

# ***Nurture Beauty Boutique***

## ***Body Sculpting Information Pack***

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# HOW DOES IT WORK?

## **How does Ultrasound Body Cavitation Non-Surgical “Liposuction” work?**

*Ultrasound frequencies cause thousands of microscopic air bubbles to surround the lipocyte (fat cell) membranes and with vibration, the bubbles create enough pressure to cause the fat cells to break up instantly. The contents of the broken lipocytes are then moved through the lymphatic system to the liver and are safely metabolized and excreted from the body, assisted by drinking plenty of water both on the day of treatment and on subsequent days. The procedure works best to remove superficial fat layers and fat accumulation that is non-volumetric (dense). Results can be noticed after the first or second treatment with more significant improvement noticed within a few days. Each treatment builds upon the previous treatment.*

## **How does Fat Freezing work?**

*Fat freezing occurs when the temperature of fat tissues is between 1 and -4C which causes fat cells to die. The body then naturally passes these cells through the lymphatic system for permanent results. This is our medical-grade award-winning treatment that’s TGA approved. Our fat freezing treatments can be performed once every 2 weeks. Due to the apoptosis that occurs during the fat freezing, waste is formed and needs to be eliminated naturally through the lymphatic system. Therefore your body needs some time between sessions for the process to work effectively.*

## **Are the results similar to a surgical liposuction?**

*Yes, but because the procedures are non-invasive and work with your body’s natural elimination and detoxification processes, results are not as immediate as surgical liposuction. Fat is removed gently without harming the vascular system and without post-operative symptoms such as scarring and pain.*

## **Why is it called Ultrasound Cavitation Non-Surgical “Liposuction”?**

*The therapy uses low-level ultrasound to emulsify fat. Cavitation means the breaking down of the fatty tissue. Non-invasive, non-surgical “liposuction” means the fat will be removed naturally through the lymphatic and urinary systems at the pace your body will decide it can tolerate.*

## ***Are our treatments painful?***

*Not at all! Most clients consider the procedure painless and comfortable. During the treatment you will feel a soothing heat in the targeted area. A little "blushing" or reddening may occasionally appear but it does not cause pain. The heat generated is perfectly tolerable. There may be a slight discomfort in your ears due to the low frequency ultrasound noise experienced, but it poses no harm and disappears as soon as you are not in contact with the transducer. The treatment can be compared to the feeling of finishing an intense workout.*

## ***Is it possible to lose weight with our body sculpting?***

*Because you are reducing fat deposits you may experience some loss in weight but Ultrasound Body Cavitation and Fat freezing themselves are not weight loss treatments. It is however, very successful in targeting specific areas of fat that you want to reduce. It is great for sculpting your figure and enhances your silhouette by reducing stubborn pockets of fat without the need for invasive surgery such as surgical liposuction. Reason why we call it "non-surgical liposuction".*

## ***Am I a good candidate for these treatments?***

*Our system is ideal for people who are dissatisfied with certain areas of fatty deposits but do not want to undergo any invasive surgical treatment like liposuction. A good candidate is someone looking for fat removal from a specific area such as the abdomen, hips, thighs, legs, buttocks or arms. The treatment does not necessarily result in overall weight loss, but results in improved shape & contour and size reduction in the treatment area. If you are currently following a healthy diet or a good weight loss plan, results will be more significant and weight loss will more likely occur. Great results can be obtained for those who have less than 10 kilos to lose. Ultrasound Cavitation is ideal for those who have tried to shift the stubborn fatty bulges with diet or exercise and are aiming for a smoother and more balanced shape. Ultrasound Cavitation "Liposuction" body contouring is not a treatment for morbid obesity nor is it a weight loss cure. Our treatments **WILL NOT** lift or tighten excessive skin after dramatic weight loss for example someone who requiring a tummy tuck after loosing say 50kilos from surgery . If a significant amount of surplus fat exists, we recommend successfully dieting before beginning the treatment program. A consultation will determine whether or not you are a good candidate for the procedures.*

