

# BODY SCULPTING

# RADIOFREQUENCY

## WHAT IS RADIOFREQUENCY (RF) THERAPY

Radiofrequency (RF) therapy, also called radiofrequency skin tightening, is a nonsurgical method of tightening your skin. The procedure involves using energy waves to heat the deep layer of your skin known as your dermis. This heat stimulates the production of collagen.

Collagen is the most common protein in your body. It creates the framework of your skin and gives your skin its firmness. As you age, your cells produce less collagen, which leads to sagging skin and wrinkles. Skin laxity occurs around age 35 to 40 when the quantity and quality of your collagen begins to decline.

RF therapy has been used since 2001 to fight against sagging skin and signs of aging. In this article, we're going to look at how this cosmetic therapy works and what potential benefits it has for your skin.

## BENEFITS

### DIMINISHES THE LOOK OF CELLULITE

Cellulite is persistent subcutaneous fat causing dimpling of the skin, especially on women's hips and thighs. Cellulite occurs when fat deposits push through the connective tissue beneath the skin. Radio frequency skin tightening targets subcutaneous fat by emitting RF waves to heat the fatty layers under the skin, the effects of tissue tightening and increased blood circulation mean that fatty deposits are drained through the lymphatic system, reducing the appearance of cellulite.

### REDUCES BODY FAT

Radio Frequency reduces the subcutaneous fat causing it to melt and be processed through your body's own natural elimination process. This process ensures there is no chance of infection as we are not introducing anything foreign into the body which makes it a safe fat reduction treatment for even those with sensitive skin.

### NON-SURGICAL TREATMENT OPTION

As Radio Frequency skin tightening is a non-surgical and non-invasive treatment you will have no downtime and are able to have the treatment performed on your lunch break.

### PERFECT FOR POST OPERATIVE SMOOTHING

Unfortunately many out there who have had weight loss surgery such as Liposuction previously are left with loose skin and can come out of the experience feeling worse of then when they went in. Yes the fat is gone but they are left with loose and sagging skin. Radio frequency skin tightening is the perfect treatment to ensure that all the downtime and expenses outlaid will not go to waste by working hand in hand with weight loss procedures to ensure your skin maintains elastin.

### SKIN TIGHTENING FOR A YOUTHFUL APPEARANCE

As we get older our skin cell regeneration process decreases and slows down which leads to loss of collagen, elastin, fine lines, wrinkles, sagging skin, loose skin. Radio frequency skin tightening stimulates the protein fibres that keep the skin elastic and boost collagen which results in a more youthful appearance.

## CONTRAINDICATIONS

While radiofrequency is widely lauded, it is still limited in its effects. Contraindications include patients who suffer from significant amounts of redundant skin as they will not see the desired results, or patients who suffer from rosacea because they will see exacerbated symptoms due to the additional inflammation that occurs post-radiofrequency treatments.