



Natural Health & Beauty Solutions Since 1990

NO INJECTIONS, NO TOXINS, NO SURGERY - NO RISK

A revolutionary collection of innovative anti-ageing,
health & wellbeing products.



2 DECADES OF SUCCESS



Cleo Q Face & Body Toning

▶ INVEST JUST 7 MINUTES
A DAY... GAIN BACK YEARS

Page 3



Cleo Q Discreet

▶ THE PELVIC EXERCISER
THAT DOES THE WORK
FOR YOU...

Page 12



Cleo Active

▶ REVIVE TIRED ACHING
LEGS & BOOST
CIRCULATION

Page 18

Club Cleo has been pioneering the development of health, beauty & wellbeing solutions for the past 20 years. Due to our dedication to deliver treatments that offer a real solution, without risk, Cleo is now a household trusted and medically accredited brand.

Cleo has an international reputation for excellence, with satisfied clients in more than 80 countries across the globe. For the past 2 decades men and women from all walks of life, including celebrities and even Royalty have been using Cleo products to enhance their appearance and improve their health and wellbeing.

Our ongoing commitment to research and development guarantees we only manufacture products of superior quality, design and performance, which has helped us achieve market leading status in the supply of home-use electrical muscle stimulation devices.

Our objective is to stay ahead of our competitors by offering the very latest technological advancements to meet the fast changing needs of the consumer, whilst maintaining our core values of combining natural processes with science to enhance your beauty, health and wellbeing, as well as providing exceptional quality, durable and affordable innovative products that bring REAL RESULTS.

START SEEING A YOUNGER YOU

Cleo Q is the latest addition to our highly successful range of face and body toning devices.

More than just a non-surgical face lift, Cleo Q is a multi-function top to toe toning system! It's the ultimate package if you want to rejuvenate your face, firm and tone your body and actively delay further ageing, with minimal time commitment and effort required.

A non invasive, non toxic treatment, Cleo Q is a safe and effective natural alternative to other often risky & expensive cosmetic procedures and time consuming, costly trips to the salon or gym, and is scientifically proven to tackle the effects of ageing from within.

Cleo Q is the only system in the world with the built in functionality to stimulate 10 separate areas from the same hands free, compact, portable control unit.

As well as giving you a full facial workout, stimulating all the muscles of the face, neck and décolletage, toning and lifting them back into shape, Cleo Q Face, unlike other facial stimulators, gives you the flexibility to target specific problem areas to suit your personal needs.

Whichever part of your face concerns you the most, Cleo Q Face has a routine specifically designed to combat the problem, making it the most versatile facial toning appliance in the marketplace today.

Regular use of Cleo Q helps to maintain younger looks and control further effects of ageing, dramatically reducing the appearance of lines and wrinkles, defining your features and giving you a radiant complexion.

WHAT CLEO Q CAN DO FOR YOU

Our face tells everything about us, including our age and is the part of our anatomy most affected by the passing of time. Cleo Q effectively tackles the signs of ageing, and allows you to choose which part of your face you want to improve.

- *Lift hooded eye lids & eyebrow shape to give you a more youthful and alert appearance*
- *Restore lip fullness and shape, removing tiny bleed lines*
- *Minimise frown lines, brow furrows and crows feet, softening your expression*
- *Tighten the jaw line and neck resulting in the disappearance of jowls and sagging skin*
- *Reduce puffiness, bags and dark circles by stimulating lymph drainage to remove metabolic waste from under the eyes*
- *Boost circulation, restoring luminosity and hydration to your complexion*
- *Lift, plump and re-shape cheeks, adding definition to your facial contour*
- *Maintain strong, healthy muscle tone and slow down the rate of further ageing*

“ I have been with Cleo for 9 years and wouldn't be without it. The benefits are amazing. It even comes on holiday with me! Mrs Clare, Warrington ”

AGEING IS MORE THAN SKIN DEEP

Cleo Q works in harmony with your body: via strategically positioned medical grade electrode pads, Cleo Q transmits a unique series of multi-sequential micro-pulses that replicate the rapid nerve signals of your teens to revive and retrain your deep muscle layers and rejuvenate your complexion! These deep muscle layers are responsible for supporting your facial structure and providing vital nutrition to the skin.

We are all aware that external influences can speed up ageing of the skin, such as: smoking, poor diet, lack of exercise, stress, sun exposure and environmental toxins but the REAL cause of ageing lies beneath the surface.

Starting in our late teens, the nerve signals that contract our muscles and keep them 'tight' gradually start to weaken, causing them to relax and lose firmness; this is known as atrophy (muscle wastage).

This natural deterioration reduces muscle density which makes our facial contours lose definition, the skin becomes duller, thinner and less hydrated and eventually starts to wrinkle and sag.

Our deep muscle layers stimulate the production of oxygen and youth nutrients such as collagen and elastin. Carried through the blood stream, they provide hydration and nourishment to the dermis, fuelling cell regeneration.

This 'slowing' down of deep muscle activity demands less blood flow, diminishing oxygen supply to the surface muscle, thus reducing the body's capability to deliver sufficient nutrition to the skin. These effects of ageing are more noticeable on the facial area because it's the only part of the body where skin is directly attached to muscle, so as natural atrophy occurs the signs of getting older become outwardly visible. Firming and toning these supporting muscles automatically lifts and tightens your skin.

