

Lunas Masahe LLC
Body Contouring and Skin Tightening Manual

**Body Contouring
Non-Invasive
Patient Selection**

Body Contouring

Regardless of how hard you work out and eat healthy, you still have cellulite or a little pooch in the abdomen.

- **90% of women have cellulite where as roughly 10% of men do**
- **The bad news is skin thickness and cellulite increases with increasing age as a result of less estrogen production**
- **Loss of estrogen can result in poor circulation which may lead to less collagen production and connective tissue breakdown**
- **The good news is there are non-invasive treatments to help with circulation, stimulate new collagen and reduce cellulite**

**Body Contouring
What is it?**

Any procedure that alters the shape of different areas of the body

o Invasive – Surgical

- **Liposuction or Laser Assisted Liposuction that surgically removes fat**

o Non-Invasive - Non-Surgical

- **The use of laser, ultrasound, light, cryolipolysis or radio frequency to change or destroy the fat cell while preserving the surrounding tissue, no incision.**

Body Fat

1. **Body fat, or adipose tissue, is made up of individual cells called adipocytes. The primary cell is called White Adipose Tissue “WAT”**

- **“Adipo” means fat**
- **“Cytes” means cell**

2. **A form of connective tissue**

3. **Can vary drastically in humans**

- **41 to 65 billion fat cells in lean individuals**
- **Over 200 billion fat cells in obese individuals**
- **Can range in diameter from 70 to 120 micrometers, greatly affecting its physiology**

What Comprises Body Fat?

- **80 – 95% of WAT is composed of lipid – the main structural components of cells that are insoluble in water**
 - **Fats are a subgroup of lipids call triglycerides**
- **Remaining part of fat cells are comprised of:**
 - **Cytoplasm (~ 15%), which is largely water, certain enzymes and protein**
 - **A tiny nucleus**

Rebound & Health Considerations

- **Proper post treatment care is essential to maintain results following body contouring procedures**
- **If the patient only concerns him/herself with the reduction of subcutaneous fat, and does not alter lifestyle accordingly to target visceral fat, rebound of fat deposits is highly probable**
- **Thus, practitioners should think of both fats as being related and hence the selection of the right weight loss and body contouring approach which can also reduce visceral fat is important**
 - **Excessive abdominal fat is viewed as much more threatening than subcutaneous fat on thighs and buttocks**
 - **Women larger than 35 inches and men larger than 40 inches are considered at greater risk for insulin resistance, high cholesterol, cancer, heart disease**

and risk of stroke

Can New Fat Cells Form?

Yes!

- Fat cells were once believed to be relatively fix in early adulthood; however, research has shown that adults can generate new fat cells.
- Fat cell multiplication occurs when current fat cells have reached their capacity and become stretched for prolonged periods of time.
- The fat cells actually send hormonal signals to stem cells known as “preadipocytes”
- These cells then become fat storage cells
- Fat cells continue to increase their number as more cells are needed to store extra, unnecessary calories that are entering the body.
- When fat cells multiply, the number of fat cells can increase from the normal 30 billion to 90+ billion.
- Approximately 10% of fat cells die annually, however, with roughly equal Regeneration

Can We Kill Fat Cells?

- Not able to get rid of fat forever! New fat cells can grow from those presently too stretched for prolonged periods of time
- Apoptosis is the death or removal of cells
- Perception is that liposuction is the only way to remove fat cells
- Fat cells do not experience apoptosis with few exceptions or extreme conditions – including the right modality of non invasive body contouring procedures
- Generally, once new adipocytes are formed, they remain throughout lifetime and only a reduction is possible.
- Consequently, treatment and prevention of obesity is increasingly difficult

Two Types of FAT

Visceral Fat

- Excessive visceral fat that leads to obesity can lead to disease and malfunction of the heart, kidneys, liver and stomach.
- Excessive intra abdominal visceral fat can also lead to cardiovascular disease as well as immobility
- Not removed from liposuction
- Not targeted by non-invasive procedures
- Exercise and diet are important components to achieving weight control

Subcutaneous Fat

1. The “inch you can pinch” layer of fat

- In men, most concentrated in the abdomen and chest
- Women experience greater amounts in thighs, buttocks when premenopausal
- Postmenopausal women begin to experience fat loss from thighs and buttocks and fat gain within the abdomen

