency of up to 2% in women and men less often. They are often mistaken for moles. Accessory nipples appear along two vertical lines drawn through the location of the normal nipple and ending in the inguinal region (usually, the nipple line approximately coincides with the midclavicular line). They are classified into eight levels of development, from a simple tuft of hair to a miniature mammary gland capable of secreting milk. The term "polythelia" should be distinguished from Polymastia, which implies the presence of additional mammary glands. Flat or inverted nipples can cause difficulty breastfeeding.

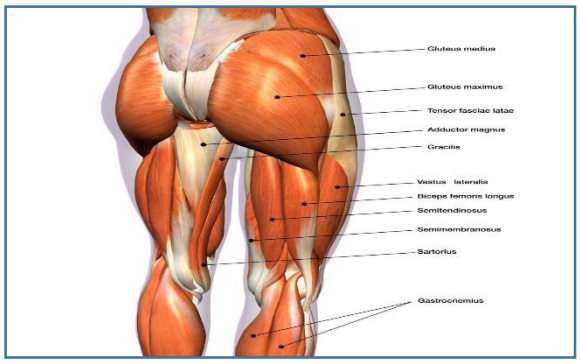
MODULE 3 - ANATOMY & PHYSIOLOGY OF THE BUTTOCKS

LESSON 1: ANATOMY OF THE BUTTOCKS.

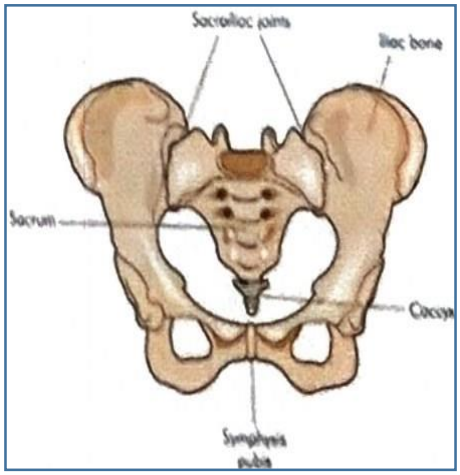
The 'Bum,' also known as 'Buttocks,' refers to the fleshy parts of the human body located on the posterior or the back side. They comprise the pelvis (bones), butt muscles, fatty deposits laid over the buttock muscles and the skin holding everything in place. It is vital to figure out the life systems of a lady's butt, particularly in the event that you are thinking about changing the actual shape through practice or alternate ways. Knowing which areas to target and working out the muscles can improve the appearance of the butt naturally. However, some of these parts cannot be changed, for example, the bone structure.

We all know where the glutes are, but I don't know if we've stopped to poke around about the anatomy and function of these muscles. The gluteus maximus is located in the superficial layer. It is a very powerful and voluminous muscle, very thick and very strong.

The buttocks are the largest part of the body, and their weight varies between 10% and 22% of the body's total weight, depending on their mass. The gluteus maximus is the best muscle in the human body and is liable for the turn of events and, on a level, plane turning of the hip joint. The gluteus maximus can be found in the buttocks region and is a muscle attached to the femur or thigh bone. It is mostly made up of Type II muscle fibers, which are slow twitch fibers that are more resistant to fatigue but grow more slowly. As a result, this muscle will still grow even if you are not exercising much. The Gluteus maximus is responsible for the posterior pelvic tilt, an elongation of the upper body associated with better posture and a more attractive appearance.



The Pelvis



This is the region between the upper body (trunk) and the legs. It comprises three types of bones: hip bones, sacrum and coccyx. The female pelvis is fundamentally not the same as the male pelvis. In that, it is larger and broader primarily to create space during childbirth. The male pelvis is taller, narrower and more compact. This difference becomes very apparent during puberty and is responsible for the physical appearance of a wider butt in ladles. The posterior side of the pelvic region holds the butt muscles. You will also find digestive organs as well as reproductive organs in the pelvis region.

The Muscles

The muscles that shape the female butt are collectively referred to as the gluteal muscles or "glutes" Three glute muscles make up the butte follows Gluteus Maximus, Gluteus Minimums and Gluteus Medius.

GLUTEUS

MAXJMUS

GLUTEUS

NJ: DIUS

GLUTEUS

MNIMUS

GLUTEUS MAXIMUS:

The gluteus maxim is the largest of the three gluteal muscles, and it's responsible for the shape and appearance of the butt. The larger the gluteus maxims muscles, the more shapely, stronger and rounder the butt. In addition, the large size of the muscle makes it responsible for anchoring the human body in an upright position, unlike in other primates.

The gluteus maximus has multiple points of origin: the posterolateral aspect of the sacrum and coccyx, the sacrotuberous ligament, the gluteal aspect of the ilium (behind the posterior gluteal line), the thoracolumbar fascia, and the gluteal aponeurosis. The fibers lead in an inferolateral and converging direction towards the femur. The superficial three-quarters of the muscle form a tendinous sheet that inserts between the two layers of fascia lata, thus contributing to the formation of the iliotibial tract. The remaining quarter of the muscle attaches to the gluteal tuberosity of the femur via a wide aponeurosis.

In terms of its function, it is the most important hip extensor; that is, it moves by bringing the thigh backward. This action is helped by other muscles, such as the hamstrings (biceps femoris, semitendinosus, and semimembranosus), but, as a whole, they represent less power than the gluteus maximus alone. It also performs the function of external hip rotation. At the end of the video, you can see it. It also performs a function by stabilizing the pelvis, preventing it from tilting forward.

