

HOW TO PREPARE FOR YOUR UPCOMING APPOINTMENT



**BODY SCUPLTING
FAT CAVIATION - RF SKIN TIGHTENING -
CELLULITE VACUUM THERAPY
NEW CLIENT INFORMATION PACK**

Tiana Kara Studio

Important information...

Welcome to Tiana Kara Studio, your premier destination for body contouring. Our comprehensive services include Fat Cavitation, RF Skin Tightening, and Cellulite Vacuum Therapy, each designed to help you achieve a body you are proud of.

Please ensure you read all of the important information on the following pages:

This is very important in ensuring you get the best results from your treatment.

Please ensure you check how long it takes to get to the salon and arrive on time, if you are more than a couple of minutes late I may not be able to do your treatment that day and your deposit is forfeited, no exceptions.

Children cannot come with you to your appointment, neither can they be left in reception for insurance purposes.

If you are bringing someone with you to your appointment, they must wait in Reception. Only clients are allowed in treatment area.

I look forward to seeing you soon!

Get ready to experience a transformation like never before and reveal the best version of yourself.

Tiana Kara Studio

Important information...

We are so excited you are considering Ultrasound Body Cavitation, it is an amazing body treatment which creates exceptional real results!

But before you come to your appointment, please make sure you read ALL questions below to ensure you are a suitable candidate.

We would hate for you to make an appointment, be all excited and have to be turned away on the day. If you turn up to your appt and cannot have your treatment done for any reason that is listed on these pages. Your deposit is forfeited, no exceptions.

If there is any other questions not listed below please do not hesitate to contact us on 0402720563 and I will get back to you asap.

Important information...

What are the contraindications with ultrasonic cavitation?

Individuals with acute or contagious disease, HIV, a history of cancer, kidney failure, liver failure, fatty liver, implant devices such as pacemakers or electrical prosthesis, epilepsy or MS should not undergo ultrasound cavitation non-surgical “liposuction”. Pregnancy and breast-feeding are also contraindications for this procedure. Anyone with active contagious skin conditions will not be allowed to undergo treatments. It is also best to wait three to six months after a surgical procedure in the target area. In which areas is the ultrasonic cavitation more effective? All parts of the body where localized adiposity resides; therefore legs, abdomen, thighs, bra-line and back of arms are the most appropriate sites but there’s no real limitation regarding body areas.

How long will it take to recover from Ultrasound Body Contouring?

You are able to return to your normal activities immediately. It is performed as a walk in, walk out treatment and there is no lengthy recovery period as with surgical fat removal. Treatment is generally considered by most people to be painless, with no pain or discomfort post-treatment. A mild tingling and/or warm sensation have been reported during treatment. There are very few documented side effects to date, although bruising is considered to be rare and if it occurs will be very mild, some redness and mild swelling may be noticed for a very short time post-treatment.

Important information...

Is it possible to lose weight with ultrasonic cavitation?

Because you are reducing fat deposits you may experience some loss in weight but Ultrasound Body Cavitation itself is not a weight loss treatment. It is however, very successful in targeting specific areas of fat that you want to reduce. It is great for sculpting your figure and enhances your silhouette by reducing stubborn pockets of fat without the need for invasive surgery such as surgical liposuction. Reason why we call it "non-surgical liposuction".

Am I a good candidate for Ultrasound Body Cavitation?

Our system is ideal for people who are dissatisfied with certain areas of fatty deposits but do not want to undergo any invasive surgical treatment like liposuction. A good candidate is someone looking for fat removal from a specific area such as the abdomen, hips, thighs, legs, buttocks, flanks or arms. The treatment does not necessarily result in overall weight loss, but results in improved shape & contour and size reduction in the treatment area. If you are currently following a healthy diet or a good weight loss plan, results will be more significant and weight loss will more likely occur. Great results can be obtained for those who have up to 25 - 30 pounds or less to lose. Ultrasound Cavitation is ideal for those who have tried to shift the stubborn fatty bulges with diet or exercise and are aiming for a smoother and more balanced shape. Ultrasound Cavitation "Liposuction" body contouring is not a treatment for morbid obesity nor is it a weight loss cure. If a significant amount of surplus fat exists, we recommend successfully dieting before beginning the treatment program. A consultation will determine whether or not you are a good candidate for the procedures.

Important information...

How many sessions of Ultrasound Cavitation Non-Surgical
“Liposuction” is needed?

Between 3 and 12 sessions may be required. This depends on body mass and circumference size, age, hormonal balance, medications and your desired goals. Incorporating the eating suggestions included in your program will reduce the number of treatments that may be needed. Maintenance treatments are recommended after your initial sessions. We recommend monthly treatments for 4 treatments, then you can move onto every 4 months to maintain your new shape.

