

About Us

Est. 1992

Lisa (Mecca) Primps knows she is not alone in her search to improve her health, enhance self image & self esteem.

She's made it her life's work by becoming Licensed in Electrolysis, Esthetics & Hair-dressing/Cosmetology & certified in many additional therapies.

From Root Cause Protocol Consultations, Body Detox, Slimming & Wellness Therapies

This is YOUR Place, your one-stop-shop for the most sought after Beauty & Wellness Rituals.

Lets get started-we can't wait to create a tailored plan just for you!

Welcome to The Primping Place!

Lisa, Josselyn, Anette & Marta

The Root Cause Protocol

Consultations, HTMA,
Retail Sales of RCP Suggested Minerals
"You're not broken, you're
just out of balance"

The Root Cause Protocol, aka RCP is about getting to the root cause of your symptoms.

What we've uncovered is that all disease is caused by oxidative stress. Oxidative stress is the result of cellular dysfunction, which is caused by an imbalance of 4 key minerals in the body – magnesium, copper, retinol and iron. This imbalance is known as Mineral Dysregulation.

If you're ready to go beyond mainstream medicine and understand what's truly going on inside your body, how to build immunity and how to improve health then schedule a session with Lisa Primps, RCP Consultant today.

Pricing available upon request.

We offer memberships
and gift packages.
Scan to learn more.



Slimming Therapies

CRYOSKIN

CRYOSLIMMING®



CryoSlimming® uses the application of alternating heat and cold temperatures in order to stimulate and encourage the natural process of releasing fat cells through the lymphatic system. The massage wand is applied using a specialized technique in a localized area.

Areas: Abdomen, Thighs, Hips, Arms, Upper Back, Love Handles, Double Chin

CRYOTONING®

CryoToning® uses cold massage to smooth, lift, and firm skin, reduce the appearance of imperfections, and improve the skin's overall texture and appearance.

Areas: Thighs, Abdomen/Hips, Arms, Upper Back, Chest/Breasts, Neck/Décolleté, Buttocks

CRYOFACIAL

CryoFacials use cold temperatures to increase blood flow and oxygen, which helps to reduce the signs of aging while also providing brightening, contouring, and lifting. CryoFacials are a natural, non-invasive way to look younger and more radiant.

Areas: Face & Neck

Manual Toning/ Most Advanced Static	\$350
Lymphatic Drainage Slimming	
Cryo for Aches/Pains/Discomfort	\$50
Facial for Red Carpet	\$250 – \$325
Static Lymphatic Drainage	\$50

**We create a customized detox plan for customers on slimming package.
We have options targeted to your specific needs below.

RADIO FREQUENCY "RF" + CAVITATION \$99

WOODS THERAPY \$45

Boutique Budget Friendly Body Contouring

Radio Frequency (RF) skin tightening is a nonsurgical skin treatment to firm sagging skin.

How does radio frequency skin tightening work?

Radio frequency devices use safe levels of low-frequency electromagnetic waves to generate heat allowing sagging skin regains its firm shape and feel. This heat penetrates deep into your skin's layers. There, it stimulates new skin cell production (regeneration). The treatment also stimulates the production of collagen and elastin. These proteins give skin cells more strength and flexibility.

CAVITATION

Ultrasonic cavitation is a non-invasive body contouring treatment that uses ultrasound waves to break down fat cells. Some potential benefits of cavitation include:

- ♥ Fat Reduction – Cavitation can target and reduce localized fat deposits, such as on the abdomen, thighs, and buttocks.
- ♥ Cellulite Improvement – The treatment can help break down the fibrous bands that cause cellulite, resulting in smoother and more toned skin.
- ♥ Body Contouring: By reducing fat and improving cellulite, cavitation can help reshape and define the body.

WOOD THERAPY

Wood therapy can provide benefits such as improved circulation & lymphatic drainage, reduced muscle tension, toned & firmer skin, and a reduction in the appearance of cellulite by breaking down fat and smoothing tissue. The process uses wooden tools to deeply massage and sculpt the body, which can lead to improved muscle tone and a more defined physique.