There is also the possibility that part of its fibers carries out hip separation (due to its insertion in the iliotibial tract) or hip approximation (insertion in the gluteal tuberosity), although these last two are actions that it performs with less power. The gluteus minimus is a much smaller, deeper and less powerful muscle. It acts like the gluteus medius, performing hip separation, but is much weaker.

GLUTEUS MEDIUS:

The gluteus medius is the second biggest gluteal muscle, and it *cooperates with the* gluteus minimus *to* help the body during *development.* The gluteus medius is the smallest and most superficial of the gluteal muscles, with its origins being on the outer surface of the upper femur and its insertion being on the greater trochanter of the femur. The gluteus medius is answerable for stealing and pivoting the hip joint and making parallel help for the pelvis.

The gluteus medius is triangular and is essentially covered by the gluteus maximus. It is situated at the level of the internal 3/4 of the iliac peak and the foremost and predominant iliac spine. It ends in a tendon which in turn is attached to the surface outside of the femur.

The upper gluteus medius muscle isn't concealed under the gluteus maximus. Regardless, this muscle stays undetectable in weight lifters.

The gluteus medius muscle has two basic capabilities:

- Adductor,

- Engine.

The gluteus medius muscle as an adductor muscle

You will need the gluteus medius muscle to gain leg thrust, especially in the lateral position. Same while working out on hip and thigh machines or performing kidnapping developments on a low pulley.

The engine job of the gluteus medius muscle

While venturing forward, the left gluteus medius pulls the left half of the pelvis down, permitting you to play out every one of the developments of the step easily.

That's not all! This muscle also allows the right foot to lift off the ground when walking without sinking.

GLUTEUS MINIMUS:

The gluteus minimus has three gluteal muscles and is located directly beneath the gluteus medius muscles. It cooperates with *the* gluteus medius to help the body during development.

The gluteus minimus is a thin, flat muscle located beneath the gluteus medius. It originates on the outer surface of the ilium and inserts on the greater trochanter of the femur. The gluteus minimus also abducts and externally rotates the hip joint, stabilizing the pelvis.

The gluteus minimus muscle is found just underneath the gluteus medius, above and inside the outside iliac fossa. Its triangular shape makes it easily recognizable, especially since it ends in a tendon attached to the anterior aspect of the femur. Small buttocks have more or less the same insertions as medium ones. Therefore, these two muscles perform the same functions (rotation and walking).

More specifically, the gluteus minimus muscle contains internal and posterior bundles that perform the functions of internal and external rotation, respectively. The leading role, on the other hand, is because the small buttocks ensure the inclination of the pelvis. Thus, the opposite foot can leave the ground and rise when walking.

LESSON 2: STRANGE ACTIVITIES THAT AFFECT THE BUTTOCKS

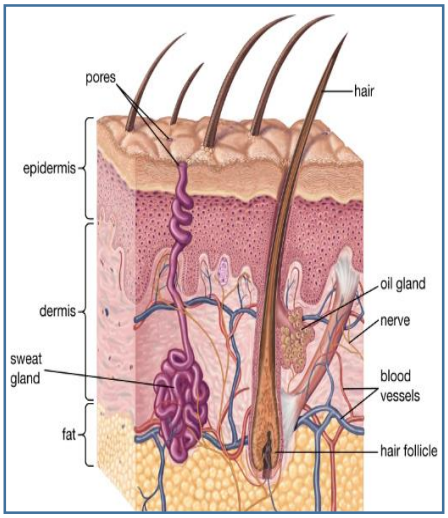
Fatty Deposits

Fat deposits are a major component of female buttocks, and their purpose is to cover up the glued muscles. This gives the buttocks a squishy feeling in your hands when you touch them. Buttocks need *to* have enough fat around them to comfortably sit. Generally, females have higher fat deposits in their bodies compared to males. The fatty deposits are responsible for the U10 appearance of the butt.

Some women accumulate a lot of fat around their buttocks, while some don't. Many factors lead to fat storage in the buttock area. It's a fact that some women tend to accumulate a lot of fat around their buttock area while some don't. Why is this? The reasons are as follows:

1. The main culprit is the hormone insulin. Many people have an excess of insulin, which causes the liver to store fat in other places like the buttock area. If a person has a lot of insulin in their body, it can lead to weight gain.
2. Some women are genetically more prone to storing fat in their buttocks than others.
3. Some women tend to be less active than others, which leads to more fat accumulation.
4. Some women eat more carbohydrates than others (pieces of bread, portions of pasta, rice, etc.), which leads to more insulin and, therefore, more fat storage in the buttocks area.
5. Some women tend not to exercise as much as others, leading to more fat accumulation.

The Skin



The skin is the outer protective layer around the buttocks that protects the inner organs against harm and a sense of pain. Temperature and generally wherever is around the area. The outermost layer, called the epidermis, is the one that is visible and constantly shedding dead skin. Beneath it is the dermis which contains nerve endings and capillaries for blood flow. An even deeper layer is the subcutaneous layer which has fatty deposits that serve as cushions to protect the muscles and bones from bumps and falls.

Human skin is one of its organs, which has its structure and physiology. **The skin** is the largest organ in our body, weighing about three times the weight of the liver (the largest organ), which is 5% of the total body weight. The surface area of the **skin is** 2-2.5 square meters. Meters.