2. Target of liposuction and non-invasive fat reduction

- Danger of fat removal without corresponding changes in lifestyle (proper exercise and diet) can lead to adverse and undesirable side effects, including increased fat visceral fat deposits, and thereby increasing health related issues

Indications

Patient selection is key when choosing non-invasive body contouring treatments

- Body contouring treatments are not for weight loss
- Bulges, muffin top, cellulite and mild skin laxity are targets
- Healthy diet and plenty of water is ideal
- Those who walk or exercise
- Expectations are reasonable (Size 10 to Size 0 not reasonable, remember these are contouring and smoothing treatments ..not weight loss)
- Maintenance treatments to maintain result
- Visceral fat (fat behind the abdominal muscles) will not respond

Contraindications

- Cancer
- Cardiovascular Disease
- Disease of the Lymphatic System
- Kidney Disease or Liver Disease
- Accutane within 6 months of treatment
- Pregnant or Breastfeeding
- Autoimmune diseases
- Poor wound healing
- Uncontrolled diabetes
- Treating over tattoo's with IR, Laser or Ultrasound
- Pacemaker when using Radio Frequency
- Highly photosensitive medications (Laser, IR)

Skin Tightening & Body Contouring

Pre-Treatment Instructions in General

- Avoid eating 2 hours prior to treatment if you are treating your stomach/abdomen area
- Drink (1 gallon) of water per day and follow a low fat diet to maximize your results
- Avoid aspirin or anticoagulants if possible as they may cause bruising with a suction device
- Unprotected sun exposure to the treatment area 2 weeks prior to treatment can result in complications such as skin burns. SPF 30 is required on the treatment area if it is exposed to the sun
- Exfoliate the treatment area the day of your treatment

Skin Tightening & Body Contouring

Pre-Treatment Instructions in General Continued...

- Discontinue the use of Accutane for six (6) months prior to treatment.
- If you are pregnant, we will need to postpone your treatment. You can resume your treatment 3 months after delivery with a release from your doctor.
- You must wait 3 months after liposuction to begin treatments; a release from your doctor is required.
- Avoid the use of Retin-A or any acids that may be irritating to the treatment area 3 days prior to treatment.
- Closely shave any hair in the treatment area. If the area to be treated has long hairs they will be pulled by the device.
- Avoid creams, moisturizers, self-tanners or any other topical products on the area to be treated.
- Please note that you may be more sensitive to the procedure if you are premenstrual or menstruating
- If you are on antibiotics, you must have had your last dose 10 days prior to treatment
- The use of certain medications causing sensitivity to sunlight, (photosensitive) should be avoided, please contact us if you are not sure
- if your medication is photosensitive. Photosensitive medications may cause skin burns
- If the skin to be treated is irritated, non-intact or bruised we will postpone your treatment until your skin is healed

Skin Tightening & Body Contouring

Post-Treatment Instructions in General

- Drink plenty of water throughout the day and follow a low fat diet to maximize your results.
- Walking for 30 minutes will benefit your body's response to this treatment.
- The treatment should not be exposed to the sun. SPF 30 or higher should be applied whenever exposed to the sun.
- Immediately following treatment, the area may show a slight erythema (redness) and/or edema (swelling). Itching is possible as well all of
- which are completely normal.
- Bruising, or crusting of the skin may also occur, this is possible however contact the office with any concerns you may have.
 - Avoid exfoliating the treatment area 24 hours post treatment, avoid exfoliating irritated skin
 - Avoid Retin-A or irritating acids or products for 24 hours following treatment
 - If the skin in the treated area crusts, do not rub, pick, or use any kind of exfoliation until the treated area heals. Do not shave the area if crusting is present. Contact the office for care instructions
 - If swelling occurs, apply ice packs. Discomfort or stinging may be alleviated with Tylenol or other pain reliever

Take Before and After Pictures

Photographs will be taken to track the progress of the Body Contouring Program \$50 discount will be deducted to your cost if you allow Lunas Masahe to use your Photo for our portfolio. A photo Release will be provided.

You may use the same garment. Garments will be provided. Three views will be taken to showcase your progress.