Detox Therapies

Ionic Foot Detox \$75
for up to 3 people same time



In addition to removing heavy metals and toxins from your body, an ionic foot detox may also offer the following benefits:

- | | |
|-----------------------------|------------------------------------|
| ♥ Lower Stress Levels | ♥ Clearer Skin |
| ♥ Improved Mood | ♥ Increased Oxygen Levels |
| ♥ Better Balanced pH Levels | ♥ Improved Sleep |
| ♥ Reduced Inflammation | ♥ Assistance with Weight Loss |
| ♥ Boosted Immune System | ♥ Purified Blood and Lymph systems |
| ♥ Improved Heart Health | ♥ Enhanced Nutrient Absorption |
| ♥ Reduced Headache Pain | ♥ Increased Circulation |

45 minutes \$75 per treatment or buy 5 and get 10% OFF

FIT INFRARED BODY WRAPS \$99

FIT Bodywrap sessions offer benefits including

- | | |
|------------------|---------------------|
| ♥ detoxification | ♥ weight loss |
| ♥ pain relief | ♥ skin rejuvenation |
- through direct, deep infrared heat 130° that raises core body temperature and increases circulation. The system promotes deep sweating, which helps eliminate toxins, and the heat can accelerate metabolic rate and stimulate the immune system. Clients also experience deep relaxation and stress relief, along with improved skin tone and texture.

Each treatment includes a free hygienic FIT Suit and Topical Booster of choice. Choose from Detox, Firming, Anti-Aging, Weight loss or Exfoliating. You can purchase extra booster add-ons for \$5 each.

Lymphatic Therapies

LYMPH NODE RELEASE THERAPY

We have all heard about Lymphatic drainage which involves a therapeutic 'massage' that encourages lymph flow around the body. This is important as it supports the body in removing excess fluid and toxins and improves health and well-being.

For those with sluggish Lymphatic systems additional therapies may be beneficial. The Lymph Node Release Therapy takes lymphatic drainage to another level whereby it focuses on pumping the lymph node groups, to enhance drainage of lymph back to the bloodstream. This opens up the pathways for the best results with our Flowpresso, Cryoskin & all detox treatments.

Upper body \$85



Full body \$150

FLOWPRESSO \$99



Flowpresso® delivers compression, InfraRed heat and deep pressure therapy simultaneously to encourage the body's inner systems to activate.

"Its like a hug machine".

Benefits

- ♥ Pain Management
- ♥ Improved Movement
- ♥ Enhanced Circulation
- ♥ Reduction of Fluid Retention and Swelling
- ♥ Supports Recovery and Rehabilitation

LYMPHATIC MASSAGE FACIAL ADD ON \$25

- ♥ can improve acne
- ♥ reduce eye bags & puffiness

PEMF \$60

BEMER To Increase Microcirculation

Healthy circulation is vital to optimal health. Stimulating healthy muscles temporarily increasing blood circulation in healthy muscles is the primary goal of BEMER. BEMER devices use a pulsed electromagnetic field—abbreviated as PEMF—to deliver a patented therapeutic signal and support muscular health and optimize performance.

- ♥ Improves Local Blood Flow
- ♥ Muscle Conditioning
- ♥ Recovery
- ♥ Performance
- ♥ Physical Fitness
- ♥ Muscular Strength
- ♥ Endurance & Energy, Vitality & Well-Being
- ♥ Stress Reduction & Relaxation
- ♥ Weight Loss
- ♥ Improved Sleep
- ♥ Non-Invasive
- ♥ Safe

LYMPHATIC MASSAGE FACIAL ADD-ON \$25

- ♥ can improve acne
- ♥ reduce eye bags & puffiness

BEMER Machine Purchase & Rentals Available – get the maximum health benefit by trying a BEMER rental.

