

# ULTRASONIC CAVITATION AND RADIO FREQUENCY TREATMENT

## **What is ultrasonic cavitation?**

The ultrasonic cavitation procedure is a non-invasive body contouring treatment which uses low-frequency ultrasound waves to flush fat from the body. The procedure is suitable for the reduction of cellulite and stubborn fat. It is not a weight-loss solution.

## **How ultrasonic cavitation works**

A hand-piece is then used to target specific body areas with low-frequency sound waves. The minute vibrations produce tiny bubbles within the fat cells, disturbing the outer membrane, which causes tiny collections of fat to be expelled into the surrounding area. These fatty acids are then processed and eliminated by the body's lymphatic system.

## **What is radio frequency skin tightening?**

Radio frequency skin tightening is an aesthetic technique that uses radio frequency (RF) energy to heat skin with the purpose of stimulating the production of collagen and elastin, thereby tightening the skin.

## **How radio frequency skin tightening works**

Radio frequency skin tightening works by targeting the tissue beneath the outer layer of the skin, or epidermis, with radio frequency energy. This energy generates heat resulting in new collagen production.

## **How many treatments**

6-12 treatments spaced 3-7 days apart are recommended for optimal results.

## **Before and aftercare**

- > Drink plenty of water (at least 1/2 gallon, preferably 1 gallon) before and after the treatment. Drinking water is a necessary part of the treatment to facilitate the elimination of broken down fat.
- > Do not drink alcohol on the day of the treatment and within the first 48 hours after.
- > Do some light exercise to elevate your heart rate such as a brisk walk for at least 20 minutes after the treatment to stimulate lymph movement.