## ***How is it possible to remove solid fat through the lymphatic and urinary systems?***

*The Ultrasound Body Cavitation emulsifies fat and converts solid fat into a liquid substance that is easy to remove through the lymphatic and urinary systems. Some of the melted fat will be used for energy and the rest will be excreted through the urine and sweat – that is why drinking water is essential. If you do not drink adequate water before and after each treatment, it will be harder for your system to remove the fat. You may notice an increase in urination after each session.*

## ***Is it a safe treatment?***

*Yes. It's a non-surgical procedure, without anesthesia, non-invasive and allows you to carry on with your social life before and after the sessions. There is no down-time! You can even have this in your lunch break and go back to work.*

## ***In which areas is ultrasonic cavitation more effective?***

*All parts of the body where localised adiposity resides; therefore legs, abdomen, thighs, bra-line and back of arms are the most appropriate sites but there's no real limitation regarding body areas.*

## ***What are the **contraindications** with ultrasonic cavitation and fat freezing?***

*Individuals with acute or contagious disease, HIV, a history of cancer, kidney failure, liver failure, fatty liver,*

*implant devices such as pacemakers or electrical prosthesis, epilepsy or MS should not undergo ultrasound cavitation non-surgical "liposuction".*

*Pregnancy and breast-feeding are also contraindications for this procedure.*

*Anyone with active contagious skin conditions will not be allowed to undergo treatments.*

*It is also best to wait three to six months after a surgical procedure in the target area.*

## **How much time should pass between two sessions?**

*If your last treatment was Fat cavitation/RF you can schedule your appointments a week apart. If your last treatment was Fat Freezing then you need to wait 2 weeks for your next appointment. It is essential to allow your body enough time to metabolise and excrete fats and waste materials after each session.*

## **When will I see the results?**

*Most clients experience a reduction in circumference after the first or second session, with increasing results after each visit but especially after the third treatment and onward. The results may vary from person to person with different tissue structure, treatment area, age, metabolism, medications, and changes in hormones. Proper diet, adequate water intake and increased physical activity will certainly improve and help to maintain your results. Results will continue to improve for several weeks following the last treatment session. You will continue to metabolise fat for up to twelve weeks, which means that, as most people do not make new fat cells in later life, the loss can be permanent. This procedure will also leave you with firmer, smoother looking skin than before, due to the inclusion of Radio Frequency Therapy, which encourages the fibroblasts within the skin to produce collagen.*

## **What are the benefits of Fat Freezing, Ultrasound Body Cavitation/ Lymphatic Drainage?**

- *Decreased circumference in target area*
- *Enhanced body tone and contour/shape*
- *Improved skin tone and texture*
- *Blood circulation & lymphatic circulation*
- *Excellent cellulite therapy*
- *Connective tissue tightening*
- *Detoxification and Cleansing*
- *No Surgery*
- *No Anaesthetic*
- *No Pain*
- *No Downtime*

## **What to expect after your treatment?**

*Some redness may occur in the area. This is completely normal.*

*Rashes, little hives or bruising may occur. These are rare; however, it is a normal reaction. If you are on or due your period, you may find that you are more sensitive and more prone to bruising.*

## **What is Radio Frequency (RF) Skin Tightening?**

*Radio Frequency (RF) Skin Tightening is an effective treatment for addressing skin laxity on the face and body and is commonly used for non-surgical face and body lifts such as under eye bags, neck, jowls, buttocks, décolletage firming and postnatal tummy tightening. **We include RF in most of our clients treatments.** During an RF Skin Tightening treatment the temperature in the sub dermal layers of the skin increases, causing shortening (tightening) of the collagen fibres and stimulating new collagen development. This treatment requires no downtime and results are immediately noticeable, becoming even more so in the weeks following the treatment as the build-up of collagen effects further skin contraction. RF Skin Tightening may be performed as a stand-alone treatment offering skin tightening results or combined with ultrasound fat cavitation to aid further fat breakdown and tighten the skin in the area where the cavitation treatment has taken place.*