Take 3 views:

- Front – with arms to the sides
- Side – with arms straight ahead
- Back – with arms to the sides

Skin Tightening & BodyContouring Expectations

Setting reasonable expectations is crucial

It takes time for skin to tighten and the body to eliminate fat

Results are commonly 1-3 months out

Multiple sessions may be required

Due to aging and genetics maintenance treatments may be needed

These treatments are NOT magic, the patient will have some homework in many Cases

Under promise and over deliver

Treatment may be refused for clients that do not benefit or have contraindications to the treatment.

A written consent for treatment and photographs Release will be provided.

Aging Skin, The Signs

- The dermis, the mattress of the skin, thins
- Fine lines and wrinkles appear
- Sagging skin
- Less snapback
- Over production of melanin “age spots”
- Bruise easily due loss of vessel integrity
- Dehydration of the stratum corneum
- Less sebaceous gland activity
- Cell turnover slows

Additional Changes

- Collagen and elastin levels begin to deplete.
- Free radicals cause a cross linking and hardening of the fibers, resulting in a lack of firm cushion for the layers Above.

Due to both internal and external factors, circulation slows and depletes the level of nourishment via blood flow, to the lower layers of the epidermis.

- Hormonal changes also play a key role in the “maturity” rate of the skin.
- Hormones fluctuate drastically within the body, but a key role in the skin the maturing process occurs during menopause when estrogen levels decrease .
- Low levels of estrogen produce a decrease in the glycosaminoglycans that are found and produced in the dermal layer of the skin. The decrease in glycosaminoglycans results in a decrease in the lubrication, suppleness, thickness, and healthy glow of the skin.

Antioxidants

- Sulforaphane – *Broccoli*
- Lycopene – *Apricot, Grapefruit, Tomatoes*
- Ellagitannins – *Raspberries*
- Silymarin – *Artichokes*
- Vitamin C – *Oranges, Cranberries*
- beta-Carotene – *Carrots, Kale, Spinach*
- Ellagic Acid – *Blackberries*
- Phytonutrients – *Strawberries*
- Vitamin E – *Pecans*
- Isoflavones – *Soy*
- Glutathione - *Asparagus*

Skin Tightening

What is it?

Treatments that stimulate the skin to produce collagen and elastin resulting in less lines and wrinkles and smoother, tighter skin

Invasive – Surgical

- Face/Neck lift, radio frequency probes, tummy tuck, laser skin resurfacing

Non-Invasive - Non-Surgical

- The use of laser, ultrasound, infrared light or radio frequency

Skin Tightening

Invasive

1. Invasive treatments involve incisions into the skin or vaporizing the skin. Good results, with minimal downtime.

Skin Tightening

Non- Invasive

2. Non-invasive or non-ablative skin tightening procedures are in demand for those patients that want to look younger and avoid down-time
 - Radio Frequency
 - Bi-Polar RF is commonly used in superficial skin tightening where as monopolar RF is more common in cellulite reduction
 - Infrared Light (IR)
 - Broadband infrared light is used for deep bulk heating, some wavelengths

extend to 2000 nm

Lunas Masahe is now providing non-invasive skin tightening and Body contouring. Consultation is required before you can start your program.

How long the program will take?

- The program takes 10-12 sessions or more . (preferably 15-20 sessions) discounts are available upon purchasing a package.
- The first 3 sessions are every 3 X week
- Then the remaining sessions will be divided into 1 session per week.
- A gallon of water intake is recommended or # of Oz. to the half of your weight

Example: if you weigh 120 lbs. Your water intake everyday will be 60 ounces.

- Exercises is advised to see result
- Healthy diet is encourage to see result
- No alcohol during the program
- Compressions recommended (available at Lunas Masahe)

Are you ready to make a big change this year? Today is the day!

Lunas Masahe LLC



**Scan the QRCode to see our
Packages**

Lunas Masahe LLC

Lake Creek Office Park
13740 Research Blvd.
Suite M2 Austin TX 78750
(512) 8173008

Booking and support: support@lunasmahe.com

Ask the Therapist: imt@lunasmahe.com

Therapist: Criselda White/ CLT/LMT/MMT/CMLDT

Lic # 129702