Skin covers our entire body and is the largest human organ. In an adult, the skin area is about 2 square meters. Together with subcutaneous adipose tissue, its weight averages 16-17% of the total body weight.

It protects our body from the environment by maintaining its homeostasis (self-regulating process). The skin provides natural thermoregulation: it prevents overheating or hypothermia of the body. It is involved in respiration and metabolic processes. Our emotions and physical condition are reflected on the skin as in a mirror.

The structure of the skin

if we talk about the structure of the skin, then it consists of three main layers: the epidermis, dermis and hypodermis (subcutaneous fat). Consider the structure of the skin in a little more detail.

Epidermis

The epidermis is translated from Greek as **"above**," dermis - skin. The epidermis is the top layer of the skin, and its thickness is about 0.05-0.1 mm.

Four layers are distinguished in the structure of the epidermis:

- Basal
- Prickly

- Granular
- Horny (outer layer)

Every 3-4 weeks, the epidermis is renewed. This process begins in the basal (rudimentary) layer. Cells ascend to the upper stratum corneum, transforming into other types of cells. The cells on the basement membrane mature and become keratinocytes. Keratinocytes divide and move closer to the outer layer - the stratum corneum. As the cells are pushed toward the surface, they become flatter. In the end, they lose their core, die off and turn into scales, of which the stratum corneum consists. This creates a barrier from the external environment. The process of renewal of the stratum corneum is constant, and we lose about 40,000 scales per minute. If the skin is healthy, this process is invisible to the eye.

Dermis

Under the epidermis is a deeper layer - the dermis (dermis - skin). Its thickness is almost 2 mm. It is represented by connective tissue based on strong protein fibers-collagen and elastin.

Collagen makes our skin strong, and elastin makes it elastic. A complex network of blood, lymphatic vessels, nerve endings, hair follicles, sweat and sebaceous glands are also located in the dermis. According to its structure, the dermis can be divided into **two levels:** superficial papillary dermis and deep reticular dermis.

Hypodermis (subcutaneous fatty tissue)

Hypodermis (or subcutis (sub - under, cutis - the name of the dermis and upper layer of the skin)) is the largest and heaviest layer; without it, the skin would weigh 3 kg, and it can weigh up to 20 kg.

Thanks to the hypodermis, the human body acquires soft features; without it, the bones and joints would be visible. Loose connective tissue and fat participate in the structure of this layer. The hypodermis is permeated with blood vessels and nerve endings but is larger than those in the dermis. Of course, the skin's structure is much more complicated, but these three layers that make up the skin represent its main **"floors**."

Functions of the skin.

The functions of the skin are very diverse, and each of its layers has its tasks. The epidermis primarily creates a protective barrier and has an acid mantle. It protects against the effects of various harmful substances, allergens, and mechanical influences. The protective function of the skin is one of the most important.

The acids in the stratum corneum lower the pH and bind water, keeping the top layer of the skin hydrated. The pH level is important for the skin microbiome - a collection of microorganisms on the surface of human skin that performs important protective and regulatory functions. The spinous layer contains Langerhans cells, responsible for the skin's immune defense. Merkel cells are also located in the upper layer, and among their functions is to provide skin sensitivity. Even in the epidermis, there are melanocyte pigment cells that determine skin color and perform the function of protecting against UV rays.

The dermis regulates the body's heat transfer. To lower body temperature, sweat glands remove moisture from the skin's surface. It reduces blood flow to the skin to keep us warm, which helps keep the heat inside the body. Thanks to the dermis, our skin is strong and elastic. Here are the hair follicles from which hair grows. The blood vessels of the dermis supply the skin with oxygen and nutrients and support the immune system. Nerve endings in the dermis transmit important information, such as heat or pain, to the brain. Nutrients are stored in the hypodermis. Subcutaneous fat prevents hypothermia in the body. It creates additional protection for internal organs.

As you can see, it is impossible to overestimate the importance of skin functions for a person.

Skincare

Face.

Facial skin care depends on the condition of your skin (sensitivity, sebaceous glands, age-related changes, etc.), and it is best to be selected by a dermatologist. Basic care includes cleansing, moisturizing and sun protection. Funds are selected individually.

Body.

One of the basic rules for skin care is the refusal of daily bathing with soap. Every day you can take a shower without harm to the skin, only using water, as it has a neutral pH value. If you want to use a detergent, it should be odorless, colorless and almost foam-free. Using soap with high pH, we destroy the protective barrier, and it takes 4 weeks for the epidermis to fully recover.

It is more beneficial for human skin to take a shower than a bath. Since when you lie in a foam bath for a long time, the skin is leached. Be careful with different oils. They are aggressive cleaners and are not suitable for maintenance. Due to the frequent use of the oil, dry eczema may appear on the skin. Fat-containing creams, ointments or lipolosions are much better for moisturizing.

Legs.

Do not aggressively remove the stratum corneum, as it protects soft tissues from being squeezed. Its excess can be removed with a file. Cracks may occur on the keratinized layer of the legs, and the skin may become rough. In order to prevent dangerous bacteria from penetrating through cracks in the skin, you can use a greasy ointment. Apply it before bed and wrap your feet in an airtight film. This procedure will allow the ointment to penetrate even into the stratum corneum.