“ Excellent product, been using now for 15 years and people never guess my true age. It is probably the most effective anti-ageing product I have ever bought or will ever need. Sue Mathews, Doncaster ”



TAKE CONTROL OF AGEING

The effects of ageing can ONLY be tackled by taking action where it matters... underneath the surface! Regular exercise of deep facial muscles can dramatically slow down the rate at which you age, and prevent further deterioration well into your later years.

There are 2 types of facial muscle:

1. Surface Muscle: known as white 'fast twitch' fibre (c. 5%)

We use this whenever we create facial movement and expression. It produces no oxygen or nutrients of its own and is 'fed' by the underlying postural muscle. Exercising this layer alone has no cumulative effect meaning no long term benefit can be achieved.

Cleo Q is the only facial exerciser that by-passes this layer and focuses on the deeper layers.

2. Postural (deep) Muscle: known as red 'slow twitch' fibre (c. 95%)

This is held in a permanently contracted state by nerve signals from the brain. It actively produces oxygen and other vital nutrients such as collagen and elastin which through the bloodstream feed the surface muscle and epidermis, helping to keep skin soft, supple and firm.

Postural muscle is the scaffolding that holds our facial features in place and that which is most responsible for the visible signs of ageing. It is essential to stimulate this underlying layer as left un-maintained and un-toned it collapses resulting in: hooded eye lids, droopy cheeks, jowls, wrinkles, crows' feet, baggy / puffy eyes, poor skin condition, a dull complexion and dehydration of the skin.

Cleo Q is the only facial exerciser that has precise enough pulses to stimulate deep muscle.

RESTORE YOUTHFUL LOOKS NATURALLY

Just as exercising at a gym can keep your body healthy & well toned, the same principle applies to your face.

Anti-wrinkle creams that promise to turn back time are basically ineffective because the skin is a waterproof membrane, and although a necessary part of your skincare regime, creams alone can only act as a barrier to protect the skin from external aggressions, nothing more!

Fillers, toxic injections and surgery merely tighten the skin, and temporarily restore a youthful look, but do nothing to get to the root of the problem or prevent further muscle deterioration, PLUS there's the risk.

Stimulating activity in postural muscle increases blood flow, carrying collagen and elastin to the skin's surface, as well as boosting your body's production of proteins which plump and tighten the muscles. Over time, as your muscles become stronger and healthier, lines and wrinkles diminish and your face becomes firm and lifted.

After an initial restoration period of approximately 12 weeks, continued use of Cleo Q between 2- 5 times per week (or as required) can significantly slow down the rate at which you age, maintain strong, healthy muscle tone and prevent further deterioration well into your later years.

FEATURES & BENEFITS

Designed for comfort, benefit and performance, Cleo Q is a sophisticated personal care device manufactured to high quality specification.

Intelligent

Cleo Q is a fully pre-programmed digital microprocessor with an integrated shut off timer, so you don't have to monitor treatment time.

Safe

Cleo Q has zero output at initialisation with user adjustable intensity control settings providing optimum comfort during treatment.

Multifunctional

Cleo Q has 10 built in user selectable treatment area options for a complete top to toe workout, providing flexibility to suit individual requirements. So whatever your specific problem area, Cleo Q allows you to target it – no other product offers all this in one package.

Portable

Cleo Q is a compact, lightweight unit, small enough to fit in the palm of your hand and can be worn as a pendant using the supplied neck strap, so you can continue with your daily routine without interference.

Easy to Use

Cleo Q has 'one press' control buttons, plus an inbuilt LCD showing you exactly what is happening during treatment giving prompts for any necessary action.

Low maintenance

Cleo Q is powered by 3 x AAA batteries (supplied) and simply requires wiping clean with a dry cloth to remove dust.

Results

Cleo Q delivers energy & results quicker, more effectively & efficiently than any other toning device available today, using unique medically recognised, scientifically proven advanced technology, exclusive to Cleo Q.

Youthfulness

Regular use of Cleo Q will lift, tighten & firm facial muscle, reduce wrinkles, improve complexion & make you look years younger.

Improved Skin Tone

During treatment, increased blood flow stimulates the body's production of naturally occurring collagen, elastin & vital nutrients releasing them into the epidermis to generate a healthy, radiant complexion.

Complete Body Toning

Not just for facial improvement, Cleo Q will also lift, tone and shape your chest / breasts, firm the buttocks, tighten the pelvic floor, diminish cellulite, restore firmness to your abs and slim the waist, tone your upper arms, lower legs & improve circulation in the hands.

Effortless

Treatment programs start from as little as 7 minutes for an effective facial workout, and just 5 minutes for body areas. With such minimal time commitment, you have more free time to get on with other things.

“ I've been using Cleo for 7 years and everyone says that I look at least 10 years younger than my age. I'm now 47 and it's such a good feeling to be told that I look so much younger. Cleo was one of the best purchases I have ever made. Brilliant. Karen McIntyre, Canterbury ”

Cleo Q Multigym gives you versatility & freedom...

Cleo Q is more than just a facial exerciser: it's a multi-purpose solution for any part of your body that needs attention, so you don't need multiple devices to firm and tone different areas – Cleo Q MultiGym does it all, providing effective hands free muscle toning in a fraction of the time (and cost) than it would take to perform a variety of workouts by any other method.

In fact, in just over 1 hour you can give yourself a complete top to toe workout, rejuvenate your face and reshape your body, without even working up a sweat. So, save yourself time, effort and money and choose Cleo Q – it's a one off purchase that will benefit you for a lifetime.

