



What is Cavitation?

Ultrasound Cavitation + RF is an FDA approved; noninvasive procedure designed to reduce localized fat by applying ultrasound energy via a handheld probe to a targeted area of subcutaneous fat. Low-frequency ultrasounds penetrate the skin and cause fat cells to breakdown. The fat cells cannot withstand the pressure of these vibrations, causing the cells to implode into a liquid form and pass through the body. The ultrasound fat cavitation treatment works by eliminating fat and toxins via the lymphatic and urinary systems. The body requires three days to properly eliminate the fat and toxins after a treatment.

What is Radio Frequency Skin Tightening?

The effects of radio frequency treatments are mostly attributable to the heat that is generated by the RF waves. In the field of skin care and anti-ageing treatments, RF waves are most used for facial rejuvenation and their believed ability to stimulate the protein fibers that keep the skin elastic. During treatment, the RF waves penetrate the skin to tighten it from the inside out, as they stimulate collagen fibroblast production, which will trigger the production of fresh collagen fibers which result in tighter, more taut skin which is demonstrably younger. You may experience some redness and swelling in the treated area after a radio frequency skin tightening procedure, but these symptoms should resolve themselves within 24-48 hours.

What happens during this treatment, and is it painful?

This non-surgical, non-invasive technique to target unwanted fat cells does not require anesthesia and is painless and mostly comfortable. Some clients even enjoy the warm sensation, during treatment and can find it quite relaxing. A slight heat sensation, buzzing or ticking sound heard from the ultrasonic waves during treatment, however it is not painful. **Are there any side effects?** Target areas may experience a little redness.

Where are the best parts of the body to use Ultrasonic Cavitation on?

Cavitation is best used on areas of localized fat. This includes areas such as the upper arm, thighs, abdomen, hips, and buttocks. It cannot be applied to bony areas such as the head or neck.

Which areas can be treated?

All those areas with localized fat: thighs, abdomen, and buttocks are the most appropriate but there is no real limitation as to areas of the body. The chin and neck area can also be treated.

How many treatments will I need?

On average, most clients require 4 – 10 treatments, you may need anywhere between 6 and 12 treatments for optimum results. We generally recommend a series of around 8-10 sessions, followed by a maintenance program to be determined by you Esthetician. Treatments must be done at least 72 hours apart to ensure that the cells do not reabsorb the fat.

- Abdomen treatments vary from two cycles to six cycles per session.
 - Clients usually seek 2-4 rounds of treatment.
- Love handle treatments vary from two cycles to eight per session.
 - Clients usually seek 2-4 rounds of treatment.
- Arm treatments vary from two to four cycles per session.
 - Clients usually seek 1 to 3 rounds of treatment.
- Chin treatments vary from one to three cycles per session.
 - Clients usually seek 2 to 4 rounds of treatment.
- Inner thigh treatments are two cycles per session.
 - Clients usually seek 1-3 rounds of treatment.
- Outer thigh treatments are two cycles per session.
 - Clients usually seek 1-3 rounds of treatment.

Cavitation is effective for:

- Smoothing the surface of the skin
- Lifting and defining the body
- Revealing a shapely contour
- Targeting stubborn cellulite

You may notice results after your session, including smoother, tighter, and more toned skin. After a series of session, you may see:

- Increased skin elasticity
- Improved skin texture
- A reduction in cellulite
- A loss of inches in the treatment area
- A lifted and more defined figure

Am I a good Candidate?

While ultrasound fat cavitation is a great tool to help to contour your body and speed up the weight loss process through the emulsification of fat, it will not compensate for a healthy and active lifestyle. Cavitation is used for body shaping, to reduce those stubborn fatty areas that remain even with diet or exercise. It is also used for wrinkle reduction and skin tightening.

Can I lose weight with Ultrasound Cavitation?

Ultrasonic Cavitation is not a method of weight loss. It is designed to reshape the body and remove localized fat or cellulite. It is not a replacement for weight loss programs or regular exercise.

Does the treatment require time off afterwards?

No! You can go right back into your daily routine. We do recommend that you increase your water intake to two liters (about six or eight cups) of water a day to help with fat removal.

Is there an age limit?

Yes, you must be 18 or older to try Ultrasonic Cavitation.

Is Ultrasonic Cavitation for everyone?

