

# The Face Bar aesthetics

## Body Contouring with Fat Cavitation & Radio Frequency Skin Tightening

### What is Fat Cavitation?

Body Contouring treatments use ultrasound waves to sculpt and shape unwanted areas of adipose tissue. Sound waves are absorbed by fat cells, generating heat and causing a temporary weakening of the cell membrane.

Triglycerides are released and eliminated from the body through the lymphatic system.

### **What does it treats-**

- Excess adipose tissue & Cellulite such as: Thighs/Inner and Outer, Knees, Abdomen, Arms, Brazilian Butt Lift, Love Handles, Bra Line etc.

### **Considerations-**

- Body contouring is best performed in a treatment course of 6-10 sessions.
- Treatment should be delivered at 72-hour intervals.
- General health can influence results, i.e.. Hormonal imbalance, digestive issues, and stress levels.
- Drink Plenty of water pre and post- treatment
- 30 minutes of exercise is recommended immediately post-treatment (unless Radio Frequency is also performed)

### What is Radio Frequency Skin Tightening?

Radio Frequency treatments utilise an oscillating electrical current to generate heat within the skin, achieving numerous benefits. Radio Frequency is commonly used for the treatment of skin laxity, tightening, and plumping the skin. Treatment creates an increase in tissue temperature, causing immediate skin tightening and stimulating production of new collagen, elastin and GAG's.

### **What does it treat?**

- Face and body areas where there is a loss of skin elasticity- such as: Face, Neck + Jowl and Décolletage, Breast Lift, Brazilian Butt Lift etc.
- Improving the appearance of lines and wrinkles
- Reducing the appearance of cellulite

## Considerations

Radio Frequency is best performed in a treatment course of 6-10 sessions at weekly intervals, with maintenance treatments recommended every 3-6 months

Areas we can treat

### Pre Treatment Guidelines

#### For Both Fat Cavitation & RF Skin Tightening:

- **Hydrate:** Drink at least **2 litres of water per day** for 48 hours before treatment to help flush out toxins.
- **Avoid Alcohol & Caffeine:** Reduce or eliminate **alcohol, caffeine, and high-sodium foods** at least **24-48 hours before** as they dehydrate the body and slow lymphatic drainage.
- **Healthy Diet:** Eat a **balanced, low-fat diet** leading up to the treatment to improve lymphatic system function.
- **No Heavy Meals Before Treatment:** Avoid eating a heavy meal right before your session.
- **No Lotions or Oils:** Keep the treatment area **clean and free of lotions, oils, or self-tanners**.
- **Avoid Blood Thinners:** If possible, avoid **aspirin, ibuprofen, and omega-3 supplements** to reduce the risk of bruising.

### What to expect during the treatment-

#### Fat Cavitation-

**Sounds:** A loud 'clicking' sound will be heard when using the 40K handpiece. A mild 'whirring' sound may be heard when using to 1MhZ handpiece.

**Vibrations:** Vibrations can sometimes be felt on the skin. This is normal as the ultrasound creates these vibrations to allow for product infusion.

**Warmth:** Some clients can feel mild warmth during this treatment. This is due to the constant movements/friction from the handpiece, along with the energy that the handpiece is emitting.

#### **Tingling / Itchiness**

#### **You may also experience-**

A slightly unwell or sluggish sensation due to the elimination process

Mild skin redness, Mild swelling, small raised bumps and Itchy or dry skin (up to 5 days)

## **RF Skin Tightening**

### **Moderate warmth**

Treatment should feel similar to a hot stone massage

### **Tingling / Itchiness**

### **You may also experience-**

Mild warmth and redness similar to a sunburn sensation, Mild swelling and Itchy or dry skin (up to 5 days)

## **Post Treatment Guidelines-**

**Increase Water Intake** – Drink at least **2-3 litres of water per day** to help flush out toxins and support lymphatic drainage.

**Stay Active** – Light exercise (walking, jogging) **within 24 hours** helps stimulate the **lymphatic system** to remove liquefied fat and toxins. Try to do 30 minutes of light exercise immediately post treatment as the fat will be turned into energy and your body will be ready to burn it.

**Eat a Clean Diet** – Stick to **low-fat, low-carb, and low-sodium foods** to prevent fluid retention and fat reabsorption. Avoid processed foods.

**Avoid Alcohol & Caffeine for 48 Hours** – Both can dehydrate the body and slow the elimination of waste.

**Avoid Heat & Excessive Sweating** – No hot showers, saunas, steam rooms, or excessive sun exposure for 24-48 hours, as heat can increase inflammation.

**Support Lymphatic Drainage** – Dry brushing, manual lymphatic drainage massage, or using a vibration plate can help eliminate toxins faster.

**Keep Skin Hydrated** – Use a nourishing moisturizer with peptides, hyaluronic acid, or firming ingredients to support skin elasticity.

**Avoid Harsh Skincare** – No **exfoliants, retinol, or AHAs/BHAs** on the treated area for at least **3-5 days** to prevent irritation.

**Consistency is Key** – Both treatments work best when done in a series. Follow the **recommended treatment plan** for optimal results.