Cleo Q is probably the best investment you will ever make to guarantee ageing becomes a thing of the past.





RESHAPE YOUR BODY TOO

Abdomen

A complete work-out for the stomach! Just as your gym instructor would give you several types of sit-ups including 'side crunches', Cleo Q is the only abdominal toner to offer three separate routines ensuring maximum effect! Not only does it give you a fantastic looking tummy, shape your waist and burn off excess fat, it also strengthens the abdominal corset, which supports your every movement, protecting your back against injury.
Program duration from 9 minutes.

Hands

The second most exposed part of our body, yet one of the most neglected; our hands are robbed of nutrition and quickly become dry, rough and wrinkled. By improving circulation, Cleo Q rejuvenates the hands, restoring hydration, mobility and encouraging cell renewal. Cleo Q hands program can also combat symptoms of arthritis & rheumatism.
Program duration from 8 minutes.

Upper arms

Saggy, loose skin / bingo wings can be unsightly, yet often unavoidable for most women, even those who regularly exercise. Cleo Q upper arm program breaks down the fatty deposits that accumulate in this area, tones the underlying muscle and reshapes the top of the arms.
Program duration from 9 minutes.

Buttocks

The most difficult area to exercise, yet Cleo Q makes it all incredibly easy and achievable. The buttocks program tones the muscles which support and shape your bottom, not only strengthening the hips but giving you a smooth, firm and rounded contour.
Program duration from 14 minutes.

Pelvic floor

The pelvic muscle group is the 2nd most difficult area of the body to manually exercise, as its composition is 90% postural (dormant) muscle. Providing up to 1500 contractions in a single session, Cleo Q pelvic program helps you to restore control of a sensitive bladder, tighten vaginal grip and maintain pelvic health. This program is medically certified to treat the symptoms of incontinence.
Program duration from 6 minutes

Calves

Shape and tone your calves and achieve a leg profile you'll want to show off. Used on a regular basis this program will improve stamina, stimulate circulation and boost lymphatic drainage helping to remove excess fluids and prevent swelling.
Program duration from 10 minutes.

Chest / Breast

A crucial part of your body's contour. Effective toning of the pectoral muscles that support the breast tissue can help women achieve a more feminine bust profile, and men a firm and shapely chest. Just a couple of millimeters natural uplift can make a huge difference and boost your confidence!
Program duration from 11 minutes

Thighs / Cellulite affected areas

Cellulite is not just a weight related problem, it can affect women of a slim or muscular build as well as those who carry excess pounds. For most women the thighs are especially prone to cellulite build up yet exercise & diet alone won't remove it. Cleo Q directly tackles the problem area by de-stabilising the stubborn deposits that create the dreaded 'orange peel' surface on your skin and actively mobilizes them through the lymph drainage system.
Program duration from 8 minutes.

FREQUENTLY ASKED QUESTIONS

Q: Can the frequencies do me any harm?

A: Cleo Q is powered by 3 x AAA batteries, which are quite harmless. Cleo Q simply replicates natural brain signals to stimulate your muscles. This treatment has been thoroughly researched and tested.

Q: How long and how often do I need to use it?

A: Using Cleo Q on a regular basis will bring REAL results, and as with all exercise programs it is best that they are not interrupted for extended periods. Cleo Q program timings are dependent on the area you wish to treat and the level at which you set as a target, and you can effectively workout the face from 7 - 30 minutes and 5 – 70 minutes on some body areas. Cleo Q is safe to use daily and we recommend 3-5 times a week is adequate to see noticeable results.

Q: How long until I see results?

A: Muscle tone can only be improved with regular activity. The effects of Cleo Q treatment are cumulative, so your muscles will feel tighter and firmer after the first session – this will diminish within 24 hours but develop further after each use. As we all respond differently to exercise, visible differences depend on where you are starting from i.e. your current muscle tone, diet and general health. Muscles lose their tone gradually over a long period, therefore, they have to be gradually re-trained to keep in shape, it will not happen overnight, so a realistic expectation is essential to avoid early disappointment, however most people will see a noticeable improvement in skin tone and complexion within 1-2 weeks.

Q: Is it easy to use? What do I do if I need advice?

A: The computerised programs do all the hard work for you, leaving you to simply place the pads on the relevant area, switch on and relax. The comprehensive user guide shows you where the pads need to be placed and how to operate the unit as well as providing you with suggested routines and tips. We also operate a helpline during normal office hours where one of our consultants will be happy to guide you through any difficulties you may experience.

Q: Loose skin, laughter lines and wrinkles – aren't they just a sign of growing older?

A: We do not pretend that Cleo Q can make you young again but it can make you look and feel younger, and the familiar signs of ageing can be reduced with regular use. Loose, sagging skin around the chin, eyes and mouth can be made taut, and as Cleo Q improves the skin's hydration many of those lines and wrinkles can be dramatically reduced or even disappear. This treatment can also improve complexion by increasing the supply of blood and nutrients to the epidermis.

Q: What about other similar devices?

A: Cleo Q has been developed with Cumulative Charge Stimulation Technology (CCST), which delivers its energy as a chain of small packages instead of a single large delivery that is found with all other conventional stimulators. It has been developed to offer a greater and wider degree of stimulation while maintaining a high level of comfort to the user. This means that large and whole muscle groups can be stimulated quickly, resulting in the most efficient treatment available.

