

Restore Your *Core*

PELVIC FLOOR STRENGTHENING, THE FLOURISH WAY

Pelvic floor weakness is one of the most common — and least talked about — wellbeing concerns we see, affecting both men and women at every life stage. It's often behind chronic lower back pain, bladder leaks, and a loss of core stability that ageing, childbirth, and modern sedentary living only make worse.

At Flourish, we're introducing a clinically-proven, completely non-invasive way to address it — no needles, no downtime, and you stay fully clothed throughout.



THE CHAIR — SEATED, CLOTHED,
30 MINUTES

30 min
PER SESSION

11,000+
KEGEL EQUIVALENT

6
SESSIONS, 2-3 WEEKS

What It Is

Using High-Intensity Focused Electromagnetic (HI-EMT) technology, our new pelvic floor chair delivers thousands of supramaximal muscle contractions in a single 30-minute session — a level of activation the body simply cannot achieve through voluntary exercise or Kegels alone. One session is the equivalent of over 11,000 Kegel contractions.

What To Expect

- Just 30 minutes per session, fully clothed and seated
- No downtime — return to your day, your workout, or the studio floor straight after
- A course of 6 sessions, spaced across 2–3 weeks, for optimal results
- A private consultation and screening before your first session, so we can confirm it's right for you

COMMONLY TREATED CONCERNS

Urinary incontinence	Weak pelvic floor
Postpartum recovery	Sexual dysfunction
Erectile dysfunction	Pelvic organ prolapse
Dysmenorrhea	Prostatectomy recovery

Who It Can Help

Members exploring this treatment often come to us wanting to:

- Rebuild pelvic floor and core strength
- Feel more confident and in control day to day
- Support recovery after childbirth or pelvic surgery
- Complement an active, training-led lifestyle
- Address the physical after-effects of a sedentary routine

“My core feels tighter, I've regained control of my bladder and as a bonus the pain I used to get on my lower back has improved massively.”

TREATMENT USER, SUPPLIER CASE STUDY

Pricing

Exploratory session £25

Single introductory session, redeemable against the 6-session course if you proceed within 14 days.

Introductory course £650

Course of 6 sessions, twice weekly over 2–3 weeks. Equates to around £108 per session.

Top-up session £100

For members who have completed the introductory course and wish to maintain results.

Every member is screened first.

This treatment isn't suitable for everyone — including anyone who is pregnant or breastfeeding, has a pacemaker or other implanted electronic device, or certain metal implants. A short, confidential consultation with our team comes before every course, and where needed we'll ask you to check with your GP or specialist first.

Book a Consultation

Speak to the Flourish team to arrange your screening and find out more about the course.

BOOK ONLINE AT WWW.FLOURISHYORK.COM OR CALL 01904 951600

