

# Treatment fact sheet



## Slimming, firming and body reshaping

### SLIM LIFT & reshape



ADVANCED NON-SURGICAL COSMETIC TREATMENTS

### INSTANT inch loss



ADVANCED NON-SURGICAL COSMETIC TREATMENTS

### BOTTOM lift & reshape



ADVANCED NON-SURGICAL COSMETIC TREATMENTS

### FIRM upper arms



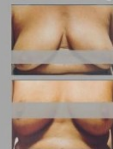
ADVANCED NON-SURGICAL COSMETIC TREATMENTS

### MUSCLE definition



ADVANCED NON-SURGICAL COSMETIC TREATMENTS

### BUST LIFT naturally



ADVANCED NON-SURGICAL COSMETIC TREATMENTS

## What to expect...

### CONSULTATION

The first step is a free initial consultation to understand exactly what you want to achieve.

Our therapist's objective will be to hear what problems concern you and plan which treatments will solve them for you.

### TREATMENT PROGRAMME

Your therapist will need to you to complete a strictly confidential client questionnaire. A copy can be sent to you in advance by email or it can be completed when you arrive for your first initial consultation.

Treatments are safe, painless and conducted in a private treatment area. We may combine different treatments and products as appropriate for you but no surgery, fillers or injectable is employed.

21 technology rejuvenates our look while you relax. After your treatment, guided by your therapist, benefits are often visible immediately.

Unlike surgery, there is no risk of any secondary problems or any irreversible error. You do not have to suffer from weeks of recovery or have to hide away.

21 Clinic technology offers an alternative that you can be proud to explain to friends and colleagues. Your look is rejuvenated; younger, healthier and fitter and of course completely natural.

### PROBLEM - SLIMMING

Conventional exercise is certainly valuable but something far more advanced is needed to burn calories efficiently, restore strength to slack muscles and fight the problems of ageing.

Sadly, no personal fitness trainer can really show you how to exercise your face, neck, bust, backs of arms, bottom or legs in a way that ensures that you only lose fat or reshape your body exactly where you want it.

Conventional exercise is of course important but it moves all of your body. Hours of working out often results in a thinner face or smaller bust but the bits you want to slim hardly change.

### SOLUTION

21 Clinic e-fitness technology is advanced NEMS. Muscle are stimulated by a computer that creates perfect exercises in precisely the areas that need it - perfect personal fitness training that cannot overwork you, perfect at any age.

Your treatments can combine with other 21 treatments. These can deplete fat cells, help you burn calories faster and remove the appearance of lines and sagging, wrinkled skin.

### PROBLEM- BODY FIRING LIFTING AND RESHAPING

To lift and reshape your face or body, improve your posture or simply be as toned and sleek as you used to be. Regular exercise is essential provided it is appropriate.

### SOLUTION—ADVANCED PHYSIO-TECHNOLOGY

21 Clinic e-fitness technology delivers perfect NEMS resistance exercises. These isometric exercises strengthen and tone muscle, strong muscle has a shorter resting length and so the surrounding tissue lifts. Exercise is delivered precisely to the muscle required, large or small. All while you relax.

21 treatments are combined with unique premium skin care preparations blended to enhance your treatment results. Where appropriate, you will also be supported with the vitamin and nutritional supplements that your body needs.

# Example Case histories...

TO HEAR AND SEE MORE RESULTS GO TO  
[GALLERY](#)

TO DISCUSS TREATMENTS [CONTACT US](#)  
NOW AND BOOK YOUR NO OBLIGATION  
FREE INITIAL CONSULTATION.



**Expectation:** This is a client who wanted her stomach toned and to have a “six pack”.

**Principle treatment:** 21 Advanced e-fitness focussed on stomach muscles.

**Supporting treatment:** 21 Clinic bespoke skin care preparations used during treatment and supported with home use and home exercise support.

**Result:** stomach muscle definition without reducing bust, slimming face or creating unwanted muscular or sinewy appearance else where in the face neck or body.

**Number of treatments:** 10 appointments over 5 weeks.



**Expectation:** The objective was to illustrate a bust lift for a middle aged, over-weight woman. Stomach fat has not been treated at this stage

**Principle treatment:** 21 Advanced e-fitness focussed on pectoral muscles.

**Supporting treatments:** Nutrition for the bust with NPU food supplement and 21 Clinic bespoke skin care preparations used during treatment and at home.

**Result:** Bust lift and a distinctly fuller and firmer shape.

The effect of e-fitness on the muscle supporting the breast is illustrated by the third picture below, where only muscles that support one breast were treated.

**Number of treatments:** 10 appointments over 4 weeks.



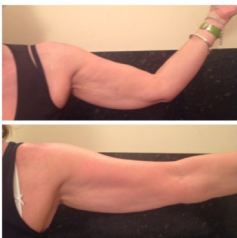
**Expectation:** The objective for this model was to recover her figure.

