**News you can use**

**How does ultrasonic cavitation work?**

Ultrasonic cavitation is performed with non-invasive machines that target specific body areas with low frequency-sound waves. This process heats and vibrates the layer of fat cells below the skin’s surface. The pressure eventually causes the fat cells to liquefy and release their contents into the bloodstream. Proponents of the procedure believe that the body is then able to process these fatty acids naturally through the lymphatic system.

**Is it safe?**

Ultrasonic cavitation is totally safe but there are some side effects, which include redness and swelling to the treated area. Side effects usually go away within a couple of days or weeks. Individuals with prolonged concerns should seek the advice of a medical professional.

**What kind of results can I expect?**

* Results vary greatly from client to client.

 **With positive results you will see:**

* Tightened skin and reduced cellulite
* Reduced circumference in the treated area; this is due to the release of fat cells
* An overall contoured appearance
* **DRINK A GALLON OF WATER A DAY FOR BEST RESULTS**
* **ABSOLUTELY NO ALCOHOL FOR 3 DAYS**

**How does drinking WATER affect the RESULTS of Non-invasive Body Contouring treatments?**

Ensuring you drink enough water after having a non-surgical treatment plays a key role in how well and how quickly your body responds to the treatment. At Bodied by Shae LLC, my treatments work by destroying the fat cells in your body. Once fat cells are destroyed, your body then identifies them as waste and removes them through your lymphatic system.

The more water that you drink, the faster your body will respond in flushing waste through your system which in turn will also ensure that you will see the results of your treatments sooner.

**How many treatments do I need?**

Total sessions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Each client is different, however on average between 6-12 treatments are needed for optimum results. The exact number of treatments will vary depending on age, weight, and the area being treated.