

What is the Ultrasonic Fat Cavitation treatment like?

The procedure starts with choosing a body area, the gel or oil is applied then the ultrasonic device directly to specific areas of the skin, we work in circular movements of the applicator over the treatment site, for a Combo session a Radio Frequency hand piece is used which is slowly rotated over the targeted area, transmitting radio waves to the skin heating it 40 to 50 degrees Celsius without burning the skin surface. The heat causes contraction of the collagen fibers to immediately tighten the skin.

The session takes 25-30 minutes each depending on the size of the area and the thickness of the fat layer Results can sometimes be noticed after the first treatment with more improvement noticed within a few days.

6 - 10 sessions at 2 - 3 days intervals are recommended in order to achieve an ideal result, but further treatments may be needed to attain your desired figure.

How does it feel during the Ultrasonic or RF treatment?

- Most people feel the treatment is painless and comfortable. Some people may feel slight discomfort due to the specific noise spreading inside the body, but causes no, harm and disappears as soon as the applicator is moved away from the body. You may also experience warmth during the treatment. If on the slim chance it gets too warm you can request, immediately some extra ultrasound gel to be applied. If your having the Strawberry Lipo (The Red Lights) You may feel a slight tingle or a warm feeling, some people feel nothing and there is no side effects.

What can be treated with the Ultrasound Fat Cavitation system?

- Fat & Cellulite reduction
- Skin tightening and fat melting (combined with Radio Frequency)
- Body Sculpting

What can be treated with Radio Frequency(RF)?

- RF is a effective way to improve skin tightness and elasticity, reduce wrinkles and cellulite, boosting the overall condition on areas of the body such as the face, chin, upper arm, abdomen, thighs, bra line or buttocks.

Who can NOT have Ultrasound and RF treatments?

People with cardiac and vascular diseases, metal implants, acute illness, compromised liver function, severe bleeding tendencies, pacemaker carriers and women who are pregnant or breastfeeding should avoid undergoing the procedure

Is Ultrasound Cavitation & RF painful?

Cavitation and RF is a painless treatment. Mild redness may appear occasionally but will be highly unlikely to cause any actual pain. The heat from the hand pieces felt during the treatment is perfectly tolerable.

Is Ultrasound Cavitation & RF safe? Are there any side effects?

Ultra Cavitation is a safe, nonsurgical procedure without anesthesia, it is non-invasive, no cutting, no scars and no downtime should be experienced after the treatment. Due to specific ultrasound parameters of energy levels ensure selective damage to fat cells only and do not interfere with any other organs. There is no report of side effects for these treatments. However some people may experience transient redness, excessive thirst, and nausea immediately after the treatment which always resolves by drinking water. They are all short-term effects that will disappear shortly.

What can one expect with the results?

The cavitation treatment yields immediate and long lasting results. Ultra cavitation is a very effective procedure that requires only 6-10 treatments consisting of 25-30 minutes each. Most of the clients experience noticeable circumference reduction after a single session with increasing results after each visit. The results may vary with different tissue structure, treatment area, age, metabolism, medications, and changes in hormones. Proper diet and increased physical activity will certainly improve and help to maintain the results.

Which areas are suitable for the treatment?

Areas with localized fat such as thighs, abdomen, arms and buttocks where diet and exercise alone have not been able to get rid of are the most appropriate but there is no real limitation as to areas of the body.

Can Ultrasonic Fat Cavitation lose weight?

Cavitation is not a method to lose weight but to reshape the body. It is particularly indicated for the reduction of adiposity, like the famous "love handles" "Mummy tummy" . Ultrasonic cavitation can be considered a deep fat blaster that reduces stubborn fat cells that cannot be removed with exercise and diet alone

How is the fat eliminated from the body?

The ultrasound cavitation causes an emulsification of fat, it ruptures fat cell membrane, thereby releasing its fat content, converting it into a substance easy to eliminate through sweat gland, liver, and circulation, lymphatic system which eventually eliminate through urine.

Do I need to follow any guidelines before or after undergoing ultrasound fat cavitation & RF?

Before Treatment:

Detox with: Choose one

- Bragg apple cider vinegar 1/2 shot glass 2 times a day
- Detox tea 2 cups 2 times a day
- Whole body cleanse this is a 10 day full body detox (Vitamin shoppe)
- Liver cleanse (Vitamin Shoppe)

After Treatment:

- Continue to wear your waist trainer or compression pants 2 to 5 hours a day
- We recommend a low calorie diet with protein in each meal and drink at least a glass of warm water (not carbonated, sparkling water, pop, coffee) before and after the session.
- Drinking plenty of water
- Exercise: brisk walk, biking or other aerobic activities for at least 45 minutes after the treatment to stimulate the lymphatic activity
- The elimination of the fat continues through the Lymphatic System for 72hrs.

!Follow by a suitable exercise routine!

Cavitation will be best performed under high hydration conditions, avoid taking any caffeine 2 days before therapy. Drink lots of water it will help to improve your metabolism and increase your urine output -- lipid metabolites release out of your body.

Vacuum Therapy or Vibration Treatment is also encouraged to improve the circulation and lymphatic system, which helps to drain fluids.

- For best results you should refrain from any alcohol consumption for 48 hours after the treatment. Alcohol consumption during this period may prevent your liver from removing the deactivated fat cells from your body (as the liver will assign priority to removing the alcohol from your blood).

How many times & how often should I have the treatments?

Ultrasound Cavitation: 6-10 sessions spaced 2-3 days apart

RF Skin Tightening: 6-10 sessions spaced 2-3 days apart

After the initial treatments are completed, maintenance treatments consist of 2 session each month for 4 months followed by one treatment every 4 months