

VERY AESTHETIC SKIN + BROWS

BODY SLIMMING + CONTOURING

1. WHAT IS RF CAVITATION? Safe, pain-free and non-invasive

RF cavitation is a non-invasive procedure using ultrasound to break down fat from the body.

Cavitation refers to the scientific phenomenon that occurs in the fat cells.

To break it down, sound = vibration. The ultrasound handpiece emits a specific frequency of vibration (High Intensity Focused Ultrasound) into the fat layer, that causes immense pressure to build up inside the fat cells. Because our fat cells are designed to expand and contract very slowly as we put on weight or lose weight, they cannot withstand the intense pressure and break apart, releasing the contents. In this instance, the individual fat cells are destroyed, and can no longer contain fat. Because our fat cells do not multiply, and our fat cell count remains relatively stable, this means that the treatment is permanent and will not need to be repeated once the desired contours are achieved. Any weight gain or loss in the future will be observed with respect to the new contoured body shape that has been achieved with treatments. Smaller amounts of fat loss are achieved with each individual treatment, as the fat cell membrane waste can put additional strain on the kidney, liver and lymphatic system.

2. HOW LONG DOES A TREATMENT LAST?

Normally limited to 10 minutes per AREA, with a maximum of 4 AREAS treated per session.

3. HOW SOON CAN I EXPECT RESULTS?

Ultrasound fat **cavitation** provides measurable results. After your treatment you'll be able to see how much circumference you've lost using a tape measure — or by simply looking in the mirror.

Results will vary from dramatic first day losses of more than 3 inches to as little as 1/4 inch. The process continues even after the treatment is over and it is not unusual for a client to experience additional losses between **Cavi-Lipo** sessions and up to 2 weeks after a session. However, keep in mind that it only **works** in certain areas, and you won't see overnight results.

4. HOW MANY TREATMENTS ARE NEEDED?

Will vary from person to person depending on personal goals.

5. HOW OFTEN SHOULD I BOOK?

A 5 to 7-day gap is generally enforced to ensure adequate elimination of released fats, membrane, and toxins that may have been contained inside the fat cells.

RF (FAT) CAVITATION PRE-TREATMENT GUIDE

Make sure the body is properly hydrated and nourished. Drink at least 2 liters of water and consume healthy foods in the 24 hours prior to treatment. Dry body brushing and moisturizing your skin to jumpstart detoxification prior to treatment is also advised.

RF (FAT) CAVITATION POST TREATMENT GUIDE

Elevate your heart rate with exercise for at least 20 minutes directly following your treatment. Consume at least 2 liters of water within 24 hours. Continue to dry brush, moisturize and engage in regular exercise to keep circulation strong. Consider other detox methods, such as massage or sauna.