Q: Can men use Cleo Q?

A: Yes, men and women of all ages can receive the benefits of Cleo Q treatment. In fact, in recent years more and more men are using Cleo Q to improve their appearance, and we have seen some fantastic examples of just what can be achieved when Cleo Q is used regularly!

Q: I already visit a gym, can Cleo Q do anything more for me?

A: Yes, even if you take regular exercise, there is no routine that works on your facial muscles, so it often gets neglected. Cleo Q can work alongside the benefits gained at a gym and treat an area that needs the most attention, plus it has the added benefit of keeping your body toned at home if a trip to the gym is inconvenient.

Q: I've had surgery, can I still use Cleo Q?

A: Yes. Surgery only really tackles the problem of ageing temporarily, as it generally involves tightening / stretching the skin back, and does not actually prevent muscle deterioration or further ageing, therefore it is necessary to still exercise the foundation muscles to delay the ageing process in the future.

Q: I've had Botox or similar invasive procedures; can I still use Cleo Q?

A: Although we would never recommend toxic / invasive procedures, as the safety and long term effects have not yet been established; for those people who have tried something of this nature, it is perfectly safe to use Cleo Q, providing you have had a 2 week settlement period after the procedure. Of course, once you see the amazing results that Cleo Q can bring, you wouldn't need to consider repeating an alternative process.

WHAT YOU GET

Cleo Q is a one off investment that will benefit you for life – it takes the effort out of exercise and costs less than 1 course of salon treatments or a year's gym membership, so you can achieve younger looks and a well toned body in the comfort of your own home, anytime!



Cleo Q Face comprises:

- Cleo Q digital control unit (7cm x 8.5cm)
- 4 sets of 8 re-useable electrode pads – face
- 2 sets of 2 re-useable electrode pads – neck
- Connecting cables
- Probiotic deep cleansing moisture mousse – 150ml
- Probiotic skin sheer & radiance polish – 50ml
- Probiotic EGF regenerate nourishing cream – 45g
- 3 x AAA batteries
- Neck strap for portability
- Comprehensive user guide including program recommendations
- 12 month manufacturers warranty

Cleo Q Multigym comprises complete Cleo Q Face contents, plus for the body programs:

- 1 set of 20 re-useable electrode pads – body
- Connecting cables
- Skin preparation gel – 100ml
- Sculpt & firm body cream – 200ml
- Menthol cool circulation gel – 200ml
- Organic hand repair crème – 30ml

For the pelvic program:

- Medically approved internal stimulation probe (7.5 x 3 x 2cm) CE0120
- Connecting cables
- Organic water based lubricating gel – 50ml
- Probe cleaning solution

Prices



► Face System
£375

► Pelvic Package
£60

► Body Package
£125

► Complete Multigym
£525

CLEO Q WARRANTY

The Cleo Q Multigym System comes with a FREE 1 year manufacturer's warranty*, giving you full protection for repair or replacement should your system develop a fault.

Cleo Q Systems are manufactured to the highest specification, and although we would expect you to have many years of trouble free use it would be prudent to protect your investment further.

With our unbeatable value 2 year extended warranty cover, we can offer you the opportunity to have total peace of mind for 3 years.

Take out the 2 year extended warranty & get £30 off normal price



Special Discount

Normally priced at £75, if you take out the 2 year extended warranty package now (or up to 28 days after delivery) you pay only £45, saving you £30.

Our Service To You

Our dedicated helpline offers expert technical advice where many problems can be resolved by one of our trained consultants (Open Mon-Fri, 9am - 5.30pm).

In the rare event of you experiencing a problem, we offer a swift repair service, avoiding long interruptions to your treatment. If we can't repair it you get a brand new one.

Please note: Any mis-use or interference of the equipment will invalidate your warranty.

* Warranty offered on all electrical component parts & labour. Consumable items are not included in the warranty. Consumable items include pads, leads/cables, accessory lotions, batteries.

CLEO REVIEWS



SHE Magazine

"Cleo has the effect of returning the foundation muscles to a more youthful tone... giving you the same control over your facial fitness and appearance as you have with your body!"

M Magazine

"Cleo is able to give amazing results... simply sit back and relax and allow Cleo to lift, tone and smooth your face."



Good Housekeeping

"Wrinkles and jowls reduce in appearance and sometimes disappear as the skins elasticity and nutrition is regained."

Executive Woman

"Amazing results: crows feet and laughter lines have disappeared, cheekbones give more definition, fuller lips and firmer neck and jaw."



Daily Star

"Unlike the fast frequency salon treatments Cleo uses a slower pulse that penetrates much deeper into the face so it's not just the skin that improves. Watch those lines and wrinkles disappear."

BBC Television Watchdog

"The CLEO itself is very easy indeed, it's a question of plugging yourself in and off you go... it DOES make a difference."

Read more reviews on our website www.club-cleo.com/media-centre



DISCOVER FREEDOM FROM INCONTINENCE

Cleo Q Discreet works for any woman suffering from pelvic floor weakness and every woman wanting to prevent it. It offers a genuine solution to the problems associated with bladder sensitivity by retraining your pelvic muscles, so you don't have to live with the problem, you can solve it!