## **What does the treatment involve?**

*During treatment, I slowly rotate the handpiece over the targeted area transmitting radio waves through the upper layers of the skin to the dermis – heating the dermis to between 39 and 41 degrees Celsius without harm to surrounding tissue. During treatment, you will feel a warm-hot sensation, but it doesn't burn or hurt – the heat bypasses the epidermis altogether.*

## **When will you see results?**

*It is important to note that results vary from person to person, and the results that you see will depend on your body and the number of treatments you have had. Typically, our clients notice results immediately (especially the neck and face area), however best results are the first few weeks following the treatment.*

## **How to track your process?**

*Take pictures for comparison. When you look at your body every day, you may not notice gradual changes. Take a picture before the treatment, and once every one or two weeks after the treatment, so you can compare.*

# POST TREATMENT CARE

## **How to achieve best results with Fat Cavitation/RF or Fat Freezing?**

### **Before your appointment**

- **Do NOT** eat 1 hour before your app for your own comfort.
- **DO** be well hydrated (2-3 L water a day). Drink 500ml more than a normal day the day of and before your appointment
- **DO** stay active (20 – 30 minutes of moderate exercise 3-4 times a week).
- **DO** eat a well-balanced diet.
- **DO** exfoliate the area to be treated every second day **BEFORE** treatment
- **DO** drink detox Teas., eg green tea, dandelion tea before and after treatment
- **DO** Add fibre to your diet, phylum husk in water or metamucil, or chia seed puddings (google for great delicious easy to make puddings)
- **DO** either use our slimyonic airbody styler lymphatic drainage machine **OR** go for a high intense walk (the more you sweat the better your results).
- **DO** Exercise for at least 40mins on the day and the next 2 days after treatment, walking, cycling, gym etc
- **LIMIT** alcohol intake for 24 hours before & after (the triglycerides are processed through the liver, therefore alcohol intake may reduce the effects of the treatment & it places too much strain on the liver).
- **DO NOT** drink coffee on the day of treatment for the same above alcohol intake reasons, (if drinking no coffee is too hard for you then please try to limit intake).
- **LIMIT** complex carbohydrates for 24 hours (breads, pasta, sugars- **these foods are stored as fat in the body and will replace the fat that Fat Cav has treated**).
- **LIMIT** processed foods anyway as a part of a healthy diet.

**Avoid sun exposure** in the area treated for 2 weeks after treatment.

# Special offer

# ~~\$190~~ \$119

## Cavitation or Fat Freezing session

Book as many weekly appointments as you like but your sessions must be before 31st March 2024

## Prices and Package deals

Fat Cavitation/RF  
or Fat Freezing

1 Session

\$235

Fat Cavitation/RF  
or Fat Freezing

2 Sessions

\$445

(\$222.50 per session)

Fat Cavitation/RF  
or Fat Freezing  
plus 5 Slimyonik  
airbodystyler

5 Sessions

\$954

(\$190 per session)

Our 5 Session pack-\$954 now includes Fat Cav or Freezing with Radio frequency or EMS plus slimyonik airbodystyler this - 75min session, package tailored to suit you. We highly recommend you choose a package that includes the FREE Slimyonik air bodystyler sessions, it's a very important part of the process to gain best results

Wonder EMS Muscle  
Electrostimulation

1 Session

\$150

Wonder EMS Muscle  
Electrostimulation

5 Session

\$592

(\$118 per session)

Wonder EMS Muscle  
Electrostimulation

10 Session

\$999

(\$99.90 per session)

More package deals including face & body packages are on our website. Clients that purchase these packages will be able to purchase further packages for the next 6 months at their same purchase price

*We are so pleased that you are taking the first step to starting your body sculpting journey with Nurture Beauty Boutique.*

- ***Please arrive on time, if you are more than a couple of minutes late we may not be able to do your treatment that day and your deposit is forfeited, with no exceptions.***
- ***Children CANNOT come with you to your appointment for insurance purposes.***