

Skin Tightening

RADIOFREQUENCY THERAPY

WHAT IS RADIOFREQUENCY (RF) THERAPY

Radiofrequency (RF) therapy, also called radiofrequency skin tightening, is a nonsurgical method of tightening your skin. The procedure involves using energy waves to heat the deep layer of your skin known as your dermis. This heat stimulates the production of collagen.

Collagen is the most common protein in your body. It creates the framework of your skin and gives your skin its firmness. As you age, your cells produce less collagen, which leads to sagging skin and wrinkles. Skin laxity occurs around age 35 to 40 when the quantity and quality of your collagen begins to decline.

RF therapy has been used since 2001 to fight against sagging skin and signs of aging. In this article, we're going to look at how this cosmetic therapy works and what potential benefits it has for your skin.

BENEFITS

DIMINISHES THE LOOK OF CELLULITE

Cellulite is persistent subcutaneous fat causing dimpling of the skin, especially on women's hips and thighs. Cellulite occurs when fat deposits push through the connective tissue beneath the skin. Radio frequency skin tightening targets subcutaneous fat by emitting RF waves to heat the fatty layers under the skin, the effects of tissue tightening and increased blood circulation mean that fatty deposits are drained through the lymphatic system, reducing the appearance of cellulite.

REDUCES BODY FAT

Radio Frequency reduces the subcutaneous fat causing it to melt and be processed through your body's own natural elimination process. This process ensures there is no chance of infection as we are not introducing anything foreign into the body which makes it a safe fat reduction treatment for even those with sensitive skin.

NON-SURGICAL TREATMENT OPTION

As Radio Frequency skin tightening is a non-surgical and non-invasive treatment you will have no downtime and are able to have the treatment performed on your lunch break.

PERFECT FOR POST OPERATIVE SMOOTHING

Unfortunately many out there who have had weight loss surgery such as Liposuction previously are left with loose skin and can come out of the experience feeling worse of then when they went in. Yes the fat is gone but they are left with loose and sagging skin. Radio frequency skin tightening is the perfect treatment to ensure that all the downtime and expenses outlaid will not go to waste by working hand in hand with weight loss procedures to ensure your skin maintains elastin.

SKIN TIGHTENING FOR A YOUTHFUL APPEARANCE

As we get older our skin cell regeneration process decreases and slows down which leads to loss of collagen, elastin, fine lines, wrinkles, sagging skin, loose skin. Radio frequency skin tightening stimulates the protein fibres that keep the skin elastic and boost collagen which results in a more youthful appearance.

CONTRAINDICATIONS

While radiofrequency is widely lauded, it is still limited in its effects. Contraindications include patients who suffer from significant amounts of redundant skin as they will not see the desired results, or patients who suffer from rosacea because they will see exacerbated symptoms due to the additional inflammation that occurs post-radiofrequency treatments.

Body Contouring

VACUUM THERAPY

WHAT IS VACUUM (RF) THERAPY

Using high-frequency Radio Frequency and vacuum technology combined, direct access is significantly increased to the deeper fat cells, bringing fat cells to a fast-active state from the production of localised heat, so that effective blood circulation occurs.

This increased localised blood circulation within the dermis aims to tighten the sagging or loose skin due to the normal effects of ageing. Your skin will have its elasticity improved aided by an increased metabolic activity. Then through the sweat glands and lymphatic system the excess fat and toxins are excreted out of the body. This aims to further dissolve fat cells, strengthening the integrity of cells mitochondria, enhancing blood and lymph circulation with metabolism benefits.

BENEFITS

WEIGHT LOSS

The vacuum creates a low atmospheric pressure, increasing the blood supply and circulation to the cellulite and fat prone areas of the lower body. Thanks to this increase in blood circulation, fats are able to be transported from fat cells into the working muscles where they can be burnt off. This increased supply of blood, nutrition and oxygen to the lower body, while exercising the muscles, results in higher metabolism, cell activity and faster fat burning.

CELLULITE REDUCTION

The sub-atmospheric pressure, created by the vacuum, not only activates the metabolism of fats, but also the lymphatic system, which ensures better removal of metabolic waste products. Stronger blood circulation to the skin and an enriched supply of oxygen, vitamins, minerals and enzymes act positively against orange peel skin. Long-term studies on women with a predisposition to cellulite and fat have not only shown the durability of the results achieved from vacuum therapy, but, as an added bonus in many cases, formative tissue in the affected areas has regenerated- turning back the skin's biological clock by up to 10 years.