Using Cleo Q Discreet can:

- Stop embarrassing leakage & sudden urges for the loo
- Restore voluntary bladder control
- Tighten the vagina & strengthen intimate grip
- Eliminate the need for pads & liners
- Prevent further muscle deterioration
- Boost self esteem & confidence
- Restore the feeling of femininity
- Reduce the risk of infection & maintain pelvic health

A recent survey of 400, 25-75 year old women who had previously tried manual kegel exercise and / or pelvic weights without success, identified how using Cleo Q Discreet had changed their life:

- 85% of women saw a significant improvement & benefit within a few weeks
- 98% were able to cough, laugh or sneeze without leakage
- 78% felt a boost in their confidence
- 64% no longer needed to use pads / liners
- 54% experienced greater pleasure during intimacy with their partner
- 54% enjoyed the freedom of not worrying about where the nearest toilet was
- 53% felt less anxious in social situations
- 24% reported that it had postponed or prevented surgery.

Cleo Q Discreet is a certified CLASS Ila medical device recognised as a safe, effective way to restore pelvic muscle tone, treat incontinence and improve vaginal health.

FEATURES & BENEFITS

Designed for comfort, benefit and performance, Cleo Q Discreet is a sophisticated personal care device manufactured to high quality specification, with a uniquely shaped internal stimulator designed to comfortably fit the natural contour of the vagina.

Intelligent

Cleo Q Discreet is a fully pre-programmed microprocessor with integrated timer and 14 user selectable variable program options & settings.

Safe

Cleo Q Discreet has zero output at initialisation with user adjustable intensity control settings providing optimum comfort during treatment.

Ergonomic design

Cleo Q Discreet has 'one press' control buttons for ease of operation with inbuilt LCD providing visual confirmation of settings and prompts for interaction.

Portable

Cleo Q Discreet is a compact, lightweight unit, small enough to fit in the palm of your hand and can be worn like a pendant during treatment when attached to the neck strap.

Low maintenance

Cleo Q Discreet is powered by 3 x AAA batteries (supplied) and simply requires wiping clean with a dry cloth to remove dust.

Efficient & effective

Cleo Q Discreet's unique technology delivers energy & results more effectively than any other method available, safely & effortlessly providing you with up to 1500 comprehensive contractions in a single session.

Interactive & proactive

Cleo Q Discreet is the only electrical pelvic exerciser that incorporates an additional 'user assist' setting, allowing you to adopt more proactive, interactive pelvic muscle management, encouraging increased voluntary bladder control, putting you back in charge of your body.

Minimal time commitment

Cleo Q Discreet generates an effective pelvic workout in as little as 5 minutes, with the option of increasing it up to 29 minutes, depending on user preference or level of stimulation required.

“ Thank you – It means such a lot to me not to be always looking for toilets – you have given me a new lease of life! Ms Maleham

”



PELVIC HEALTH FACTS

Around 1 in 3 women suffer from a sensitive bladder & despite being more common than hay fever, it is often ignored by sufferers who are too embarrassed to seek help or believe it will just go away.

Doctors around the world acknowledge that at least 80% of cases of incontinence can be dramatically improved or even cured by exercising the pelvic muscle.

A healthy, normal functioning pelvic floor is probably the most fundamental aspect of feeling feminine, yet something the majority of women unwittingly overlook due to the lack of available information provided about its significance. Some women don't find out about its importance until they develop symptoms of weakness.

If you ignore the early warning signs of a weak pelvic floor, embarrassing leakage could happen for the first time when you cough, laugh, sneeze or exercise, and the use of feminine hygiene products such as incontinence pads could become the norm.

Did you know that in 1 year alone, the average woman can spend between £180-350 on incontinence pads / liners & / or pants (based on a conservative estimate of 1 per day usage of a leading brand).

All women, regardless of age or pelvic health, should consider adopting an effective pelvic exercise routine as a matter of future general wellbeing.

Cleo Q Discreet uses a unique sequence of electrical impulses to stimulate the pelvic muscle, providing up to 1500 comprehensive contractions in a single session. This would be impossible to match by any other method.

Using 'pocket energy' pulses, Cleo Q Discreet's new delivery method is capable of safely and accurately delivering up to 1000 times more energy into the muscle than any other conventional form of muscle stimulation, meaning for the first time ever, the whole of the pelvic muscle group can be treated more effectively in a fraction of the time!

(Treatment times vary from 5 minutes minimum to 29 minutes maximum)

The pulses are delivered into the muscle using a medically designed & approved lightweight internal probe. CE0120.



PELVIC WEAKNESS: CAUSES & SYMPTOMS

The most commonly responsible causes of pelvic weakness can be attributed to childbirth, hormonal changes during menopause, prolonged or excessive exercise, infection, obesity and genetic disorders, however, the most unavoidable cause is natural atrophy (muscle deterioration) which occurs as a result of ageing.

Recent studies have also identified that as many as 50% of young women, who've never had children, suffer from pelvic floor weakness due to the design of the urinary tract, (which is shorter in females than in males), which increases the risk of bladder infection.

As women enter the menopausal years between the ages of 35-54, there is a general decline in oestrogen levels, which can cause changes in the vaginal tissues, leading to insufficient production of natural fluids, often resulting in painful intercourse and increasing the risk of injury or infection to the vagina or bladder.

“ I have been searching for something to help me for sometime - at last the search is over! I feel a great difference, not just physically but psychologically as well. Mrs Wagner, Germany ”

Pelvic weakness can manifest itself in several ways, which contributes to a pretty miserable time for any woman suffering the symptoms.

