

INFORMATION ON TREATMENTS:

Synergie is a revolutionary non-invasive treatment for cellulite, which has been approved by the FDA (unlike many other cellulite products on the market). In 1998, a clinical study confirmed the efficacy of Synergie with 91% of patients noting significant reduction in cellulite. These results have remained consistent since then, with thousands of satisfied patients nationwide.

Synergie treatments are administered with the Aesthetic Massage System. This unique vacuum massage physically manipulates collagen fibers and connective tissue while increasing local blood circulation. This FDA approved massage technology stimulates subcutaneous tissues which can change the fat content of cells; eliminating excess fat and toxins through the lymphatic system. Synergie cellulite treatments dramatically tone and tighten skin, resulting in smoother texture and reduction in appearance of cellulite.

Areas best improved with Synergie are buttocks, thighs, legs and stomach. Following the completion of treatment, most patients report a reduction in size around the hips, stomach, thighs and arms; as well as noticeable weight loss. Synergie can also tighten loose skin and reduce wrinkles on the face.

Few conditions **prohibit** a Synergie treatment:

- Deep vein thrombosis, thrombophlebitis (DVT)
- Recently diagnosed cancer
- Pregnancy
- Hemophilia
- Uncontrolled high blood pressure
- Lymphedema
- Varicose veins

Conditions that require **caution**:

- Prescribed anti-coagulant drugs
- Belly button piercing
- Cancer (not recently diagnosed and with medical clearance)
- Diabetes
- Eating disorders
- Epilepsy
- Fasciitis or tendonitis
- Bone fractures or deformities
- Metal implants
- Pacemaker or heart conditions, including high blood pressure
- Circulatory problems
- Hernia or hernia surgery
- Mesh surgery repair
- Skin disorders (including high sensitivity to bruising)
- Stretch marks (may be more sensitive to vacuum)
- Surgical procedure in the past six weeks
- Systemic infection (including swollen glands)
- Spider veins
- Hormone replacement therapy

GETTING STARTED WITH SYNERGIE:

The schedule consists of 40-minute sessions every three to four days for two months to improve firmness and skin tone (20 sessions for a typical schedule, 24+ for more aggressive results), followed by maintenance visits once a month. Facial treatments take less time to perform and results can be achieved in 2-3 weeks.

The initial quantity of treatments will be determined based on your individual needs and goals. Packages are priced with maintenance sessions in mind; the more purchased, the lower the individual treatments cost. Packages of 16 or more come with a free body suit and underwear.

During the procedure, you wear the body suit specifically designed for delivery of the treatment. It is also made to preserve modesty in a light color which shows skin coloration during the session (indicating level of circulation and to avoid bruising).

FOUR ELEMENTS TO ENSURE SUCCESS:

1. Healthy Diet and Proper Nutrition
Recommendation for a local nutritionist available.
2. Adequate **Water** Intake (NOT soda, not coffee or tea, and not beer...)
2-3 liters of water consumed on the day of treatment is required to flush excess fat and toxins so they will not be redeposited in body storage.
6-8 glasses of water a day is always important, but is VITAL while undergoing Synergie treatments.
3. Nutritional Supplements
Multi-vitamins and/or antioxidants to keep body chemistry normalized.
4. Regular Exercise
Most effective is a combination of moderate aerobics and light-resistance training.

PRICING FOR TREATMENTS:

Cost per session:	Package:	Total:
\$115	1 (One)	\$115
\$110	4 (Four)	\$440
\$100	8 (Eight)	\$800
\$90	16	\$1440 (includes
\$85	24	\$2040 body suit)

Body suits can be purchased for \$50. This allows you to wear the suit after the treatment to help encourage lymphatic function.

Synergie Post-Treatment After Care

- Wear compression or spandex clothing for up to 24 hours when you leave to help prevent minor fluid accumulation in treated areas and help encourage lymphatic function. The Synergie body suit is great for this purpose – you can wear it to your appointment and when you leave, especially in the cold winter months!
- Continue drinking water until you have reached AT LEAST 2 liters, preferably 3 for best results. For best results, drink non-flavored and filtered water. If you have difficulty with the lack of taste, add cucumber/lemon/raspberries/mint or make herbal tea (preferably decaf or green tea for added benefits). Without the minimal level of water intake today, the toxins we have just flushed out of your fat cells and lymphatic system will simply be redeposited. Other side effects of not drinking required water can be headache and even migraine. This is not a ‘fluff and feel-good’ treatment.
- Exercising immediately after treatment will help continue increased circulation and encourages lymphatic function. Even taking a brisk walk for 10-15 minutes is extremely beneficial. Mt. Washington Drive provides an excellent, convenient quick walk up a great incline if your schedule permits. You can go directly from the parking lot of Riverside Wellness.
- Eat as clean as possible today and always. Check out the “Dirty Dozen” list online which will help you avoid high levels of chemicals and toxins in these common foods. If you do not buy organic on a regular basis, PLEASE buy these foods at the very least in organic form. A great rule to follow is the smaller number of ingredients and knowing what the ingredients are is the better choice when buying packaged foods. If you would like more information on nutrition that benefits you personally, please ask for a recommendation. This is a great time to make a lifestyle change and it won’t be long until you see the results if you combine everything – Synergie, water, exercise and healthy food choices.
- Be sure to call (916)496-4320 if you have ANY concerns or questions. Whether it is your first treatment, or you have been in several times! We are working together and your comfort along with your success in reaching goals is **very** important to me.