



BE
YOU

BE YOU - Instructions for use and Indications

The BE YOU compression leggings are garments crafted with high-spec advanced fabric, designed to boost blood circulation, enhance lymphatic flow and massage away excess fluids.

They represent a significant innovation in compression hosiery and serve as an outstanding garment for managing conditions such as lymphoedema, lipoedema, varicosis and other issues related to poor venous and lymphatic return.

Using their proprietary technology, Solidea has developed the BE YOU Leggings combining graduated compression, micro-massage and Far Infrared (FIR) technology.

The unique 3-dimensional wave fabric offers a beneficial massaging effect that stimulates micro-circulation on the skin surface, aiding in the elimination of excess fluids through diuresis.

The incorporation of wave patterns in compression garments is clinically beneficial for managing lipoedema and lymphoedema due to their ability to stimulate micro lymphatic drainage in the superficial lymphatics.

The massaging action helps to alleviate the common symptoms associated with these conditions, such as swelling, pain, and heaviness in the limbs. By supporting the natural lymphatic drainage process, wave compression garments can significantly improve tissue health and provide relief from the discomfort experienced by patients.

The fabric yarn contains a mineral additive that harnesses the body's natural thermal energy, converting it into FIR rays and reflecting it back to the skin, thereby improving the tone and appearance of the thighs, buttocks, and abdomen.

The exceptionally elastic top hugs the hips, conforming perfectly to the buttocks, hips, and thighs.

The material is breathable and treated with anti-microbial properties to prevent bacteria accumulation, sweat and odours.

The BE YOU leggings are both aesthetically pleasing and functional, offering medical effectiveness by stimulating lymphatic drainage.

The BE YOU leggings are available in different styles and lengths.

● BE YOU TONIC

Micro-massaging, elasticized leggings with 15/21 mmHg graduated compression.

The special three-dimensional wave fabric performs a beneficial micromassage that stimulates the microcirculation and helps eliminate excess fluids through the diuresis.

Made of a yarn containing a mineral additive FIR (Far Infrared Rays) that stimulates the body's natural thermal energy, converts it into infrared rays and sends it back to the skin tissue with a pleasant temperature-control effect. Thighs, buttocks and abdomen improve in tone and appearance.

The device is intended for the management and alleviation of the venous and lymphatic return to prevent one or more disorders of circulation (e.g. oedema, deep vein thrombosis (DVT), varicosis, lymphedema) and in case of lipedema.

The device is also intended as a help in treating the orange peel appearance (cellulite) and during daily and sports activities.

With gusset and flat seams.

With antimicrobial treatment.

The breathable fabric prevents the onset of bad odours.

Composition

82% POLYAMIDE 18% ELASTANE

● BE YOU TONIC CURVY

Micro-massaging, elasticized leggings with 15/21 mmHg graduated compression.

The exceptionally elastic top embraces the hips and adheres perfectly to a curvy physique with an excellent comfort.

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● BE YOU TONIC PRO

Micro-massaging, elasticized leggings with open toe and 15/21 mmHg graduated compression.

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microcirculation and helps eliminate excess fluids through the diuresis.

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- **BE YOU CAPRI**

Micro-massaging, elasticized compression capri pants.

The special three-dimensional wave fabric performs a beneficial micromassage that stimulates the microcirculation and helps eliminate excess fluids through the diuresis.

Made of a yarn containing a mineral additive FIR (Far Infrared Rays) that stimulates the body's natural thermal energy, converts it into infrared rays and sends it back to the skin tissue with a pleasant temperature-control effect. Thighs, buttocks and abdomen improve in tone and appearance.

The device is intended for the management and alleviation of the venous and lymphatic return to prevent one or more disorders of circulation (e.g. oedema, deep vein thrombosis (DVT), varicosis, lymphedema) and in case of lipedema.

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With gusset and flat seams.

With antimicrobial treatment.

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There are no known contraindications regarding the use of these medical devices, if properly worn according to the relative instructions. Do not use in case of hypersensitivity to the components shown on the package.

Made in Italy with first quality OEKO-TEX certified materials

Helpful Hints

-Take your time when putting on your BE YOU garment.

Use care and be gentle to prevent thread breakage.

-To prevent nail tears, we suggest wearing rubber gloves when putting on and taking off.

-Wait at least 10 minutes to put on your garment after applying skin moisturizer.

Washing Instructions



- Solidea compression garments can be washed by hand or in a washing machine at 40°C, using a delicate wash cycle. Use only detergents for delicate garments or neutral soaps.
- Washing the entire garment is recommended.
- Do not use softeners that can glue fibres together and close pores.
- Never dry compression garments in the sun or on the radiator. Keep them away from sources of heat.
- Do not chemically clean compression garments. Do not iron them or use chlorine.
- Use of a washing net permits compression garments to be washed in a particularly delicate way.
- It is always best to have a spare compression garment available.

Hand washing

It is very simple and quick to wash Solidea compression garments:

- wet the garment;
- soap with a delicate soap or detergent;
- lightly rub the entire length of the garment;
- rinse well and wring out;
- dab with a cloth in order to shorten drying times;
- hang them away from sources of heat;
- ...and they are ready to wear in the morning!

Washing symbols are given on the garment care label and on the package.

Putting on/Taking off the Garments

Easy On:

- Step 1 - Fold the upper half of the garment over the lower half.
- Step 2 - We advise that you apply the garment over both of your feet whilst sitting. Carefully pull the garment over both of your feet.
- Step 3 - Depending on the garment selected, start to unroll the leggings / capri at the desired starting point on your leg i.e. leggings start at the ankle.
- Step 4 - Ease the garment on. We would advise standing up once the garment is at your knees. Adjusting the fabric gently for comfort as you go.
- Step 5 - Roll the upper half of the garment onto the top part of your legs. Do not twist the garment as you unroll it.
- Step 6 - Roll the garment over your hips up to your waist. Adjust for comfort.

Easy Off:

- Step 1 - Gently unroll the upper half of the garment onto the lower half.
- Step 2 - Once you are at the knee we recommend sitting down on a stair to remove the garment over your lower limbs and feet.
- Step 3 - Carefully remove the garment over the feet and remove the garment completely.
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Warranty

Solidea garments, made with our proprietary fabric, are warranted to be free of material defects for 6 months.

Using bleach, fabric softener or dryer sheets, as well as any other additives, will void the warranty. Exposure to heat over 40°C and to direct sunlight will damage the garment and void the warranty. Damage due to fingernail tears, animal damage, urine saturation or excessive pulling are not covered by the warranty.



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