



Venen Engel  
12 Premium  
Program Flows

# Venen Engel 12 Premium

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Quick relax

**02**

Deep relax

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Wellness care  
packege

**04**

Spa time for  
the legs

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Smooth skin

**06**

Reduce leg  
circumference

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End of work day  
Action

**08**

End of work day  
relaxation

**09**

End of work  
day deep relax

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Lunch break  
recovery

# Venen Engel is a new way of living



Light pressure	Moderate pressure	Strong pressure
up to 90 mmHg	90 - 150 mmHg	150 - 240 mmHg

Our pressure specifications are only to be understood as a guide, as the sensation of pressure and pain is always individual.

In the case of lipedema, lymphedema, water retention and venous weakness, the pressure should not exceed 90 mmHg. Too high pressure compresses the lymphatic vessels and impedes the removal of fluids. Therefore, the pressure does not have to be increased for these purposes, but may be permanently up to a maximum of 90 mmHg.

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# Quick relax

5 Min B

5 Min H

5 Min F

Light pressure  
up to 90 mmHg

## Goal

Short massage unit for in between

## Optimal implementation

End of working day, lunch break

## Duration

15 Minutes



...

# Deep relax

5 Min A  
10 Min B  
15 Min F  
5 Min E  
5 Min I

Moderate pressure  
90 - 150 mmHg

## Goal

Finally time for me - with a round of VE

## Optimal implementation

End of working day

## Duration

35 Minutes

Moderate pressure  
90 - 150 mmHg

...

# Wellness care package

5 Min	F
5 Min	B
5 Min	C
15 Min	E
10 Min	G

## Goal

Wellbeing for body and mind

## Optimal implementation

End of working day

## Duration

30 - 40 Minutes

...

# Spa time for the legs

Moderate pressure  
90 - 150 mmHg

10 Min C  
10 Min A  
10 Min D  
5 Min B  
10 Min H

## Goal

Wellbeing for the legs

## Optimal implementation

End of working day

## Duration

30 - 45 Minutes

...

# Smooth skin

5 Min A  
10 Min B  
5 Min C  
5 Min F  
5 Min G

Moderate pressure  
90 - 150 mmHg

## Goal

Improve skin texture and reduce dimples

## Optimal implementation

End of working day

## Duration

30 Minutes

Moderate pressure  
90 - 150 mmHg

...

# Reduce leg circumference

10 Min F  
15 Min B  
5 Min H  
5 Min E  
5 Min D

## Goal

Reduce leg circumference

## Optimal implementation

End of working day

## Duration

40 Minutes

Light or moderate  
pressure  
90 - 240 mmHg

...

# End of working day action

5 Min	B
5 Min	G
5 Min	D
15 Min	E
5 Min	F

## Goal

Massage legs to be active afterwards

## Optimal implementation

End of working day

## Duration

35 Minutes

Moderate pressure  
90 - 150 mmHg

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**End of working day  
relaxation**

- 5 Min. A
- 10 Min B
- 5 Min F
- 10 Min G
- 10 Min D

**Goal**

End the day in peace

**Optimal implementation**

End of working day

**Duration**

40 Minutes

Moderate pressure  
90 - 150 mmHg

...

# End of working day deep relax

## Goal

End the day in peace

## Optimal implementation

End of working day

## Duration

40 Minutes

10 Min D  
10 Min B  
5 Min F  
5 Min A  
10 Min I

Moderate pressure  
90 - 150 mmHg

...

## Lunch break recovery

5 Min B  
5 Min G  
5 Min F

### Goal

Relaxation for in between

### Optimal implementation

Lunch break, in between

### Duration

15 Minutes



For your new lifestyle