



# Vacuum Therapy

Vacuum therapy is a noninvasive messaging technique that uses cups attached to a suctioning machine. The cups are placed in the desired area of enhancement, commonly the buttocks area. The treatment works by moving fat cells from other areas of the body into the tissue of choice. Results include the removal of cellulite, body contouring, firming, and lifting!

## Benefits of Vacuum Therapy

- Lifts your buttocks by up to 70%
- Improves appearance of cellulite
- Tightens and tones loose skin
- Enhances tone and shape
- Provides instant results
- No side effects or complications
- No surgery, pain, incisions, or downtime
- Therapeutic benefits like improves lymphatic drainage, muscle stimulation, breaks down fat deposits
- Increases elastin and collagen production for firmer skin



## What kind of results can I expect?

One vacuum therapy session is equivalent to doing 1500 squats! The more muscle definition you have, the quicker you can see the results. Clients with muscle definition will see results in about 2-4 sessions. Clients with less definition including loose skin can see results in 6-12 sessions, depending on your skin's collagen and elasticity.

## How long will my results last?

With regular sessions, you will maintain your results! Healthy eating and regular exercise are especially helpful for maintaining your results.





## *Why is vacuum therapy becoming so popular?*

The alternative to vacuum therapy is a Brazilian butt lift, which requires a surgeon to use liposuction to transfer fat and sometimes implants into the buttocks. This requires at least 8 weeks of downtime, pain during recovery, bleeding, and fluid drainage. All of this comes at a high price! Vacuum therapy on the other hand, is non-invasive with no incisions, takes less than an hour to perform a session, has absolutely no downtime, is not painful, and provides many therapeutic benefits including lymphatic drainage and muscle stimulation.

## *How do I get the best results?*

I recommend starting with a package of 10-12 sessions. For the best results, come in for your sessions 2-3x a week. Keep a healthy diet and exercise 3x a week.



Do squats after each session! Start a squatting routine of 3-5 sets of 8-12 squats each. Do this routine at least 2-3x a week.



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