



Frequently Asked Questions

**Non-invasive body sculpting
consists of a 3 step treatment all
in one session!**

1 Cavitation

What is it?

- The use of ultrasound technology to break down fat cells below the skin. It breaks down the fat deposits into the interstitial and lymphatic system.
- Non-surgical method of reducing cellulite and localized fat.
- Cavitation also plays a role in skin tightening. This happens because the waves in the process stimulate production, which in turn, enhances skin elasticity.
- Can cause a slight ringing or buzzing in the ears due to the ultrasound waves passing through the tissues. This is normal and safe, and should stop once the cavitation head is removed.

How much fat is lost?

- Studies have shown that one session often results in a 1-5 cm reduction in the layer of fat. We recommend 4-8 sessions, with the treat time being one hour per. Cavitation may require several sessions, and patients must carry them out within a week and allowing 72-hours between.

2 Radio Frequency

What is it?

- Electromagnetic device that generates heat to stimulate the production of collagen, elastin, and new skin cells.
- Non-invasive procedure uses focused energy to scalp, tighten, and tone the skin. This provides a fresher, more youthful look.
- Helps reduce wrinkles, improve the skins overall appearance, and increase collagen production in the body and face.

What are the benefits?

- Effective in repairing the skins elasticity, especially on the stomach area. RF body sculpting can tighten loose skin post pregnancy, without having to worry about pain, scarring, or down time.

3 Vacuum Therapy

What is it?

- Helps flush excess fluid and toxins from the tissue and move it to your lymphatic system, which is one of your main drainage pathways. This increase lymphatic flow to remove toxins and water retention.
- Exfoliates the middle layer of the skin, thereby making it smoother and more toned in appearance. The results are a leaner look, reduction in bloating or swelling, improvement in skin tone, improved mood, and increased metabolism.

What are the benefits?

- At its foundation, vacuum therapy involves applying strong massaging effects. The procedure might be effective for buttock toning and offers you the following benefits: reducing the tension in the muscles, and activates the middle layers of the skin for increased effects of skin tightening and toning.
- This therapy is painless, safe and highly effective. Vacuum therapy stimulates the blood and improves lymphatic drainage, stimulates the fibroblasts, and increases collagen elastin, therefore improving the texture and tone of the treated zone.



Frequently Asked Questions

**Non-invasive facial treatment
consists of a 2 step treatment all
in one session!**

1 RF Treatment

What is it?

- Helps reduce wrinkles, improve the skin's overall appearance, and increase collagen production in the face and body.
- Non-invasive procedure uses focused energy to scalp, tighten, and tone the skin. This provides a fresher, more youthful look.
- Uses low energy radiation to heat the deep layer of your skin called the dermis. this heat stimulates the production of collagen to help improve signs of wrinkles and sagging skin

RF Skin Tightening is a treatment with long lasting results, as it works to trigger the body's own natural healing process to increase collagen production. As a result, the effects of the treatment can last for around one year before patients will start to notice increased skin laxity again.

2 Microcurrent

What is it?

- Uses weak electrical signals to stimulate the muscles and skin. This has benefits, such as reversing the visible signs of aging, such as drooping skin and dullness.
- Helps lift and tighten the muscles in the area and stimulate collagen and elastin, helping your skin look smoother, brighter and more rejuvenated.

This is a natural alternative to Botox and fillers.

In-office microcurrent treatments last for 2+ months. They can be used weekly or monthly to have ongoing results. Plus, they can be used on their own or in between professional microcurrent treatments in order to prolong their results.



Frequently Asked Questions

General Questions

What are the side effects of treatment?

- Although it is a low-risk procedure, you may experience mild effects that are temporary. These may include:
 - Bruising or redness
 - Dehydration
 - Skin sensitivity
 - Skin irregularities
 - Mild headaches

What is expected from the client throughout the course of treatment?

- There are several things you can do to make the treatment more effective. These include:
 - Limit alcohol consumption
 - Cut out fatty, fried, and spicy food
 - Drink at least 1-2 liters of water per day
 - It is highly recommended to drink 1 liter of water 2x3 hours before treatment
 - Eat a balanced diet
 - Regularly exercise

Who should not receive body sculpting treatments?

- Individuals with a pacemaker
- Those who has/had cancer in the past 12 months
- If you are or may be pregnant or breastfeeding
- If you have metal pins/plates