Can I drink alcohol?

To achieve the best results, it is recommended to refrain from any alcohol consumption for at least 24 hours, (preferably 2 – 3 days) following your treatments. Alcohol can prevent your liver from working to remove fats as it will make alcohol metabolism its priority before fat removal and could hinder your results. Alcohol is treated like sugar and your body will convert it into FAT!

Important information...

How does Ultrasound Body Cavitation Non-Surgical “Liposuction” work?

Ultrasound frequencies cause thousands of microscopic air bubbles to surround the lipocyte (fat cell) membranes and with vibration, the bubbles create enough pressure to cause the fat cells to break up instantly. The contents of the broken lipocytes are then moved through the lymphatic system to the liver and are safely metabolized and excreted from the body, assisted by drinking plenty of water both the day of treatment and on subsequent days. The procedure works best to remove superficial fat layers and fat accumulation that is non-volumetric. Results can be noticed after the first treatment with more significant improvement noticed within a few days. Each treatment builds upon the previous treatment.

Are the results similar to a surgical liposuction?

Yes, but because the procedures are non-invasive and work with your body’s natural elimination and detoxification processes, results are not as immediate as surgical liposuction. Fat is removed gently without harming the vascular system and without post-operative symptoms such as scarring and pain.

Why is it called Ultrasound Cavitation Non-Surgical “Liposuction”? The therapy uses low-level ultrasound to emulsify fat. Cavitation means the breaking down of the fatty tissue. Noninvasive, non-surgical “liposuction” means the fat will be removed in a natural fashion through the lymphatic and urinary systems at the pace your body will decide it can tolerate.

Body Sculpting

What are the benefits of Ultrasound Body Cavitation/Lymphatic Drainage?

- Decreased circumference in target area
- Enhanced body tone and contour/shape
- Improved skin tone and texture
- Blood circulation & lymphatic circulation
- Excellent cellulite therapy
- Connective tissue tightening
- Detoxification and Cleansing
- No Surgery
- No Anesthesia
- No Pain
- No Downtime

Important information...

How much time should pass between two sessions?

It is best to schedule your appointments a week apart and no closer than four days apart. It is essential to allow your body enough time to metabolize and excrete fats and waste materials after each session.

When will I see the results?

Most clients experience a reduction in circumference after the first session, with increasing results after each visit but especially after the third treatment and onward. The results may vary from person to person with different tissue structure, treatment area, age, metabolism, medications, and changes in hormones. Proper diet, adequate water intake and increased physical activity will certainly improve and help to maintain your results. Results will continue to improve for several weeks following the last treatment session. You will continue to metabolize fat for up to twelve weeks, which means that, as most people do not make new fat cells in later life, the loss can be permanent. This procedure will also leave you with firmer, smoother looking skin than before, due to the inclusion of Radio Frequency Therapy, which encourages the fibroblasts within the skin to produce collagen.

Important information...

How is it possible to remove solid fat through the lymphatic and urinary systems?

The Ultrasound Body Cavitation emulsifies fat and converts solid fat into a liquid substance that is easy to remove through the lymphatic and urinary systems. Some of the melted fat will be used for energy and the rest will be excreted through the urine and sweat – that is why drinking water is essential. If you do not drink adequate water before and after each treatment, it will be harder for your system to remove the fat. You may notice an increase in urination after each session.

Is Ultrasound Body Cavitation painful?

Not at all! Most clients consider the procedure painless and comfortable. During the treatment you will feel a soothing heat in the targeted area. A little “blushing” or reddening may occasionally appear but it does not cause pain. The heat generated is perfectly tolerable. There may be a slight discomfort in your ears due to the low frequency ultrasound noise experienced, but it poses no harm and disappears as soon as you are not in contact with the transducer. The treatment can be compared to the feeling of finishing an intense workout.

Is it a safe treatment?

Yes. It's a non-surgical procedure, without anesthesia, non-invasive and allows you to carry on with your social life before and after the sessions. There is no down-time! You can even have this in your lunch break and go back to work.

Tiana Kara Studio

Important information...

Can I add on RF skin tightening?

Yes for sure! RF Skin Tightening is a great addition to Body Sculpting and helps create phenomenal results. RF Skin Tightening (body) is only an additional \$90 must be in same treatment area. RF Skin Tightening (neck) is an additional \$100 and must be done at same appt.

Do you offer treatment packages?

We sure do! Please check our booking system for prices of all treatments.

Important information...

What is RF Skin Tightening?