MODULE 4 - THE LYMPHATIC SYSTEM & BUM VACUUM TREATMENT

LESSON 1: THE LYMPHATIC SYSTEM

Having a healthy lymphatic system is very important for our body. It plays a crucial role in the immune system, removes waste from the body, and helps us maintain the balance and stability of water in our bodies.

What is Lymphatic System?

The lymphatic framework is an arrangement of slight cylinders and lymph hubs that run all through *the* body and works close by our circulatory framework. The lymph framework is a significant piece of our resistant framework. It battles microorganisms and different diseases and obliterates old or strange cells, like malignant growth cells. It distributes fluid in the body and transports fats.

The lymphatic system is a network of vessels, lymph nodes, and lymph ducts that transports white blood cells, called lymphocytes, and a fluid called lymph from and within the body. Lymph is collected by the tissue fluid surrounding cells of the body when damaged or infected. This fluid goes from the tissues to the bloodstream via lymphatic vessels, which empty into the blood vessels in the neck, chest and abdomen. Lymph travels in one direction only and is not circulated.

About two liters of lymph are produced in the body every day. It is a clear, colorless or pale yellow liquid. Blood plasma leaves the capillaries and enters the body's tissues. It contains nutrients and oxygen, which are responsible for the nutrition of cells and certain cells of the immune system - lymphocytes.

Penetrating the crevices of the organs, the lymph takes away the end products of metabolism (waste and carbon dioxide) from the organs. Finally, the lymph returns through an extensive network of lymphatic pathways to the circulatory system near the heart. The lymph also carries nutrients from the intestines to the blood.

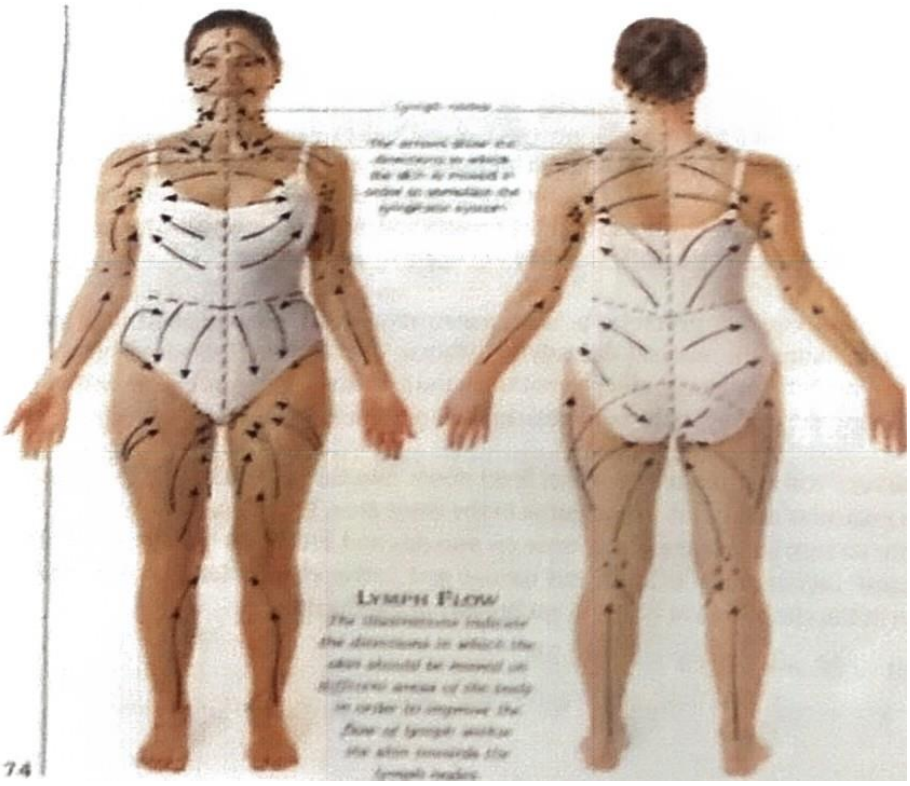
The lymph hubs

Various lymph communities, which look like lentils or beans, line the course of the lymphatic vessels (in the clinical arrangement, they explain their bean-outlined structure). Lymph nodes are such stations that filter lymph in a

certain area of the body. They live and work lymphocytes, cells of the immune system [immune system] that fight infections. That is, in the lymph nodes, the lymph is cleared of foreign substances and infectious agents.

Lymph nodes are found in many parts of the body. They gather, as it were, in groups and are attached to some organ or some area in the body, for example, under the lower jaw, in the armpits, on the back of the head, in the groin or the lower abdomen. The typical size of the lymph hubs is around a couple of millimeters. In diseases (for example, infectious diseases and lymphoma), they become larger and harder.

The diagram below shows the direction of the lymph flow within the body.



SPLEEN AND THYMUS

Spleen.

The spleen is an organ that is located on the left side of the upper abdomen under the ribs. One of its tasks is to destroy damaged blood cells, those that have already worked out their resource, and harmful microorganisms. During the early intrauterine development of the fetus [embryonic development], the spleen is responsible for hematopoiesis. In early childhood, it plays an important role in how the child's immune system is formed and works.

Thymus.

The thymus gland is an organ located behind the breastbone. At the birth of a child, it is the largest organ of the lymphatic system [lymphatic system]. And above all, in childhood, the thymus gland is most involved in forming the body's immune system.

