

CELLULITE Treatments

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medicalSPA

Reduce the appearance of cellulite on your body!

VelaSmooth™ is an FDA-approved laser-like medical device developed to safely and effectively recontour the skin's surface.

Contributing factors for developing cellulite:

Heredity—unlike the genetic influence on the strength of your nails or the color and texture of your hair, cellulite can be treated.

Dehydration—insufficient water intake during the day.

Diet—poor eating habits (alcohol, caffeine, spicy foods) contribute to the formation of cellulite because the toxins they produce get trapped in the fatty tissue.

Smoking—smoking weakens the skin by causing constriction of capillaries.

Lack of exercise—a sedentary lifestyle contributes dramatically to cellulite.

While there are many heat and massage systems available claiming to treat cellulite, VelaSmooth is the first and only medical device that penetrates deep enough into the tissue to effectively treat the fat deposits in the thighs and buttocks.

FREQUENTLY asked QUESTIONS

How does VelaSmooth improve the appearance of cellulite?

VelaSmooth combines gentle light energies and radio frequencies with mechanical rollers and vacuum suction to manipulate the superficial fat tissue layer that contributes to cellulite. The heat from the light energies and radio frequencies increases metabolism of this fatty layer and shrinks the size of fat cells. The mechanical rollers and vacuum suction act on the blood vessels to increase circulation to the local area, as well as massaging the skin to achieve a smoother, less bumpy surface appearance.

What happens during the treatment?

Your technician will pass the VelaSmooth hand piece over the area with the cellulite. You will feel the massaging action of the suction and warmth of the radio frequencies penetrating the fat layer in your skin.

Does the treatment hurt?

VelaSmooth treatment may feel like a warm, deep-tissue massage. Some patients report a mild tingling and a slight pinching sensation. On occasion, mild bruising can occur. The treatment settings are tailored to each patient according to skin type, individual sensitivity and gradually increased as tolerated.

Is there any down-time?

No. VelaSmooth procedures require no sedation. The treated area may appear flushed or pink for a short while, and may feel warm for several hours after treatment. You can resume normal activities immediately.

Is treatment with the VelaSmooth safe?

VelaSmooth is FDA-approved and safe for all skin colors, even on tanned skin. There are no long-term health hazards from light energies or radio frequencies.

What results can I expect from a treatment?

Treated areas show gradual improvement of cellulite appearance, as well as firmer and tighter skin. Added benefits include improved circulation and relief from muscle aches.

How frequently do I need treatment?

The initial series consists of 16 sessions, performed twice a week. Maintenance treatments are typically done once a month after the initial series in order to keep up the results achieved. Each session is between 30-60 minutes, depending on size and number of areas treated.

Pre-treatment

INSTRUCTIONS

- The area to be treated must be clean shaven.
- Avoid waxing or other traumatic procedures that may compromise skin integrity a few days before the treatment.
- Please cleanse and exfoliate the skin the day of treatment.
- If possible, discontinue aspirin or anti-coagulants that may predispose bruising.
- Do not use any lotion on the skin before treatment.
- Do not use self tanning lotions or sprays.
- If you bruise easily, begin taking Arnica Montana as recommended.

POST-treatment

INSTRUCTIONS

- You may resume normal activities immediately.
- Avoid direct heat on the treated area such as heating pads, sauna, hot tub or Jacuzzi.
- You must maintain present weight. Gaining excess weight will compromise your treatments.
- Exercise will enhance your results. Always check with your physician prior to starting any exercise program.
- You must receive the treatments at the suggested intervals to obtain optimal results.
- Maintenance is mandatory to retain your results.
- Continue taking Arnica Montana until bruising has fully resolved.

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