Additional benefits

1. Improves circulation of blood and lymphatic drainage
2. Reduced appearance of cellulite
3. Increased metabolism
4. Burns fat faster
5. Promotes positive mood
6. Improves body profile
7. Tones and smooths skin

A minimum of 20 sessions (3 times a week) over the course of a 6 week period in order to "kick start" the metabolism into action. Results are generally already visible after 10 applications

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Body Contouring

LASER LIPO

WHAT IS LASER LIPOLYSIS?

Laser lipolysis uses lasers to destroy fat cells! The treatment utilizes a low-level laser that breaks down stored triglycerides in the fat cells, and lets your body's lymphatic system naturally dispose of them. The expelled fat and fluids are released into the interstitial space and transported to the body's lymphatic system.

Each treatment is followed by standing on a Whole Body Treatment Vibration Unit for 10 minutes. This physical exercise ensures the disposals of the fat efficiently and preventing reabsorption.

Also, 8 glasses of water is also encouraged as well as physical activity.

BENEFITS

The lipo laser treatment is a safe and ideal option for anyone looking to avoid surgery. Slimming down and finding your perfect body shape has never been easier. Everybody has those "problem areas" on their body that make them want to start dieting or working out, and those are great options that should be part of a person's daily regiment anyway, but lipo laser can help you achieve the look you want quicker. Whether it's the excess belly fat from child birth or the growing thighs that developed from sitting at your desk 5-days a week, lipo laser treatment can help you.

- **Non-Invasive**

Unlike liposuction surgery, there are no open wounds with lipo laser treatment because they work on above of the skin and radiate through the skin to target fat deposits under the skin.

- **Tighter Skin**

After liposuction surgery, the skin may sag because it has not adjusted to the empty space yet. Lipo laser treatment removes the fat deposits and tightens the skin at the same time.

- **Less Downtime**

With lipo laser treatment, you can go back to their daily activities almost immediately as opposed to liposuction surgery that may cause you to spend multiple days recovering.

This laser treatment will reduce inches off your body with:

- No pain
- No incisions
- No anesthesia or medications
- No side effects
- No recovery time!

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A course of 8 treatments, produces cumulative inches lost, resulting in the reduction of clothing size for both women and men.

Body Contouring

ULTRASONIC CAVITATION

WHAT IS ULTRASONIC CAVITATION?

Ultrasonic cavitation, also called ultrasonic lipolysis, is a body contouring treatment that is used to remove fat deposits under your skin. Ultrasonic cavitation relies on ultrasound technology to break apart fat cells. Ultrasound waves are sent deep into the layers of your skin, causing a disruptive vibration. Fat cells then break apart from each other and are dislodged from your dermal layers. After a few days, the fat cells are absorbed by your lymphatic system and drained as waste from your body.

BENEFITS

ULTRASOUND FAT CAVITATION THERAPY IS VERSATILE

Ultrasound fat cavitation can be used on virtually any area of your body where you're carrying extra weight. Common treatment spots include the belly, thighs, buttocks, or back. We can also tackle smaller areas, like your chin or upper arm.

ULTRASOUND FAT CAVITATION THERAPY IS NON-INVASIVE

Unlike liposuction, ultrasound fat cavitation doesn't require any surgical procedures – so there's no anesthesia, no blood, and no bandages. Instead, the treatment relies on high-frequency sound waves to help you lose inches, without causing any bodily trauma.

ULTRASOUND FAT CAVITATION THERAPY IS NATURAL

Fat cavitation therapy uses low-level ultrasonic waves to break your fat cells down into a liquid while leaving surrounding tissues intact. Once the fat cells have liquefied, they're eliminated from your system using your body's own natural elimination processes.

ULTRASOUND FAT CAVITATION THERAPY IS PAINLESS

During and after the procedure, you shouldn't experience any discomfort. At most, you may feel a gentle warming sensation as the ultrasound wand works its way across your skin.

