

## **Non Invasive Body Contouring/ Sculpting with Lymphatic Massage**

Body Contouring is a treatment designed to tighten skin, reduce cellulite and dissolve excess fat. This process is ideal for those who are in good health, not obese or excessively overweight but, currently working on or have tried to shift stubborn fatty bulges, loosened saggy skin with diet & exercise but are struggling to see results.

### **Ultrasonic Cavitation - Step 1**

Ultrasonic cavitation is a low-frequency sound wave that dilutes fat cells essentially turning them into liquid which is able to be eliminated through the urine or the lymphatic system. (*This is known to cause a ringing sound in the ears during treatment which ranges in mild to loud but subsides once this step is completed.*)

### **Radio Frequency - Step 2**

This is one of the most effective treatments to fight against cellulite and flaccidity. Radiofrequency can be applied to both face and body, gives excellent results in a combination with cavitation and is aimed at improving the texture, tone and appearance of skin.

### **Vacuum Radiofrequency + LED - Step 3**

Through this function, we accelerate the proper elimination of previously diluted fat cells. This is an indispensable step to ensure the complete treatment and avoid the formation of balls of fat under the skin as a result of poor elimination. The vacuum therapy consists of a gentle massage that presses the skin with movements in specific directions according to the structure of the lymphatic system. This helps to improve the drainage of liquids and waste substances through the appropriate channels.

# Frequently Asked Questions

## **What are the side effects?**

With any treatment certain risks are involved & unknown complications can occur as well as unknown side effects from unknown health issues however, the following effects are common: bruising, soreness, frequent urination, redness, puffiness and range from mild to extreme. These are all short-term effects that disappear in a few hours. Although your treatment is completely painless, you will hear a pitched hum or ringing in your ears. This is completely normal/safe, and should be expected.

**Results Expectations ?** The effectiveness of this treatment varies depending on lifestyle & how well the client preps before & after as recommended. On average clients can expect to see anywhere from 1-2 inches lost in a single session depending on the initial size of the area being worked on; however, this can be water loss as your body clears the broken down fatty tissues. The ultrasonic cavitation treatment will often yield immediate results which you can feel, touch and see and it can be long lasting. However, more significant results will be noticed throughout a series with optimal results at the end.

This treatment is designed to target small areas of fat to help contour and sculpt your body and is best when utilized in conjunction with current healthy lifestyle changes and not a single source of weight loss. For maximum results, it's suggested a waist trainer or sweat wrap for the mid-section worn 1 hr per day for three days following a treatment can help shape the waist, as well as drinking 32oz. of water before & after each session daily to activate the lymphatic system is key. Doing light activities to keep the system flowing regardless of area being treated is also just as important & aftercare must be followed.

**How many sessions are recommended ?** It's recommended 6-10 treatments for optimal results however, the first week 2 sessions in a 72 hr period is best to jump start your results followed by weekly treatments depending on the size of the area a 2nd week of 2 sessions in 72 hr period may also be recommended so, planning your first week is important once you purchase a package. Large areas mixed with smaller areas is best ( example: Tummy w/ Arm series) or (Back w/ peach enhancement) to not over stimulate lymphatic flow. However, packages can be mixed and matched while being circulated each treatment for a total body sculpting.

**Menstrual Cycle ?**If you start your menstrual cycle please reschedule as this can cause a heavier flow, you may be bloated and can throw off your measurements.

**Can I have Botox or fillers?**You should wait 3-4 weeks after receiving injections or have your face sculpting session before injections.

**Is the procedure painful?** - No, the treatment is painless. A slight tingling sensation or buzzing in the ear may sometimes be felt during the treatment. Some heat sensation may also be felt during treatment but no pain. Any slight reddening of the skin which may sometimes develop during or soon after treatment quickly disappears, some report a 'post workout' type of soreness.

**On which parts of the body is the treatment most beneficial?** – Thighs (saddle bags), Abdomen (love handles/pouch), Hips (flanks), Buttock, Back & Upper arm i.e. the areas of localized fat.