- Stress, urge or mixed incontinence; sudden urges to visit the bathroom, urine leakage during a cough, laugh, sneeze or physical activity.

- Decreased sexual arousal, lubrication & sensation along with poor vaginal grip during intercourse.

- Poor muscle control during labour and delivery, resulting in potential difficulties and slower recovery.

- Stool incontinence or genital prolapse in extreme cases, which can be distressing, painful and require surgical intervention.

So, if you suffer from any of the above or related symptoms, take steps to regain and maintain control of this sensitive issue now, before these problems become a regular feature in your daily life!

KNOW YOUR PELVIC FLOOR

The pelvic floor is the area of your body which includes your hip bone. The pelvic floor muscle (Pubococcygeal) is a large group of muscles stretching from side to side across the floor of the pelvis like a hammock.

Not just responsible for continence, the pelvic floor muscle supports your reproductive organs & entire abdominal content, including the bladder and bowels, and plays a major role in sustaining your feminine wellbeing.

It controls vaginal secretions during sexual arousal and actively squeezes when you laugh, cough or sneeze to prevent leakage, and if it is not working effectively, you may suffer from an urgent / frequent need to pass urine with decreasing control over this function, as well as encounter other more distressing symptoms.

Regular stimulation of the pelvic floor muscle not only restores bladder control, it also improves responsiveness during intercourse & increases blood flow, which encourages healthy cell renewal reducing the risk of infection.

If you maintain regular activity you can expect to avoid further deterioration, prevent the return of previous problems, and in some cases reduce the risk of surgery.

Pelvic exercise techniques

In the 1940's the 'squeeze and release' technique, now known as 'Kegel' exercise was developed to stimulate the pelvic muscles. There have since been various other methods brought to market, combining this manual process with internal devices to help women perform them more accurately. However, they can be extremely time consuming, difficult to perfect and, in most cases, performed incorrectly or too infrequently to make a noticeable difference.

The medically recommended number of kegel exercises required to restore healthy pelvic muscle tone is 350-450 per day, which many women find exhausting and impossible to achieve.

Using unique & exclusive advanced stimulation therapy, Cleo Q Discreet delivers up to 1000 times more efficient energy into the muscle than any other pelvic toner, in approximately 75% less time.



FREQUENTLY ASKED QUESTIONS

Q: How do I know if it's safe?

A: Cleo Q Discreet has been granted certification as a medical device to treat the problems associated with bladder weakness. CE0120

Q: Will Cleo Q Discreet work for me?

A: Yes, it will work for any woman needing to strengthen and tone the pelvic muscles. The results you can achieve are improved vaginal health, stronger control of the bladder and improved sexual enjoyment.

Q: How will I know if it's working?

A: As you start the recommended course of treatment, you will soon begin to notice that you are able to gain more control of your vaginal muscles and bladder. This will increase further as treatment continues.

Q: How long do I need to continue use?

A: As we age, all muscles in the body become weaker, so it would be prudent to continue treatment indefinitely to maintain the results achieved and slow down further natural deterioration.

Q: How quickly can I expect to see results?

A: It can take approximately six to twelve weeks for most women to notice a change in the amount of urine loss, although you will start to see improvements within one to two weeks. Some women have reported a noticeable difference in the tightness of the vagina after one session! The more regularly you exercise the area the quicker you can expect to achieve results.

Q: What happens if I stop using it?

A: As with all muscles, as we age, if left unexercised 'atrophy' (muscle wastage) occurs. This is a natural but gradual process of deterioration, and over time if treatment is not maintained to some degree, it would mean a return of the original symptoms of weak pelvic muscle tone.

Q: Who shouldn't use Cleo Q Discreet?

A: You should not use Cleo Q Discreet during pregnancy, however this treatment is very beneficial after childbirth (We recommend use after being given the all clear at your 6 week post natal examination). Any woman suffering from a serious medical condition or post surgery should consult their GP for expert advice prior to use.

WHAT YOU GET

The average woman can spend approximately £180-350 on incontinence pads/pants just coping with the effects of incontinence. Cleo Q Discreet offers fantastic value for money, giving you a genuine solution to bladder weakness – it's a one off investment that will benefit you for a lifetime... so don't just live with the problem – solve it!

Cleo Q Discreet comprises:

- Cleo Q Discreet digital control unit (7cm x 8.5cm)
- Medically approved internal stimulation probe (7.5 x 3 x 2cm) CE0120
- Connecting cables
- Organic water based lubricating gel 50ml*
- Probe care cleaning solution 60ml*
- 3 x AAA batteries
- Neck strap for portability
- Voile storage pouch
- Comprehensive user guide including program recommendations
- 12 month manufacturers warranty
- VAT exemption claim form

If you are suffering from a long term medical condition associated with the pelvic floor, you can reclaim the VAT on your purchase.

Protect your product for less than 25p per week and get 3 years full cover should a fault develop.



Prices



▶ Full System
£199

▶ VAT FREE
£165

▶ Accessory Pack *
£10

▶ 2 Year Extended Warranty Cover
£25



CLEO ACTIVE - A MULTITUDE OF BENEFITS

Advanced Circulation Therapy, Increased Vascular Efficiency; Cleo Active is an effortless way of keeping your legs healthy; simply plug in and sit back whilst the therapeutic air pressure stimulates your muscles and increases blood flow, giving you healthier, comfortable and more attractive legs.