Radio Frequency (RF) Skin Tightening is an effective treatment for addressing skin laxity on the face and body and is commonly used for non-surgical face and body lifts such as under eye bags, neck, jowls, buttocks, décolleté firming and postnatal tummy tightening. During an RF Skin Tightening treatment the temperature in the sub dermal layers of the skin increases, causing shortening (tightening) of the collagen fibres and stimulating new collagen development. This treatment requires no downtime and results are immediately noticeable, becoming even more so in the weeks following the treatment as the build-up of collagen effects further skin contraction. RF Skin Tightening may be performed as a stand alone treatment offering skin tightening results or combined with ultrasound fat cavitation to aid further fat breakdown and tighten the skin in the area where the cavitation treatment has taken place.

What does the treatment involve?

During treatment, the therapist slowly rotates the handpiece over the targeted area transmitting radio waves through the upper layers of the skin to the dermis – heating the dermis to between 39 and 41 degrees Celsius without harm to surrounding tissue. During treatment you will feel a warm-hot sensation, but it doesn't burn or hurt – the heat bypasses the epidermis altogether.

TIANA KARA STUDIO

WHAT TO EXPECT AFTER YOUR TREATMENT

Fat Cavitation and Rf Skin Tightening

Some redness may occur on the area. This is completely normal.

Rashes, little hives or bruising may occur.

These are rare, however, it is a normal reaction. If you are on or due your period, you may find that you are more sensitive and more prone to bruising.

Important information...

FAT CAVITATION AND RF SKIN TIGHTENING AFTER CARE

- Avoid sun exposure in the area treated for 2 weeks after treatment.
- After fat cavitation, we highly advise you to exercise for 40 mins or use a infrared Sauna with every Fat Cavitation treatment. The more you sweat out, the more toxins and fat you get out your system.
- We advise you to drink lots of water on the day of your treatment and for 3 days post treatment to flush all the toxins out of your body. Aim for 2-3 litres per day. This will give you best results.

Important information...

When will you see results??

It is important to note that results vary from person to person, and the results that you see will depend on your body and the number of treatments you have had.

Typically, our clients notice results immediately (especially the neck and face area), however best results are the first few weeks following the treatment.

How to track your process

Take pictures for comparison. When you look at your body every day, you may not notice gradual changes. Take a picture before the treatment, and once every one or two weeks after the treatment, so you can compare.

Important information...

How to achieve best results? We highly recommend you combine this treatment with a session in a Infrared Sauna which will help you sweat out all the liquidised fat quicker, producing even more effective results.

Before a Fat Cavitation Appointment

- DO be well hydrated (2-3 L water a day). Drink 500ml more than a normal day the day of and before your cavitation session.
- Do not eat 1 hour before your app for your own comfort.
- DO stay active (20 – 30 minutes of moderate exercise 3-4 times a week).
- DO eat a well-balanced diet.
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After a Fat Cavitation Appointment:

- LIMIT alcohol intake for 24hours before & after (the triglycerides are processed through the liver, therefore alcohol intake may reduce the effects of the treatment & it places too much strain on the liver).
- LIMIT complex carbohydrates for 24 hours (breads, pasta, sugars- these foods are stored as fat n the body and will replace the fat that Fat Cav has treated).
- LIMIT processed foods anyway as a part of a healthy diet.
- DO drink at least 2-3L of water in 24 hours prior to and for 72 hours after each treatment.
- DO either use a infrared sauna immediately after your treatment OR go for a high intense walk (the more you sweat the better your results).

Important information...

Pre and Post Care Information

- To ensure the body responds well to RF at least 2 litres of water should be consumed over a 24 hour period prior to the treatment. It is essential to stagger water consumption over this period to ensure your body is well hydrated.
- A mild exfoliation scrub prior to RF will prepare your skin to get maximum results.
- Any deep peels should be avoided a week prior to and a week following your treatment.
- RF heats the skin to cause retraction of the collagen fibres, so it is important not to cool it immediately afterwards as the inflammation encourages results.
- You may wear a mineral based foundation to conceal any redness.
- An SPF 30+ should be applied immediately following your treatment and reapplied as necessary over the next 72hrs.
- Do NOT sunbathe and avoid excessive sun exposure for two weeks before your Skin Tightening treatment and at all times during your treatment programme.
- To achieve optimal and long lasting results it is highly recommended you follow your therapists advice for home care between treatments.
- Wait for any cold sores, broken skin or open wounds to fully heal before having your treatment. If you feel the tingle of a cold sore coming on, it's important to wait for this to pass before having your treatment.
- Cosmetic Injecting clients should leave two weeks between their last cosmetic injecting treatment and RF Skin Tightening.