

## BODY SCULPTING

Body sculpting is a non-invasive, non-surgical fat removal and body contouring treatment. Our 5-in-1 S-Shape Cavitation Machine utilizes the following methods to reduce fat, slim stubborn areas, tightening your skin and overall reshape your body!

This service is great for:

Targeted Fat Reduction

Stubborn Fat

Cellulite

Body Tightening, Sliming and Shaping

Improvement of Skin Texture and Tone

Improves Collagen and Elastin

*Results after just ONE session! \*No downtime, no pain.*

The following are different methods that may be used during your treatment:

### **Ultrasonic Body Cavitation**

Ultrasonic Fat Cavitation is a relatively new non-invasive procedure designed to reduce localized fat by applying safe levels of ultrasound energy to targeted areas of subcutaneous fat. These ultrasound waves create tiny bubbles in the liquid that surround fat cells. These fat cells don't have the ability to withstand the bubbles and vibrations, and end up imploding! This emulsion (liquified fat) is subsequently drained through your lymphatic and urinary systems.

### **Radio Frequency**

Radio Frequency is a revolutionary treatment that firms, tightens and lifts the skin by stimulating (through heat) the body's own collagen production factory. These radio waves target fatty connective tissues and elastin fibers, effectively contracting and remodeling them to strengthen, thereby reducing the appearance of cellulite's dimpling effect. It's an effective treatment to skin laxity.

## **Laser Lipo**

This feature uses non-invasive ‘lipo lasers’ that removes stubborn fat from the smaller areas of your body. They are probes (think panels) of red LED lights which are placed / strapped on the area of your body in which you want to target. These LED’s safely heat the fat cells, causing them to slowly break down. Over a short period of time these fat deposits are simply absorbed and expelled through your body's natural metabolic process.

## **Cupping/Vacuum Therapy**

Cupping is a holistic treatment that relies on creating a local suction to mobilize blood flow in order to promote healing. During the treatment, the vacuum actually separates the underlying tissues allowing the technician to guide them. This movement causes blood to flow to the area, automatically boosting the skin’s oxygenation and nutrient delivery system. Additionally, cupping greatly increases lymphatic drainage. When directed properly, the cupping technique can guide fat cells and tissue to an appropriate area to be relocated. This is how we ‘plump’ desired areas of the body (like your booty or hip dips).

## **EMS (Electrical Muscle Stimulation)**

EMS, or Electrical Muscle Stimulation uses low electric currents passed through the skin to produce several therapeutic effects, such as muscle toning in the body and micro-lifting of the face. It is also known as micro-current, or electrotherapy. In order for your muscles to stay toned, they need to be active – and that’s where EMS comes in. As your muscles get their workout from an EMS machine, your body responds by increasing the output of Adenosine Triphosphate (ATP). ATP is the primary chemical energy source for muscular functions, enhancing overall strength and flexibility. Your body also accesses ATP for cellular functions, driving skin cell turnover and renewal for firmness and suppleness. EMS can also boost your overall cellular metabolism, increase blood circulation for a healthy glow, and support your natural lymphatic system processes to flush toxins out of the body. Additionally, the firming and lifting of each set of muscles reduces the appearance of fine lines and wrinkles while restoring the skin’s youthful elasticity. Basically, as your collagen production accelerates, you benefit from all the goodness it brings.

## ADVISEMENTS & CONTRAINDICATIONS

If you have any of the medical conditions above, we advise you to seek your doctor's advice before booking this service with us. If you get permission from your doctor, we require a note (which we will keep on file). We reserve the right to refuse service if we should we believe that such treatment may cause risk to your health or safety.

Chronic Conditions/Diseases  
Fever/Infection  
Cardiovascular Conditions  
Implants - Metal and other.  
Mensuration  
Immunocompromised  
Liver/Kidney Disorders  
Thyroid Gland Dysfunction  
Epilepsy  
Heart Conditions  
Pregnant/Breastfeeding

Photosensitivity to sun exposure  
Organ Transplant  
Current Infections  
Diabetes  
Hemophilia (blood clotting conditions)  
Uncontrolled Hypertension  
Any type of infection disease; HIV,  
Tuberculosis, etc.  
Pacemaker/Defibrillators  
Arthritis  
Psoriasis  
Eczema  
High/Low Blood Pressure  
Herpes/Warts

## PRE CARE INSTRUCTIONS

A consultation is always recommended as this will give us a chance to assess your expectations, questions and contraindications.

