

Ultrasonic Cavitation

Non-invasive body contouring to sculpt, smooth, and refine—no surgery or downtime.

At Contour by Crystal, ultrasonic cavitation is a client-favorite treatment designed to help refine stubborn areas and support visible, natural-looking contour changes—comfortably and safely.

Client note — Cavitation is designed for body contouring and smoothing. It is **not** intended for major weight loss.

What Ultrasonic Cavitation Is

Ultrasonic cavitation is a non-invasive body contouring treatment that targets localized areas where fat can be more resistant to diet and exercise. The goal is to help smooth and refine shape in treated areas while keeping you comfortable and confident throughout your sessions.

How It Works

Ultrasonic cavitation uses low-frequency ultrasound waves to target fat cell membranes in the treatment area. When the membranes are disrupted, the fat inside becomes liquid and your body naturally processes it through the lymphatic system over time.

Benefits

- No needles, incisions, or surgery
- No recovery time—return to normal activities right away
- Comfortable, non-invasive sessions
- Gradual, natural-looking contour refinement

Expected Results

Results vary by body and lifestyle, but clients commonly experience the following over time:

- Approximately **2–4 cm** reduction in treated areas
- Noticeable smoothing and slimming in targeted zones
- Visible changes often develop within **6–12 weeks**
- Best results typically appear after **6–12 sessions**

Best for “stubborn pockets” — Cavitation is ideal for refining shape in areas that don’t respond easily to diet or exercise.

Ideal Candidates

Ultrasonic cavitation works best for clients who are:

- Within **10–15 lbs** of their goal weight
- Looking to sculpt the **abdomen, thighs, arms, back, or waist**
- Seeking a gentle, non-surgical contouring option
- Committed to hydration and healthy habits to support results

Who Should Avoid Cavitation

For your safety, ultrasonic cavitation is not recommended if you are:

- Pregnant or breastfeeding
- Living with heart disease, diabetes, or a cancer history
- Using a pacemaker or have metal implants
- Experiencing infection or inflammation in the treatment area

Safety and Comfort

Ultrasonic cavitation is generally safe, comfortable, and relaxing. Mild, temporary side effects may include:

- Mild redness
- Temporary warmth
- Slight swelling or tenderness

These effects typically fade quickly, and most clients return to normal activities immediately.

Long-Term Results

Once cavitation destroys a fat cell, it’s gone for good. However, remaining fat cells can still expand—so maintaining your results depends on supportive habits such

as:

- Hydration
- Balanced nutrition
- Consistent movement
- Stable weight

The Contour by Crystal Difference

Our approach blends advanced technology with personalized care. Each session is tailored to your body goals to support visible, lasting transformation—while keeping your experience warm, professional, and reassuring.

Contour by Crystal — where science meets artistry to sculpt your best self.