The thymus is also called the "school" for T-lymphocytes (the letter T stands for thymus, and the thymus is the Latin name for the thymus). T-lymphocytes are a subgroup of lymphocytes. While in the thymus, they learn to distinguish their immune system cells from foreign cells. This means that they mature in the thymus to the point where they become fully functional immune system cells.

This organ grows until the onset of puberty [puberty]. In adults, the thymus gland loses its importance and becomes smaller. Gradually, her lymphoid tissue is increasingly replaced by adipose tissue.

Lymphocytes - cells of the lymphatic system

Lymphocytes, cells of the lymphatic system, are a subgroup of white blood cells (blood cells). They play the most important role in immune defense. Since it is they who are able to purposefully recognize pathogens, as well as altered cells of their own body, and then they destroy them.

Like all other blood cells (that is, white and red blood cells, as well as platelets - platelets), lymphocytes grow in the bone marrow. There, different blood cells arise from single progenitor cells, the so-called hematopoietic stem cells (blood stem cells) and then go through several stages of maturation.

The progenitor cells from which lymphocytes directly grow are called lymphoblasts. They go through several stages of development in the bone marrow and/or other lymphoid organs while losing their appearance and properties. At the end of this development, mature, that is, fully working lymphocytes, arise. They can leave the bone marrow and organs of the lymphatic system to start working in the blood or body tissues.

Depending on where the final maturation of lymphocytes occurred, they are divided into two large groups: B-lymphocyte - s and T-lymphocyte - s. B-lymphocytes mature into full-fledged cells of the immune system in the same organ in which all lymphocytes appear, in the bone marrow. And T-lymphocytes finally mature in the thymus gland.

Then the matured T- and B-lymphocytes sequentially enter such lymphoid organs as the spleen, lymph nodes or tonsils. Both types of lymphocytes are responsible for immune defense, but they perform different tasks.

What are lymphocytes responsible for?

An important task of mature B-lymphocytes, the so-called plasma cells, is to produce antibodies. Antibodies are small protein molecules that attach to pathogens. Due to this, they become visible as "strangers" for macrophages or certain T-lymphocytes (killer cells).

Killer cells from T-lymphocytes see and destroy body cells infected with a virus and cancer cells. Other groups of T-lymphocytes are responsible for ensuring that the body remembers those pathogens with which it has already been in contact. They organize the activation of immune cells and thus activate or suppress the immune system.

Different subtypes of lymphocytes do their job of protecting the body together and are connected through certain cellular hormones (lymphokines). That is, the lymphatic system is a very complex network consisting of cells, tissues and regulatory mechanisms for coordinating the body's immune response.

LESSON 2: HOW NON-SURGICAL BREAST & BUTTOCK ENHANCEMENT WORKS

The treatment uses a combination of advanced aesthetic procedures and non-surgical breast and bottom enhancement systems to lift, increase volume, rejuvenate and tighten skin. This non-surgical breast augmentation method is an excellent, natural way to increase volume, restore youthful skin, and increase breast and nipple sensitivity. Local anesthesia makes the treatment virtually painless for you.

Undergoing surgery for a corrective technique can be unnerving, yet because of innovation, more choices don't need intrusive strategies and give more regular outcomes. When considering breast augmentation, you may be concerned about the complications and additional recovery time that comes with surgery. Regardless, did you have, in any event, felt that rising chests in a non-mindful manner is conceivable? There are many reasons why non-surgical breast augmentation may be the best option for you.

As we look at how each one works, you will see many similarities, meaning each component works synergistically with the others to help improve benefits.

Vacuum Suction

The high-frequency vacuum suction can massage the fibrous tissue, increase blood circulation and transmission to the brain and contract muscles. It can strengthen the breast/buttock elasticity and enhance bust development. And improve the breast/buttock shape. It expands the strength and tone of the stringy connective tissues through the bosom/butt cheek workout.

A rhythmic suction to the breasts can stimulate the breast, causing the release of estrogen and causing an accumulation of breast fat tissue which enlarges the breast. Vacuum Suction can be used to treat dry skin, stimulate sluggish lymphatic circulation and remove surface dead skin cells. This will reduce puffiness of the face and non-medical edema; fatty deposits can be softened, blood and lymphatic circulation are improved, the skin will have an improved complexion and texture, and fine\ines can be reduced.

Bio Micro Current Lifting

Using micro current lifting therapy. Muscles feel and look firmer, and *the* appearance of wrinkling and fine lines are reduced. Also helps to *improve* the tone of the breast and buttock regions. The micro-currents primarily target the pectoralis major muscles in the breasts and the gluteus maximus muscles in the buttocks to lift the breasts and buttocks upwards. The current contracts. Shortens and tightens the muscles, as they can begin to sag with age.

Micro-current frequency promotes product penetration with biological effects and speeds up the lymph flow, aiding the natural detoxifying process in the chest. Increased blood circulation, activated lymphatic drainage, and promotion of the growth of collagen, elastin and

Microcurrent works from a superficial level down into the muscle fibers; this technology will Increase muscular and tissue oxygenation in the chest area. The stimulant will *convert* fatty tissue into energy *for* consumption, tone up muscles and center the outward bust. The current can Increase the regeneration of cells and tissues and better eliminate toxins and metabolic exchange in the chest area to get breasts fit and healthy.

