



BODY STUDIO SKINCARE

“Look good at any age”

Telephone: 908-0438 / 277-9800 Email: www.bodystudioskincare.com

What is Ultrasound Cavitation

Ultrasound- Cavitation Body Shaping is a aesthetic treatment. Using leading edge ultrasonic- cavitation technology it converts fat cells into liquid which can then be naturally drained by the body’s own filtration system. Essentially, Ultrasound Fat Cavitation is designed to destabilise and break down fat into soluble waste material. If not followed by exercise and plenty of water, the destabilised fat will reform and resettle.

Think of the process in simple terms. Fat and sound waves. If you put a tub of butter in the microwave and heat it, the butter destabilises into liquid. If you leave it to sit however, it solidifies again.

The same applies to this treatment, and that’s why cardiovascular exercise and water are vital.

Cardio afterwards serves two purposes; to burn off the released carbohydrates, and to encourage the contraction and expansion of lymphatic vessels to channel out waste. Meanwhile, the water acts to thin that waste and to hasten its removal from the body through the urine.

Post Ultrasound Cavitation

- No alcohol (your liver is working to rid your body of extra fat) for at least 48 hrs post treatment
- Drink lots of water to help speed up secretion of fat – no less than 2 liters
- Avoid fatty meals directly after (i.e: fried food)
- To maintain results, patient must be compliant with a proper diet and increased physical activity
- Wear compression garment to restrict bloat and water retention

What are the side effects of Ultrasound Fat Cavitation?

You can go about your normal activities right away. You may continue to experience a residual buzzing or ringing sound in your ears for up to 24 hours. Skin trauma is rare, however the area treated may retain warmth for a few hours afterwards. Increase in thirst and energy levels are expected. It is not uncommon for stool movements to be oily in the days that follow, or for urine to have an unusual smell as excess waste leaves the body. It is absolutely vital to keep water intake high during the days following treatment to help flush your system.

Ultrasonic cavitation is NOT a method to lose weight but rather to shape the body. The treatment is used to reduce stubborn fatty pockets that just won’t go away with diet and exercise and to improve the appearance of cellulites.