ULTRASOUND FAT CAVITATION THERAPY IS SAFE

Ultrasound is routinely used for many diagnostic and therapeutic medical procedures. There's virtually no risk involved, especially when compared to other methods of fat reduction that require invasive surgical procedures.

ULTRASOUND FAT CAVITATION THERAPY IS FAST

Each fat cavitation therapy session only takes 20-60 minutes, making it the perfect lunch-hour treatment. There's no downtime, and the only thing you'll need to do to prepare is drink plenty of water.

ULTRASOUND FAT CAVITATION THERAPY IS IMMEDIATE

Results are often visible right away – sometimes, you can see a difference immediately after your very first treatment. Optimal results begin to show in as little as three days. Depending on your individual body composition, you may need six to twelve treatments in order to achieve your goals.

ULTRASOUND FAT CAVITATION THERAPY IS EASY

Aside from increasing your water intake, eating healthy, and maintaining a moderate exercise program, there's nothing else you need to do to reap the benefits of ultrasound fat cavitation therapy.

ULTRASOUND FAT CAVITATION THERAPY IS EFFECTIVE

When diet and exercise fails, ultrasound fat cavitation therapy offers a solution that works. You can reshape your body, banish cellulite, and feel good in the skin you're in.

Body Sculpting

BUTT CUPPING THERAPY

WHAT IS BUTT LIFT THERAPY?

Unlike the Brazilian butt lift, vacuum therapy (also known as vacuotherapy) is noninvasive and tones your tush without the use of incisions. Similar to a lymphatic drainage massage, vacuum butt therapy is a massaging technique that helps lift and contour the buttocks via a suction device equipped with glass cups. After a mini massage, two small suction cups are moved over the thigh and buttocks area, manipulating the tissue, then two larger suction cups are sealed over each side of the butt for approximately 30 minutes..

The process improves lymphatic drainage, stimulate the muscles, break down and shift fat deposits, and stimulate the hypodermis, all of which combine to provide increased toning effects and give the appearance of a smoother, firmer, more lifted backside. vacuum butt therapy provides instant results and further lifts the buttocks by up to 70 percent. Some say one session is the equivalent of 1,500 squats!

Typically just 2-4 sessions will give you outstanding results when done in a 1-2 week timespan! The trick is maintaining the results with a proper treatment plan. We recommend 6-8 treatments your first month (twice a week), then 1-2 times a month for maintenance. Just like working out, consistency is key, but let us do all the hard work for you!

BENEFITS

When performed for several sessions on a weekly basis, you may notice that your skin is tighter and more toned. This can provide the appearance of a butt lift. Butt Cupping therapy is a non-invasive, non-surgical technique for tissue stimulation for your buttock in a short period of time. No anesthesia required.

At its core, vacuum therapy offers deep massaging effects. The procedure may work for buttock toning by:

- *decreasing muscle tension*
- *increasing lymphatic flow to remove toxins and water retention*
- *exfoliating the skin, thereby making it smoother and more toned in appearance*
- *stimulating the middle layers of skin for increased toning effects*
- *decreasing the appearance of cellulite*

Benefits

- *Lifts your buttocks by up to 70%*
- *instant results*
- *No surgery, no pain, no downtime!*
- *Enhanced body tone and shape*
- *No side effects*
- *Improves blood circulation*
- *Tightens & Tones Skin*

SIDE EFFECTS - DOWNTIME

- Slight discomfort in the buttocks area.
- Temporary bruising will happen during and after the procedure due to the pressure of the cups but it will disappear the day after.

POST RECOVERY

Exercise the buttocks for at least 25-30 minutes for best results.

Body Sculpting

BREAST LIFT ENHANCEMENT

WHAT IS VACUUM BREAST LIFT?

Vacuum breast lift is a non-surgical breast lift treatment that is safe and has enormous effects. With several ineffective non-surgical breast lifting treatments already in the market, the vacuum breast lift is showing some promise for those looking for non-surgical breast enlargement treatments. While some enlargement treatments may cause mild swelling of your breasts and make them like some millimeters higher, the vacuum breast lift treatment is a safer alternative. The treatment focuses on pectoral muscles, helping lift loose skin in the process.

