

## SCULPT AND FIRM YOUR BODY USING NON-SURGICAL TREATMENTS

### What Is Body Contouring?

Body contouring or body sculpting is a collection of non-surgical cosmetic treatments that can eliminate fat, shape areas of the body and tighten skin, helping to reveal a firm and toned body hidden underneath layers of fat or loose skin. The biggest advantage of non-surgical treatments is that there is no downtime.

### Is Body Sculpting right for me?

Everyone has a sculpted physique waiting to be revealed, and sometimes diet and exercise are not enough to reach our aesthetic goals. These treatments target those stubborn fat deposits found in different parts of the body. Areas ideal for body sculpting, contouring, fat reduction and skin tightening include the upper and lower stomach, love handles, bra bulges, back fat, upper arms (bat wings), hands, front & back thighs, inner thighs and inner knees

At Nix & Tee Wellness and Aesthetics we offer our clients non-surgical body sculpting treatments using BREAKTHROUGH TECHNOLOGY. The **BTL Exilis Elite** and **BTL X-Wave** are both used to sculpt the body. From melting away fat to reducing uneven skin, cellulite and stretch marks to, tightening the skin for a natural-looking result.

### How does it work?

**BTL Exilis Elite** uses a specific radiofrequency combined with ultrasound waves, both delivered simultaneously to break down stubborn fat and re-contour problem body areas as well as tighten sagging skin.

The heat emitted by the device causes lipolysis (breakdown of fat) and fat cell death. The thermal energy also boosts the body's natural ability to produce collagen, not only will your fat cell volume decrease, but your skin will tighten and become younger-looking

Because of the dual technology, the results are achieved much quicker than with traditional technology and patients can see a visible tightening of the skin after only one treatment. Depending on the area you would like to treat 4 – 8 sessions are recommended, however, each case is looked at individually.

According to a study published in the Journal of Drugs in Dermatology, multiple treatments of the skin with the Exilis Elite device demonstrate apoptosis or the melting of fat in the tissue. The apoptotic index increased from an average of 7% before the start of the treatment to an average of between 53.4% and 39.6% after each of the four treatments. <sup>1</sup>

**The BTL X-Wave, Acoustic Wave** is used for the treatment of cellulite, uneven skin and skin tightening, rejuvenates and increases elasticity. It stimulates the Lymphatic system and helps with stretch marks.

Specifically modified acoustic wave pulses are used to induce vibrations in the connective tissue and make the tissue firmer and tighter. The targeted vibrations eliminate the main factors that cause cellulite or an uneven skin surface and enhance microcirculation and oxygen supply and remove the excess interstitial fluid.

**Is the treatment painful and how long will it take to recover after the treatment?**

**BTL Exilis Elite** treatment is pain-free and clients can return to their regular activities right after treatment.

**The BTL X-Wave, Acoustic Wave** is comfortable with minimal side effects and risks, you can get back to your daily routine right after the treatment.

**What will I experience during the treatment?**

**BTL Exilis Elite** clients report a warm sensation, but the cooling mechanism in the device prevents discomfort and makes the treatment safe for all skin types.

**The BTL X-Wave, Acoustic Wave** is comfortable and clients perceive the treatment as relaxing.

### **Can I improve the results?**

Clients can also book a Lymphastim treatment directly after a body sculpting session. This treatment uses targeted mechanical lymph drainage to aid in the quicker release of fat from the body for improved results.

### **Are there additional benefits to the technology?**

The **BTL Exilis Elite** treatment can also be used on the face and décolletage to improve fine lines and wrinkles. The RF technology stimulates the production of new, healthy collagen and elastin that decreases as we age.

### **Is the technology backed by science?**

Acknowledged as a leader in non-invasive body sculpting and skin tightening technology, the BTL Exilis Elite has received numerous international awards. The technology is backed by clinical studies and results and is trusted by physicians around the world as effective.

Immediate results will be evident but maximum results are experienced incrementally over 3 to 6 months after the last treatment.

### **How does nonsurgical compare to surgical body contouring?**

Risks associated with surgical body sculpting i.e., liposuction include anaesthesia risks, infection, fluid accumulation, damage to deeper structures and organs, deep vein thrombosis, cardiac and pulmonary complications, and others.

Nonsurgical body contouring is less risky as it does not involve surgery or anaesthesia. It is also less costly compared to surgical liposuction.

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1. *A Focused Monopolar Radiofrequency Causes Apoptosis: A Porcine Model*, David McDaniel M.D., Klaus Fritz, M.D., Alena Machovcova M.D. PhD. MBA, and Jan Bernardy PhD, November 2014 *Journal of Drugs in Dermatology*. Vol. 13:11. Pages 1336-1340