**Principle treatment:** 21 Advanced Cryolipolysis

**Supporting treatments:** 21 advanced e-fitness combined with dietary and home exercise advice. 21 Clinic bespoke skin care preparations were applied during treatment. Dietary and home exercise routines were suggested.

**Result:** Evident body slimming and firming.

**Number of treatments:** 20 appointments over 12 weeks.



**Expectation:** The objective for this client was to firm the backs of arms.

**Principle treatment:** 21 Advanced Cryolipolysis.

**Supporting treatments:** 21 Clinic bespoke skin care preparations were used during treatment and subsequently at home.

**Result:** Firmness restored removing appearance of classic “bingo wings”.

**Number of treatments:** 1 appointment.



**Expectation:** The objective for this client was to lift and improve the shape of her bottom and reduce cellulite dimples.

**Principle treatment:** 21 Advanced Cryolipolysis.

**Supporting treatments:** 21 Advanced e-fitness 21 Clinic bespoke skin care preparations were used during treatment and subsequently at home.

**Result:** significant improvement.

**Number of treatments:** 10 appointments.

**Important note:** No surgical procedure, injections, implants or fillers were used to achieve the examples shown on this page. Results will vary according to each clients physiology, response to treatment, lifestyle and dietary habits.

Photographs not retouched. They were taken by the client's therapist and not by any professional photographer.



Experts in non-surgical cosmetic treatments

# What to expect from your 21 treatment...

## RESULTS

- 21 treatments prove their potential for you. Often providing immediate visible benefits after your very first treatment.

## COST

- The total cost of your treatment programme will depend upon the nature and extent of your problem and your budget.

The cost varies according to each treatment session and the time per session but is a very small cost when compared to any surgical procedure. Typically a treatment is a similar cost to any ordinary physiotherapy session.

## TIME

- Each treatment will typically be around 30 - 45 minutes. Many treatment programmes will require a number of regular treatments. After treatment there is typically no reason that you cannot return to work or any other activity.

## CLOTHING

- No special clothing is required. You will not need to shower or change after treatment, they are relaxing and effortless

## APPOINTMENT BOOKING AND CANCELLATIONS

- For booking treatments call or text 07707 860883 , should you have to cancel any appointment please give 48 hours notice. If you do not, we reserve the right to charge you for a missed appointment.

## ADVICE AND EVERYDAY SUPPORT

- Your 21 Clinic therapist will keep in contact and will continue to provide advice to help you to maintain an improved diet and healthy lifestyle to maintain all of the benefits of your treatment.

## 21 CLINIC ADVANCED TREATMENT PROGRAMMES

We have the following advanced 21 treatment technology. Those selected for your treatment will be the most appropriate programmes to resolve your individual problems, 21 treatment may include:

- **21 ADVANCED CRYOLIPOLYSIS** – targeted fat reduction and tissue firming with a relaxing cold Cryo massage - advanced technology to deplete fat cells treat cellulite, firm, lift and so much more.

**21 ADVANCED e-FITNESS** - advanced computer software provides a range of unique, perfect exercise programmes. These can simulate running or stimulate perfect resistance exercises delivered precisely and directly to those muscles that require it. This software also enables new exercises that only a computer can instruct. For example; a unique transverse muscle contraction to accelerate the speed your body burns calories, slimming and keeping weight under control and perfectly controlled, fully automated lymphatic drainage.

- **21 ADVANCED SKIN CELL REGENERATION** –a remarkable innovation, perfected for 21 Clinics. An invention that creates new skin cells in the treatment area by accelerating the skin's natural repair mechanism of shedding superficial skin cells as they rise to the skins surface.

New, young cells are rich in collagen and elastin and create firmer new skin . This also tightens and lifts slack skin smoothing away wrinkles. Removal of superficial skin cells also makes it possible to remove many types of skin blemishes quickly, painlessly and without any risk.

- **21 ADVANCED LED - MICRO THERAPY** - blends advanced micro current waves with near intravenous LED light therapy.

Micro-current is a tiny galvanic electrical current, so small you cannot feel it. The principle benefit is that it improves communication between cells which slow with age, most important for your looks and your health. It can also relax the tension in muscle that holds wrinkles and lines in place.

LED Light therapy delivers specific frequencies of light to repair damaged cells and remove toxins throughout the body. The benefit of light therapy is best illustrated by the use of blue light cradles in every maternity ward to treat babies with neo natal jaundice.

Being in combination with micro-current, the valuable nutrients in 21 Skin care products penetrate the skin rather than them being left and wasted on the surface. This is far more effective than old fashioned "needling" procedures.

- **21 BESPOKE SKIN CARE** - natural creams rich in essential nutrients blended by your 21 Clinic therapist to optimise them for your skin type. These are used enhance treatment benefits and can also be prepared for you to take home to use between and after treatments to improve and maintain optimum results.

- **21 NUTRITIONAL FOOD SUPPLEMENTS** - will be suggested if needed to restore the D and B Vitamins essential to your looks and your well-being. Food supplements that balance and improve hormone levels naturally may also be prescribed where appropriate as part of your treatment programme.



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