There are contraindications for using cavitation devices for treatment of localized fat. Ultrasonic Cavitation is not for people with heart disease, kidney failure, or liver failure. It is not for those who are pregnant or breastfeeding, and you must wait a minimum of three months after childbirth, or at least six months after C section. Getting doctors approval is recommended post childbirth if you would like to try Ultrasonic Cavitation. We do not use it on clients with cardiac and vascular diseases, pacemaker, anyone with metal implants, cancer, immune problems. Abdomen treatment during menstruation should be avoided. Always consult a doctor if you are unsure if this treatment is suitable for you. A doctor's certificate may be required for certain individuals.

Who is the ideal candidate for Ultrasonic Cavitation?

Patient should generally be fit and healthy and be within 10-15% of their ideal weight.

What is the Cost is Cavitation?

Once you know the number of cycles to achieve full coverage, you multiply the *cycles per session* by *the number of sessions* to get your *total cycles needed*.

- _____ cycles per session x _____ of sessions = _____ total cycles needed

Pre-Treatment Protocol

- Each patient must consult with a specialist to determine if the treatment is a fit for his/her physique and weight. Body-sculpting treatment is available for almost everyone. However, there are limits for some procedures and treatments.
- Appointment: appointments can take up to 75 min to collect your measurements, share personal health history, take pictures and receive treatments.
- Follow a low fat/low carb diet and drink at least 3 to 4 liters of water 24 hours before your treatment.
- should not eat 2 hours before and 1 after treatment.
- Remove any lotion from your skin before the treatment.
- Avoid a heavy meal and fatty foods 1 hour before treatment.
- Avoid caffeine 2 hours before treatment.
- Avoid alcohol 24 hours before treatment.
- Avoid having any laser treatments on the area 2 weeks before treatment.
- Avoid excessive sun exposure (sun burn) on the area 2 weeks before treatment.
- If the skin is red, irritated or broken, we cannot treat until the skin has completely healed.
- Treatments are not suitable for those who are pregnant or breastfeeding.
- Our Cellulite treatments must be had in conjunction with a healthy diet and lifestyle which includes the consumption of at least 2 liters of water per day to achieve results.

The Day of Your Session

It is best to bring Spanx for the area that is being treated. This is to wear after your treat for 3 to 4 hours.

If you do not have Spanx, Waist trainers are available to purchase at a discount as well for best results.

Hydrate well before arriving for your appointment.

Do not drink any alcohol on the day of the treatment or 48hrs.

Post-Treatment Protocols

- The area may feel tender immediately after the procedure.
 - The treated area may be flushed, red and feel tingly.
 - Avoid alcohol for 24 hours after treatment.
 - Avoid caffeine 2 hours after treatment.
 - Avoid a heavy meal and fatty foods for 1 hour after treatment.
 - Do not wax the treated area for 3-5 days.
 - Do not laser the treated area for 2 weeks.
 - No strenuous exercise for 24 hours after the treatment
 - Avoid hot baths, steam rooms and massage for 24 hours after treatment.
 - Avoid sun burn during the healing process of the skin for 2 weeks after treatment.
 - Drink plenty of water
 - A review of your progress is recommended after 12 weeks during a scheduled follow-up appointment.
 - Avoid sun burn during the healing process of the skin for 2 weeks after treatment.
-
- Eat a low-fat, low-carbohydrate and low-sugar diet for 24 hours, in order to aid in fat metabolism.

Maintaining Result

Long-term results will depend on you

Cardio exercise is also encouraged to improve detox.

Important post-care advice is to maintain adequate hydration levels.

You should drink at least 3 to 4 liters of water during the series (no soft drinks, soda, juice, or tea).

Your future behavior will determine how well the procedure works for you. If you follow the guidelines listed below, you may have a better chance of losing weight.

1. **Maintain a healthy diet.** Avoid fried foods, processed foods and high in sugar and starch content foods.

Diet: Eating a balanced, healthy diet of lots of greens and fresh fruits is recommended. Eat vegetables, protein, whole grains and fruits. Developing a healthy eating habit can help you mentally and physically.

2. **Exercise.** Brisk exercise about 20 minutes after the treatment to stimulate movement (can include vibration plate)

Stay active: Regular exercises help the body to heal faster, burn fat, and it allows you to accelerate and enhance your results. If you do not have a regular exercise regimen, you should develop a regimen. If you already have a routine, you should continue it, but try to push yourself to do more if you can.

Amira's Vanity