It also helps lymph and blood circulation to the breast, which can help soften localised fatty deposits. This revolutionary breast enhancement treatment lifts and shapes your breast helping you to achieve that confidence and appearance you want

BENEFITS

Unlike surgery or other breast enlargement procedures, vacuum breast lift has the following benefits:

- No downtime. You can go to work immediately after the treatment session
- The procedure takes only 30 to 40 minutes per session
- Immediate full recovery
- Immediate results
- Potentially long-term results' duration
- Not an aesthetic required

The side effects of the treatment are minor. A slight sensitivity that lasts for a few days and mild redness are some of the side effects. This side effects won't prevent you from doing your daily duties. The results may vary depending on the number of treatment you want. You will require anything between 1 and 8 treatment sessions for constructive results.

- Raises, Enlarges And Reaffirms The Breasts Without Surgeries
- Increases The Skin Flexibility
- Releases The Venous And Lymphatic Flow
- Exfoliates The Epidermis Making Skin Softer
- Stimulates Dermis And Hypodermis
- Decreases Muscle Tension

SPECIAL CONSIDERATIONS

•Pregnancy

It is recommended to introduce cupping gently in the second trimester. Recognize that a conservative approach is necessary as structures may be more responsive during pregnancy due to the hormonal changes in the body. Cupping will not be done lateral to the lumbar spine.

•Breastfeeding

It is recommended to express milk before cupping therapy to prevent exposing the infant to an altered breast milk taste following the treatment. It is advised to pump and dump the breast milk and feed the baby with the pre-cupping treatment expressed milk.

Children and the Elderly

• A gradual and gentle introduction of cupping therapy will be applied with children and the elderly. We will assess the reaction to the treatment and adjust accordingly.

Note: Visible markings can result from cupping from 3 to up to 7-8 days following treatment. You must be comfortable with the markings, otherwise, cupping therapy is contraindicated.

Body Contouring

FAT FREEZE CRYOLIPOLYSIS

WHAT IS CRYOLIPOLYSIS?

Cryolipolysis, also known as "fat freezing" or by the product name CoolSculpting, is a procedure that involves the non-invasive cooling of body fat to break down fat cells, resulting in a reduction of body fat without damage to other tissues.

During the procedure:

- A applicator is placed on the skin with cooling panels.
- Patients feel a cold sensation for a few minutes, as it produces an anesthetic effect.
- The fat is cooled for up to an hour.

BENEFITS

The obvious benefit of Cryolipolysis is that it reduces unwanted fat, but take a look at these other advantages:

1. Targeted Fat Reduction: Everyone's body accumulates and stores fat in different places, and sometimes they aren't the places we'd choose. That's one of the key differences between weight loss and fat reduction. When you lose weight, you can't choose what fat your body burns. Cryolipolysis, on the other hand, is built to target the specific areas you choose. During the procedure, the applicator sends precise cooling into your skin from the surface. It's not cold enough to damage your skin and other tissue, but it's cold enough to kill fat cells. In the weeks after the treatment, your body clears away these dead fat cells little by little, producing a slimming physique.

2. Lower Cost Than Surgery \$

3. Low Risk: For most people, the risks of surgery are the largest deterrent. While they're small when your procedure is performed by an experienced, board-certified plastic surgeon, every surgery still has serious risks. Cold Sculpting, on the other hand, has far fewer risks. It does have some side effects like temporary numbness and redness in the area, but they tend to be minor and fade in a hurry. There's no anesthesia involved, nor is there any bleeding.

4. Easy On a Busy Schedule: Cryolipolysis, takes an hour at most to treat one area, and some treatments take as little as 35 minutes. You don't even have to stop your to-do list during this time. Many patients spend the time responding to emails, reading, or working. Even better, though: there's **no downtime** after Cryolipolysis. You'll have some temporary side effects, like mild soreness, numbness, or redness in the treatment area. Still, these effects aren't enough to restrict you to bed or take you away from work.

6. No Scarring: A great alternative to surgery.

7. Versatile Treatment Areas: *So far, CoolSculpting can treat the following areas:*

- Abdomen
- Thighs
- Under the chin (the "double chin")
- Flanks, or "love handles"
- Bra bulge (the pinchable area next to the armpit)
- Back
- Upper arms
- "Banana roll" (the area under the buttocks)

8. Skip the Pain. There may be some discomfort during and soon after the treatment, as every patient's body is unique. However, it's nothing compared to the first several days after surgery!