Photon Light Therapy

Red photon light has been called a "**Biologically Active Light**."It is primarily used as an anti-inflammatory, stimulating cell activity and increasing collagen and elastin production. This is what makes red LED such a popular treatment in the battle against aging, as it provides a reduction in the appearance of fine lines and wrinkles. Red

light has also been found to be very healing and can be used to ease muscular pain and help speed up recovery following illness or injury.

For non-surgical breast and bottom lifting, red light;

- Stimulates the breast elastic fibrous tissue, increases skin elasticity and uplifts the breasts immediately
- Stimulates blood circulation and accelerates metabolism, and nourishes the skin
- Stimulates collagen and elastin and reduces the appearance of stretch *marks.* –

Vibration Massage.

Vibration provides deep and pleasant impulses to the breast/buttock tissues from a superficial level down to the muscle fibers; this technology will increase muscular and tissue oxygenation in the chest area. The stimulation will convert adipose tissue into energy for consumption, tone up muscles and center the outward bust. The vibration can increase the regeneration of cells *and* tissues and better eliminate toxins and metabolic exchange in the chest area to get breasts/buttocks fit and healthy.

Photon Light Therapy

Red photon light has been called a "Biologically Active Light. It is primarily used as an anti-inflammatory, stimulating cell activity and increasing the production of collagen and elastin. This is what makes red LED such a popular treatment in the battle against aging, as it provides a reduction in the appearance of fine lines and wrinkles. Red light has also been found to be very healing and can be used to ease muscular pain and help speed up recovery following illness or injury.

MODULE 5 – HOW TO HANDLE YOUR BUM VACUUM TREATMENT

LESSON 1: THE CLIENT CONSULTATION

You must carry out a client consultation with every client before any treatment starts, whether they are new or existing clients. It is easy to get complacent with this, but it will not cut you, In the long run should an Indemnity claim be made against you.

During a consultation, you will be asking the client sensitive and personal questions and will also need to visually assess the area your client requires treating, so It Is Important you carry this out somewhere that Its quiet and private - NOT In the middle of a busy waiting room where others can overhear. You want your client to have the chance to talk openly and freely about their concerns or Issues.

It is best to be sat face to face with your client to ensure that you can read any body language signals they may be giving off as you ask them the questions; this will allow you to identify things they may be uncomfortable talking about.

Areas to be looked at when carrying out a consultation Include:

- Contact Information
- Personal details (such as age group, weight, height, lifestyle & profession)
- The Identification of contraindications that may prevent or restrict treatment
- Medical History
- Lifestyle Information (such as eating habits, exercise patterns, smoking & alcohol Intake)
- The client's reasons and expectations of the treatment
- The potential risks of the treatment
- A mark from the client consenting to the treatment plan (this should be gotten BEFORE the treatment begins and again before each resulting treatment)

After the treatment, you will also want to make your client aware of the following:

- Any contra-actions to their treatment
- Their personalized aftercare advice
- Any item suggestions you might have for them

By gathering the informant required al consultation, you will be able to **give** your client a better service both during and after their treatment, as you will be more able to understand their requirements, needs and feelings. You will actually want to settle on informed choices based on the data you have accumulated and will actually want to tailor your treatment plan and item decisions around the client's requirements and conditions.

Taking the time to do this correctly will have e positive effect on both the client's trust in your professionalism and the chances for them returning to you for future treatments.

- Place cups on the fatty breast tissue to ensure the cups are not lying on the ribcage. Ensure the cups cover each breast symmetrically and reach the chest cavity, lying over the major pectoral muscle.
- Ask the client to hold each cup in place. Cover the chest area with the towel and reveal it at the bottom so that only the therapist can see breast movement.
- Explain to the client that they will feel a suction sensation and a feeling very similar to "pins and needles around the breast tissue.
- When ready, the press plays and slowly moves the pressure dial on the machine to the right to begin the suction.
- Ensure breasts are successfully filling out the cups.
- After two to three minutes, increase the suction, adjusting the pressure depending on how the client reacts. The higher it can go, the better the results will be.
- After a further ten minutes, aim to have increased the microcurrent to its highest level. This will take your client to their maximum threshold.
- When the machine switches itself off, leave the cups in place for ten minutes to ensure deflation of the breast tissue in the shape of the cups. Remove cups and clean the chest area.

Note the Breast Procedure:

Treatment will provide enhancement and volume to the breast. However, we can only work with what a client already has, so we cannot give the same level of enhancement surgery; because of this, it is important to manage client expectations.

- The higher the vacuum, the more 'boob'; the vacuum level can be built upon *each* session in *line* with client comfort.

- *Have* your clients slightly upright during treatment and when positioning the cups 'tip' the breasts into them like you would if you were trying on a bra.
- Ensure the top of the cup is positioned on the pectoral muscle.
- Apply a small amount of moisturizer to the breast to provide a small amount of 'slip' during treatment, and this will be more comfortable for your client.