### On the day of your appointment:

Drink at least 1 liter of water prior to your appointment.

No Aspirin, Ibuprofen or other anti-inflammatory medications.

Avoid eating anything 2 hours prior to your appointment.

Avoid alcohol, fizzy drinks, and limit coffee to at least 4 hours before your session.

Ensure all self tanning residue/makeup has been removed from the area.

Please shave the area being treated (if applicable) 1 day prior to your appointment.

## **POST CARE INSTRUCTIONS:**

Drink at least 1L of water. STAY HYDRATED!

If you can, fast for at least 1 hour post treatment.

Exercise is encouraged! At least 15-20 minutes after your session.

Avoid alcoholic drinks for 48-72 hours following your treatment.

Avoid caffeine for 24 hours following your treatment.

Do not go into any spas or saunas for at least 24 hours after your treatment.

## **Frequently Asked Questions**

### Are there any side effects?

Normally there are no side effects from the treatment, but some people might have a little red post treatment which usually resolves within a hour afterwards. If you experience a headache, it is most likely due to dehydration. Drink LOTS of water after your session! (Of course if you believe you are experiencing an allergic reaction or not feeling well, please consult us and/or your doctor as soon as possible!)

### Is it safe?

Yes, they are safe, effective, comfortable, and non-invasive procedures with virtually no side effects. It does not require anesthesia, leaves no scars and does not require any post-care treatment. The ultrasound/radio frequency/laser energy is designed to target fatty tissues beneath the skin only, and does not affect the blood vessels, or other organs.

### How long does it take?

Depending on the service you book, but anywhere from 1-3 hours.

### How often should I come?

It's highly recommended to have 6 to 12 sessions for optimal, lasting results. It depends on your body, expectations, and how much you'd like to sculpt. It also depends on how committed you are outside the spa- diet, exercise and a healthy lifestyle! We suggest starting off with one treatment per week. However, 48-72 hours must pass between each session for the body to eliminate the fat depending on what

area is being worked on. Generally, most patients start to see a difference in 3 treatments or less. Over the course of 3-4 days, your body starts to lose unwanted stubborn fat and you'll lose inches in the area!

#### Is these services painful?

No, this service is painless. A slight tingling sensation or very slight buzzing in the ear may sometimes be felt during the ultrasonic cavitation, but this is not uncomfortable. Some heat sensation may also be felt during radio frequency, but there is no pain. The vacuum cupping therapy feels like its describe, which some people are ticklish and sensitive to, but it doesn't hurt, and isn't causing any type of injury. Any slight reddening of the skin, which may sometimes develop during or soon after treatment quickly, disappears.

#### Is There downtime/recovery?

No! You can go about your day after your session! It is actually encouraged to do some cardio or exercising to help expel the toxins from the body. Flush out the toxins through sweat!

#### What do I wear to my appointment?

We suggest a bathing suit. You can wear something light and comfortable, something easy to remove or change out of and change back into. You can also feel free to bring a change of clothes.

#### Is this permanent?

Our combined 5-in-1 treatment has shown remarkable results. Quick answer, depends! It's an amazing service for men/women who want a little help riding their stubborn fat/cellulite and sculpting their body into the shape of their dreams. You will see results after just one session, however, we recommend a minimum of 6 to see real results. And of course, genetics, diet and exercise will determine just how long your fat stays off and your body stays sculpted!

## CONSENT

I understand that Body Sculpting is not intended to take the place of medical care and/or medications, or a healthy lifestyle. I clearly confirm that I have read the advisements and contraindications, and that I do not have any contraindications (including allergies and medical conditions) to any of these body treatments. I understand that I take full responsibility for my own health and well-being. This business is not a medical spa. We are licensed in esthetics only, and do not claim to make any false or misleading medical statements or promises. I understand that treatments for Body Sculpting do not guarantee absolute results. In order to achieve my desired results, I may be required to undergo several treatments at an additional price. I understand that non-invasive surgery procedures do not rid the body of visceral fat. I will not hold this business liable for any, damages, injuries whether seen or unforeseen. I understand that any procedure does not constitute as a medical treatment. I have had the opportunity to ask questions and which were answered to me and to my satisfaction. I have likewise read all the information above and give my consent with my full knowledge, understanding, and assumption to the risks involved in the treatment, without any coercion, inducement, or undue influence.