Cleo Active can be beneficial for everyone, whatever age; from the athlete to the elderly, office workers to those on their feet all day, in fact anyone wanting to revitalise their legs or anyone suffering from the following:

- Poor circulation
- Oedema (Fluid retention)
- Swollen ankles and feet
- Varicose veins or DVT
- Irritable or restless leg syndrome
- Restricted or limited mobility
- Aching legs
- Athletes cramp
- Lactic acid build up

Cleo Active not only invigorates your legs, it looks after your entire body. Regular use of Cleo Active not only tackles the problems associated with lack of stimulation and leg activity, it can significantly improve your general wellbeing too:

- Dramatically improve circulation, helping your entire body function better
- Alleviate localised aches and pains
- Soothe muscle fatigue, tension and cramps
- Strengthen the legs and improve stamina
- Reduce swelling and associated discomfort
- Disperse toxins and stimulate the lymph drainage system
- Increase mobility and movement
- Promote relaxation

Cleo Active is supplied with complimentary reflexology foot pads (for optional use) to provide an additional recognised alternative therapy. Stimulating and massaging the feet is beneficial to the whole body. It helps relaxation and promotes general wellbeing as the reflexes in our feet relate to glands, organs and other parts of the body.

When the foot pads are placed at the bottom of the leggings, like a sole, the air pressure connects them with targeted reflex points of your feet to stimulate different pressure points, to further boost circulation, detoxify organs and rejuvenate tissues and cells whilst balancing the auric field.

Cleo Active aromatherapy massage cream is also supplied as an accompanying benefit to your treatment. Containing a rich blend of natural herbal extracts specifically chosen for their soothing and healing properties, it acts to calm irritation, soften dry skin and provide further relief from aches, pains and bruising. Formulated with Arnica, chamomile, comfrey and Vitamin E, this light water based cream adds the finishing touch to your leg therapy.

“ I bought Cleo Active specifically to improve my very poor circulation; I am delighted how well this works! Mrs Hayes, Halifax

”

HOW DOES CLEO ACTIVE WORK?

Cleo Active is a mains' operated home-use Bio-feedback air pressure massage system, designed to significantly boost circulation, reduce swelling, alleviate aches and pains and provide complete conditioning for your legs.

We often forget just how important our legs are to our general wellbeing, and as modern living involves less exercise, it's crucial to keep them as active as possible.

Legs play a vital role in circulation, helping blood flow from the feet to the heart. So, if they aren't regularly exercised, we're at risk of developing poor circulation, which can lead to other more serious health problems.

Cleo Active can help prevent this happening, with a simple, relaxing 20 minute treatment; Cleo Active effectively revives tired aching legs, boosts circulation and is an effortless way to achieve vascular efficiency and healthy legs.

Unlike our animal ancestors, we stand upright, making our bodies work against gravity to pump blood back up to the heart. Our legs play a crucial part in ensuring it flows around the body efficiently. Although many of the causes of our circulatory fitness may be hormonal or hereditary, diet, illness and lack of activity can also be responsible.

Poor circulation is not only a problem as we grow older, but the underlying cause of many aches and pains in young adults too. Our muscles need a constant supply of fresh oxygen and nutrients, which are provided in the blood stream and generated through exercise. Lack of exercise inhibits healthy circulation meaning that our muscles don't get what they need, so they become fatigued and cause discomfort. For many, walking, sitting or standing for long periods can lead to this, but to what extent is dependent on your circulatory fitness.

If you're restricted from taking regular exercise either by time or mobility, or simply don't have the inclination, then Cleo Active can perform the essential stimulation your body needs to maintain circulatory fitness. It provides an effective massage treatment in just 20 minutes, ensuring blood is flowing through the body sufficiently enough to prevent problems associated with vascular inefficiency.

Massaging the legs and feet by pneumatic air compression, which mimics the pumping action of exercise, it gently applies and

releases pressure to carry blood back up to the heart and disperse toxic build up from the lymph drainage system.

The treatment is delivered through lightweight knee high leggings which connect to a hand-held, computerised control unit with a simple 'button press' operation panel.

With a micro-computer smart design, offering 3 user selectable strength settings and 2 rhythm adjustments to suit individual requirements, Cleo Active offers a high volume pressure output with gentle and gradual progression.

The leggings, which are open toed with a front zip fastening, are made from a lightweight, maintenance free, strong but delicate material providing maximum comfort and durability.

The system is pre-set to run a 20 minute treatment session and has a built in shut down timer for ease of operation. Cleo Active may be used up to 3 times per day if required.

WHAT YOU GET

Cleo Active comes with everything you need for a relaxing and effective leg massage treatment, and comes with complimentary massage cream and reflexology foot pads.

Cleo Active comprises of:

- Pair of massage leggings
- Valves & tubes set
- Pair of reflexology foot pads
- Aromatherapy massage cream – 100ml
- Microprocessor control pad
- Mains adaptor
- Instruction guide
- 6 month manufacturers warranty
- Fits any shoe size, but has a maximum calf circumference of 45cm.



► Price £70



CLEO Q HISTORY

Cleo was originally developed from a pioneering breakthrough by distinguished British scientists at Liverpool University, to treat facial paralysis and other forms of muscle injury, using STNS – Super Trophic Neuromuscular Stimulation.

The results achieved medically were so astonishing that the technology was modified for use on healthy muscle and made available for cosmetic benefit to retrain healthy muscle into a more youthful condition, combat the signs of facial ageing and provide a home-use exercise system for the entire body! This was the birth of Cleo.

