## **BODY SCULPTING**

## WHAT IS BODY SCULPTING?

Body sculpting refers to a range of cosmetic procedures and techniques designed to enhance or reshape the body's natural contours. These non-invasive, and painless procedures are typically focused on reducing unwanted fat, toning muscles, or improving the appearance of problematic areas; ultimately creating a more sculpted and defined physique. Body sculpting involves non-surgical methods combined with wood therapy tools to help individuals achieve their desired body shape by targeting problem areas that may be resistant to diet and exercise. When these treatments are performed correctly & consistently they can provide clients with immediate results to problematic areas. Results have severeal health benefits and can be maintained indefinitely with proper diet and exercise.

## **BENEFITS:**

- immune support
- lymphatic drainage
- muscle & tissue repair
  - mood & sleep support
- waste & toxin elimination reduced pain & inflammation cellulite reduction
- pain free
- skin tightening

Sculpting treatments are safe and require zero downtime. The average session time is about 1-hour and sessions can safely be done every 3 days. Clients may yield different results, and typically 6-12 treatments are required. Treatment cost can range from \$85-120 per session. Packages available.

contraindications may apply.

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