**How long is a treatment session?** – Treatment times may vary depending on the area being treated but a typical session will last between 1 and 2 hours.

**Does it work on Cellulite?** – Yes, low frequency ultrasound (40kHz) generally works well on cellulite by focusing the ‘cavitation effect’ on the superficial fat tissue. Best results are obtained when the ultrasound is applied in conjunction with the ‘radio frequency’ (RF) and Vacuum Therapy, which helps to tighten and tone the skin and break up pinched fascia that creates the dimpling effect.

## Before & Aftercare (Body Contouring)

Throughout the course of the treatment you must follow the before & aftercare for best results.

### **On the day of treatment:**

***Cavitation will be best performed under high hydration conditions.***

1. Avoid doing anything that will irritate your skin immediately before treatment.
  - a. Ex: Tanning (natural, sun induced or artificial, tanning bed). It would be more likely to suffer pain from the addition of heat to the already damaged skin; however an established tan would be fine.
2. **You must drink 32oz or 1 liter of water within 2 hrs prior to your appointment time.**  
You can also consume a protein shake that is made with water.
  - a. **A light meal can be consumed 2 hours before your appointment.** (when working on the tummy area, it's best to not overeat) Also, avoid eating fat, fried and spicy food to avoid burdening the liver and kidneys.
3. For best results you should refrain from any alcohol consumption during your series both before & after the treatment, as this process will be detoxing the body and alcohol consumption during this period may prevent your liver from removing the dissolved fat cells from your body (as the liver will assign priority to removing the alcohol from your blood) especially with-in a 48 period before & after each session.

## **After your treatment:**

1. Drinking plenty of water and exercising for at least 30 mins after each session is helpful to stimulate the lymphatic activity for elimination for 72hrs. (ie. walking, biking or other aerobic activity) highly recommended.
2. It's best to put into practice a low carb diet with protein in each meal and drink at least 32 oz of water daily ( lemon, key lime help to detox ) but stay away from carbonated soda, excess caffeine & alcohol before and after each session.
3. Self massage is encouraged to stimulate lymphatic flow and encourage your metabolism to increase urine output.

## **Am I a Good Candidate ?**

### **Cavitation Contraindications**

Please consult with your doctor if you have any medical condition not listed.

Although cavitation is a non-invasive treatment, there are some people who should not have this service. If you have the following you will not be a good candidate.

- Epilepsy
- Kidney/ Renal Failure
- Liver Failure
- Hypertriglyceridemia and Hypercholesterolemia
- Thyroid conditions
- Pregnant

**Note:** It is recommended to consult with your doctor in case you have a diagnosis with these medical conditions before going to an ultrasonic cavitation treatment.

**Some situations that are not absolute contraindications but that need more attention during this treatment.**

- Breastfeeding - consult with your doctor before the procedure.

## Radiofrequency Contraindications

Although cavitation is a non-invasive treatment, there are some people who should not have this service. If you have the following you will not be a good candidate.

- Current history of skin cancer or any other current condition of cancer or premalignant moles
- Diseases which may be stimulated by heat such as recurrent herpes simplex in the treatment area may only be treated following a prophylactic regimen
- Don't treat over a tattoo or permanent make up
- Impaired immune system due to immunosuppressive diseases such as HIV, AIDS, or use of immunosuppressive medications
- Poorly controlled endocrine disorders such as diabetes
- Any active condition in the treatment area, such as sores, psoriasis, eczema or rash
- Pacemaker or other implanted electronic devices
- Metal plates or pins in the application area. (Microcurrent only)
- Use of medications, herbs, food supplements, vitamins that are known to induce photosensitivity to light exposure such as Retin A, Accutane, and St. John's Wort (These clients could be more sensitive)
- Pregnancy or nursing
- Any surgical procedures in the treatment area within the last 3 months or before complete healing