Bottom Lifting Procedure

1. Ask the client to remove any clothing on the bottom half of their body, excluding their underwear (which should preferably be disposable knickers or a thong) and lie him/her down comfortably on the bed on their front. At this point, you can assess which cup size is most suitable for the glutes.
2. Attach desired cups to the machine and set up the Interface as follows:
    - Turn on the machine at the switch.
    - Select your beginning treatment settings (see machine settings above, remember to start low and build up during the treatment).
    - After the time to the desired 30 minutes, the time of the service may vary after the first service depending on the client's Individual needs.
    - Decant ultrasound gel onto the edge of the cups to ensure conduction of microcurrent
    - Place cups on each gluteus. Ensure the cups cover each buttock cheek symmetrically and that each one lies in the gluteus maximus muscle.
    - Ask the client to hold one cup while the therapist holds the other. Cover the area with the towel and reveal it at the bottom so that only the therapist can see tissue movement
    - Explain to the client that they will feel a suction sensation and a feeling *very* similar to "pins and needles" around the tissue.
    - When ready, the press plays and slowly moves the dial at the back of the machine to the right to take the suction up to 3.
    - Ensure each gluteus successfully fills out the cups.
    - After two to three minutes, increase the suction, adjusting the pressure depending on how the client reacts. The higher it can go, the better the results will be.
    - After a further ten minutes, aim to have increased the microcurrent to its highest level. This will take your client to their maximum threshold.

- **Take 15** minutes, press the buttons at the top of each cup to release the suction and move the cups to the top of the buttock. Release buttons to recreate suction. When the machine switches itself off, leave the cups in place for ten minutes to ensure the deflation of the tissue in the shape of the cups.
- Remove cups and clean the area.

With all settings, intensity and vacuum suction levels will depend on your clients' comfort *levels.* Always check this with your client at regular intervals during treatment and when adjusting the settings.

LESSON 2: HOW TO GET YOUR BOOB AND BUTT IN SHAPE

If you cannot afford to go through the rigorous boob and buttock treatment, I have this for you to try out. Also, you will get an amazing result too.

Getting your boob and butt into shape means you can flaunt your summer wardrobe, show off your new pair of shorts, or stun in your skinny jeans. Though working out your boob and butt is no easy task, you'll be able to do it once you master a few key exercises. If you want to be able to rock a bikini or your everyday clothes without worrying about how you look from behind, check out some of these exercises.

FOR YOUR BUTTOCK, TRY THIS OUT;

A lot of activities can assist you with reinforcing your glutes and toning your butt. Squats, leg lifts, and rushes are the most famous activities used to focus on these muscles, and there are lots of varieties you can attempt. Contingent upon your wellness level and wanted results, you can do as numerous or as not many of these activities as you need.

Attempt conventional squats: Squats are one of the most famous activities for working out the butt muscles. Stand up straight with your feet hip-distance separated to do a customary squat. Then, at that point, twist your knees so they're at a 90-point and keep your knees agreed with your feet. Your butt ought to verge on being lined up with the floor. Hold the squat for a few seconds. Try to keep your back straight. Rehash this multiple times. Assuming you're new to squats, attempt them without loads.

Attempt a side squat: One well-known variety of customary squats is the side squat. For this activity, you will begin in a standing situation with your feet hip-distance separated. Then make a wide stride out to the side with one leg

and twist that knee. Squat as profoundly as possible into one leg, keeping your other leg stretched out straight out aside. Rehash a few times on the two sides.

Challenge yourself with a solitary-legged squat. On the off chance that you're an accomplished pilgrim, you can endeavor to lift one leg out before you as you squat. This is a really progressed workout, so you might find that you can lift the leg a

tad, or perhaps not in any way, shape or form. Put forth a valiant effort!

- In the event that this is a lot for you, you can work on hunching down with one heel taken off the floor.
- One more method for doing a solitary-legged squat is to kick one leg behind you as you squat. You might view this as more straightforward than lifting the leg before you. To assist your equilibrium, you, with canning, shift your middle down so it is near being lined up with the floor and broaden your arms out straight before you.

Attempt a conventional leg expansion workout. To do a leg expansion, begin on your hands and knees. Raise one leg straight behind you, so it is level with your back. Stop for a couple of moments, then, at that point, gradually discharge the leg to the floor. Switch legs and substitute a few times.

- For an additional test, stretch the leg to the left, then to the right prior to delivering it. You can tenderly tap your toes on the ground, yet don't deliver your leg without control.

Make conventional jumps. Like squats and leg lifts, jumps are incredibly famous activities that are perfect for reinforcing and conditioning the butt. To make a conventional rush, begin standing and move forward with one foot. Twist into your front knee to make a 90-degree point, then raise yourself to standing. Rehash a few times with the two legs.

Attempt side lurches. Side lurches are basically the same as conventional jumps. However, your hips will be opened up to the side rather than highlighting your bowed leg. Fire by standing up straight with your feet equal. Then, at that point, make a wide stride with one foot and rush profound into that side, keeping your other leg straight out aside. Hold for a few seconds prior to raising yourself back up to standing. Rehash a few times on each side.

Raise your knees high while strolling. Attempt gradually strolling across the room, raising every knee as high as conceivable with each step. Hold the advantage for a couple of moments prior to returning your foot to the floor.

- Try not to stress over covering a huge distance with this activity.
- Attempt to keep a 90-degree point in your lifted leg if conceivable.

Try not to expect results immediately. Assembling and conditioning muscle doesn't work out more or less by accident, so you'll be patient, assuming that you need results. It will most likely take around four to about two months to begin seeing changes. Everybody is unique, so don't anticipate coming by precisely the same outcomes as another person in a similar measure of time. Your wellness level and body type will influence what amount of time it will require so that you can get results.

FOR YOUR BOOBS;

Eat an eating routine with the right supplements. This may not bring about sensational change, as nutrients are connected to general bosom well-being and not development. Nonetheless, consuming the right nutrients might help keep up with and support your bosoms at their ongoing size.