*Enjoy our Rental BEMER in your home:
\$300 per week / \$450 for 2 weeks.*

**See also wellness menu*

RED LIGHT/INFRARED FULL BODY TREATMENT

20 MIN \$40,
30 MIN \$65,
45 MINUTES \$85

660nm Red Light Benefits:

- ♥ Stimulates ATP production within mitochondria which helps our cells produce more energy=improved cellular function.
- ♥ Treats wrinkles, lines, redness, acne, scars, stretch marks, age spots, improves facial texture & sun damage
- ♥ Repairs skin, boosts new cell growth, rejuvenates, stimulates collagen production, increases fibroblasts, increases blood circulation & reduces inflammation
- ♥ Improves psoriasis, rosacea, eczema & alopecia

850nm Near Infra Red Benefits:

- ♥ Anti-inflammatory, reduces joint & muscle pain and general inflammation; penetrates into deeper tissues, pain relief
- ♥ When used on athletes post workout, increases muscle mass, decreases inflammation & oxidative stress
- ♥ Reduction of lines, wrinkles & hyperpigmentation
- ♥ Detoxification & weight loss (combined with 660nm)

Great choice for clients who cannot tolerate the heat found with FIT Body Wrap

VIBRATION PLATE LYMPHATIC TREATMENT

\$10 FOR 10 MINUTES

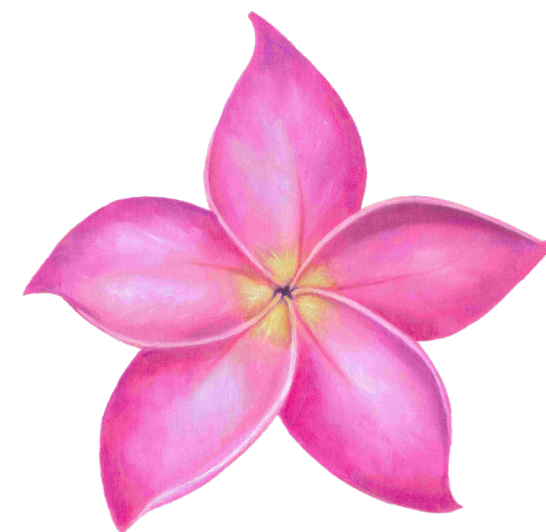
Vibration plate therapy, also known as whole-body vibration (WBV), involves standing or sitting on a platform that vibrates at high frequencies. This therapy has been proposed to offer several benefits, including:

- ♥ Muscle Strengthening and Toning – The vibrations stimulate muscle contractions, leading to increased muscle strength and tone.
- ♥ Improved Balance and Coordination – Standing on a vibrating platform challenges the body's balance and coordination, improving these abilities over time.
- ♥ Bone Health – The vibrations may mimic weight-bearing exercises, promoting bone density and reducing the risk of osteoporosis.
- ♥ Weight Loss – Increased muscle activity and metabolic rate during vibration therapy can contribute to weight loss.
- ♥ Reduced Muscle Soreness – WBV may help reduce muscle soreness after exercise by stimulating blood flow and lymphatic drainage.
- ♥ Improved Flexibility – The vibrations can promote stretching and mobilization, leading to increased flexibility.
- ♥ Lymphatic Drainage – The vibrations may stimulate the lymphatic system, improving fluid drainage and reducing swelling.
- ♥ Other Potential Benefits – Some studies suggest that WBV may have benefits for people with chronic pain, Parkinson's disease, and multiple sclerosis. It may also improve circulation and promote relaxation.

NOTE: It's important to consult with a healthcare professional before using vibration plate therapy, especially if you have any underlying health conditions.

THE PRIMPING PLACE SPA

*Stamford's "Mecca" for Electrolysis,
Skin Care, Hair Restoration and Cryoskin*



Wellness Menu

70 Mill River Street
Lower Level 3, Stamford, CT
203-325-9565
www.ThePrimingPlace.com

Follow us @PrimingPlace