Cleo has transformed considerably over recent years, refining its method of transmitting pulses and incorporating new, sophisticated technology into the process to provide improved comfort and added benefit.

Research has proven that varied levels of frequencies and stimulation methods are necessary to treat different muscle areas in order to provide long term improvement.

Unlike other home-use and salon treatments that offer only 1 method of delivery, generally using a single impulse frequency for all muscle types, giving only temporary benefit, Cleo Q uses advanced multi-sequential frequencies, incorporating 2 revolutionary developments to its existing STNS technology - **CCST & Bi-Polar migration.**

Only this complexity of stimulation can safely develop your muscle to cause physiological changes.

“ *If you want your skin to glow with health, if you want your skin to look vibrant and young, if you want to feel good about yourself every time you look in the mirror, get a Cleo. Sally Lewis* ”





CLEO Q SCIENCE

Cleo Q Systems are the result of 10 years scientific research & development with medically accredited, proven results. Compared to its competitors Cleo's award winning treatment gives quicker, more effective results.

- More efficient output transmission
- More accurate pulse release
- More reliable energy delivery

Our technicians have developed a revolutionary new way to reactivate deep muscle tissues. The process is unique and exclusive to Cleo and boasts the most advanced progression in electrical muscle stimulation for more than 50 years.

- **CCST** (cumulative charge stimulation technology) – staggered pulse transmission; a more efficient stimulation method with little wastage as the gradual trickle of pulses allows the muscle to effectively absorb up to 1000% more energy than traditional electrical stimulation which transmits signals in one large delivery.

- **Bi-Polar Migration** (transmission & recovery via both poles) – unlike standard forms of electrical stimulation that transmit via one contact point and exit via the other, our world exclusive system transmits via both contact points, finds the most resourceful route through the deep muscle layers and feeds back to the entry points, stimulating a much wider, deeper area of muscle than any other toning device.

“ I love Cleo I have been using your products for many years and would describe them as the best money can buy. I started with Cleo Discreet which for me was literally life changing, so I bought a Cleo Q Face System, which also lived up to my high expectations – faultless. Mrs Newton, Bucks ”



THE SCIENCE OF HEALTH & BEAUTY

Cleo has an ever increasing portfolio and now showcases more than 500 exclusively selected items. Sitting alongside our flagship products, we now stock a selection of big brand names, salon professional ranges, exclusive skincare formulas & wellbeing devices that you won't find on the high street, plus new ranges in; body care, slimming, detox, fragrances, spa, breast enhancement, intimate & personal care, herbal remedies & many more beauty treats in our online store.

With new merchandise being added weekly, we have something for everyone who cares about the way they look & feel.

20 years on... Cleo is still making people look great & feel fantastic – it can do the same for you!

To view the complete Cleo range visit www.club-cleo.com



THE CLEO SKINCARE RANGE

Exclusively formulated with only the finest natural ingredients, Cleo Skincare nourishes, hydrates and provides multiple benefits against ageing. All our products are hypo allergenic, suitable for all skin types & involve no animal testing. By hydrating your skin and giving it the attention it deserves, you can keep it looking youthful, beautiful and radiant all year round.

Probiotic Facial Care

Cleo's NEW Probiotic Skincare range is unique, in that its organic content actually feeds the skin with healthy bacteria, giving far superior benefit than conventional skincare products. Our patented co-fermentation process has a unique mineral & herbal formula which promotes biosynthesis of collagens, fibronectin & keratin.

The facial range comprises: Deep Cleansing Moisture Mousse, EGF Regenerate Nourishing Crème, and Skin Sheer & Radiance Polish



Nutrient Rich Body Care

Cleo's NEW range of body care products are formulated using a multitude of the finest herbal ingredients. Abundant in plant extracts renowned for their anti free radical action and cell renewal benefits they are rich in essential nutrients, visibly nourishing, repairing and revitalising your skin.

The body care range comprises: Organic Hand Repair Crème, Cool Menthol Circulation Gel and Sculpt & Firm Body Cream



Deluxe Beauty Masks

Cleo's intense treatment cotton facial masks are infused with a variety of potent anti-ageing ingredients combined with nature's finest plant & herbal extracts to firm skin and reduce fine lines. The masks revive the senses & instantly nourish a tired, dull complexion leaving the skin feeling refreshed, moisturised and instantly hydrated.

The face masks range comprises: Collagen Q10 Silk Elastin, Hexapeptide with Ginkgo Biloba, Licorice & Aloe and Hyaluronic Acid with Amino Acids & Aloe





Cleo

ORDERING INFORMATION

Phone



Tel:
0871 22 11 340 (UK)
0044 113 252 7744
(Overseas)

Post



Address:
KayCo Ltd,
3 Cadman Court,
Chartists Way
Morley, Leeds
LS27 0RX
West Yorkshire, UK

Online



Web:
www.club-cleo.com
Email:
mail@club-cleo.com

GO SOCIAL

Join us on Twitter and Facebook for updates, latest news stories and exclusive deals on all things Cleo.



Twitter:
twitter.com/ClubCleo



Facebook:
www.facebook.com/ClubCleo

Issue MCB0111

Content correct at time of going to print: please note details and specifications may be subject to change without prior notification.

Opening Times: Monday - Friday 9am - 5.30pm

All prices include VAT. For information on how to pay by cheque and postage & packing rates, please see accompanying cover letter.