- L-ascorbic acid assists collagen with re-establishing itself. Collagen helps hold your boobs up and give them shape, so reestablishing and fortifying it can assist with giving your boobs more lift.
- Vitamin B6 assists your body with making more red platelets. Expanding the number of red platelets will further develop a flow to your entire body, including your bosoms.
- Vitamin E is a significant piece of cholesterol control and can assist with managing the fat stores wherever in your body, remembering for your boobs.

Take a stab at eating food varieties that contain phytoestrogens. Concentrates on a show that ladies with low degrees of estrogen (the female chemical) in relation to testosterone (the male chemical) will generally have more modest boobs. While researchers are isolated on whether food varieties containing phytoestrogens, or dietary estrogens, make a lot of difference, numerous ladies guarantee to have encountered bosom development by enhancing their eating regimen with these food sources. A few food varieties containing phytoestrogens include:

- Nuts and seeds with oils similar to fennel, pecans, cashews and sesame seeds
- Soy items like tofu, soy milk and soy nuts

- Entire grains like earthy-colored rice, quinoa, oats and grain
- Vegetables, otherwise called beans
- Certain vegetables like beets, collards, carrots and cucumbers
- Certain natural products like plums, raspberries, apples and pomegranates
- A few drinks like espresso, red or white wine, and dark or green tea

Practicing Your Chest. Do activities to focus on your pectoral muscles**.** Since your pectoral muscles are straightforwardly underneath your boobs, any expansion in size will cause your bosoms to seem bigger.

Put resources into great quality bras. Not exclusively will they last longer, yet better quality bras will fit better and help to upgrade your boobs more.

Do push-ups. Push-ups are an incredible chest practice that will assist with delivering firmer pectoral, arm and shoulder muscles. To accurately perform:

- Get into a board position with your hands somewhat more than shoulder-width separated and your legs lying on the bundles of your feet.
- Gradually further yourself to the cold earth by bowing your elbows. Make sure to keep your back straight and your stomach muscles sucked in.
- Raise yourself back to the board position, then go on for 15 to 20 additional redundancies.
- Assuming this exercise is excessively difficult, you can adjust it by adjusting kneeling down rather than the wads of your feet.

Do t-boards. This exercise will assist with loosening up your chest and fabricating muscle while conditioning your arms. You will require a bunch of 5 to 10-pound hand weights. To accurately play out this activity:

- Take a free weight in each hand and get your body into a push-up position (you will lay on the free weights). Place your feet simply over hip-width separated, giving greater security.
- Lift your right hand straight out of sight, winding your middle and turning your chest and chest area aside. Stack your arm over your shoulder and keep your hips set up — the development ought to just be in your middle and chest area. Your body ought to frame a "T" shape.
- Get back to the beginning position, then rehash with the left arm. Go on until you have finished 10 redundancies with each arm.

Perform chest presses. Chest presses will firm and tone your pecs while also working your arms. This activity will necessitate the use of a number of 5 to 10

-pound hand weights.

- Position yourself on your back on the ground or in an activity seat, palms facing away from you

, and a free weight in each hand.

- Twist your elbows, so your arms structure a 90-degree point, keeping your upper arms lined up with your shoulders.
- Gradually expand your arms, extending them towards the roof, straight over your chest.
- Steadily return your arms to the starting position, then, at that point, happen for 15 to 20 redundancies.

Do elbow presses. This is a straightforward activity that works out the chest muscles. You will require free weights in the future for this activity.

- Stand upright and hold a free weight in each hand. Raise the load to eye level and twist your elbows, framing 90-degree points. Envision your arms as football goal lines.
- Draw your elbows towards one another, keeping your arms equal. Try not to permit the load to drop past eye level.
- Open your elbows wide once more, getting back to the beginning position. Go on for 15 to 20 additional reiterations.

CONCLUSION ON BUM VACUUM TREATMENT

We're glad you made it through this guide! It was a great experience. I would advise anyone with a large fat to try any of these methods. Bum Vacuum Treatment is a great way to reduce the amount of fat from your body to your buttock in a more professional way or through the traditional means, you spend on your body, as well as help you feel better about yourself.

The conclusion on bum vacuum treatment is that it is a process that has been used for a long time, and it has been found to be effective. If you have any other questions, don't hesitate to reach out. We'll be here to help.

ASSESSMENT

1. **WHAT HAVE YOU LEARNED ABOUT BUM VACUUM IN THE JUST CONCLUDED COURSE?**

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2. **HAVE YOU EVER HAD A BUM VACUUM TREATMENT BEFORE?**

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3. **HOW DO YOU HANDLE YOUR BUMS?**

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4. **DID YOU KNOW THAT LYMPH NODES ARE USED FOR IMMUNE FUNCTIONS AND FILTRATION?**

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5. **WHAT ARE SOME OF THE BENEFITS OF BUM VACUUM TREATMENT?**

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6. **WHAT DO YOU FEEL IS THE BEST WAY TO GET MORE CLIENTS TO BUY YOUR BUM VACUUM TREATMENT?**

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7. **WHAT IS THE BEST WAY TO HANDLE AND CLEAN YOUR BUM VACUUM?**

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8. WHAT SHOULD A CLIENT EXPECT AFTER YOUR TREATMENT?

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