

What is cellulite?

Cellulite is a common term used to describe superficial pockets of trapped fat, which cause uneven dimpling, "orange peel" or cottage-cheese skin. Underneath the epidermis and dermis exists three fat layers. Cellulite develops in the most superficial of these layers, known as the subcutaneous fat layer. This layer is structurally unique from the others because its fat lobes are organized into chambers by surrounding strands of fibrous connective tissue.

In a woman's body, these fibrous bands are vertical, which allows for an abundant storage of fat plus causes the skin to be pulled inward toward the body's interior. The fat that surrounds these fibers pushes up through the bands, which results in the puckering and bulging we identify as cellulite.

The connective tissue in men's bodies develops in a different, diagonal pattern, which not only stores smaller quantities of fat but blocks the fat from protruding. As such, it is uncommon for men to exhibit cellulite.

What causes cellulite?

Gender is most closely linked to the development of cellulite, as almost all post-pubescent women display some extent of it. Following are some other key factors:

Hormones

Cellulite develops mainly in women during periods of hormonal change, such as puberty, pregnancy, menopause, premenstrual syndrome, and the initial months on birth control pills. Hormones are responsible for regulating the changes in blood flow, lymphatic drainage, fat, and connective tissue, all of which play a role in the formation of cellulite.

Lifestyle: Diet and Exercise

Cellulite is not related to being overweight; average and underweight people also get cellulite. Even the fittest, slimmest female athletes often have cellulite so it is not something that can be erased through diet and exercise. However, the appearance of cellulite may be decreased by minimizing the amount of fat that can protrude through the fibrous bands, so following a healthy diet and exercising regularly can help control the extent of cellulite formation over time.

Additionally, excessive amounts of fat, carbohydrates, salt, alcohol or too little fiber can all contribute to increased cellulite development.

Age

Aging results in a loss of thickness and tone of the connective tissue within the dermis and the superficial fat layer. The outcome is a more visible and flabby cellulite.

Does liposuction reduce cellulite?

No. Liposuction does not focus on the removal of fat from the fat layers where cellulite exists. While some people may experience a temporary improvement in cellulite (depending upon their surgeon), it will reappear. In fact, because liposuction may increase skin laxity, cellulite can in some cases be more apparent than before.

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What is SmoothEffectsSM?

SmoothEffectsSM is a safe, non-invasive controlled heat therapy that smoothes, tightens and reduces cellulite for a firmer appearance. The SmoothEffectsSM procedure is fast and easy, and requires no downtime from normal activities.

How does SmoothEffectsSM work?

SmoothEffectsSM works by heating deep collagen fibers in the skin and underlying fatty tissue using radio frequency (RF) energy. This targeted energy helps reorganize the cellular environment and stimulates cells to release toxins, drain retained fluids and produce new collagen.

SmoothEffects' dual-layer approach allows it to treat tissue at two different depths using both unipolar and bipolar hand pieces that provide dual-layer targeting. The dual treatment contracts connective tissue and drains fluid from fat tissues deep inside your skin, promoting the absorption and smoothing of cellulite. It facilitates and enhances the breakup of adipose (fatty) tissue, helping to mobilize and eliminate fat deposits (so that less fat exists to protrude through the fibrous connective tissue).

During treatment, a handheld device is applied to the treated area, delivering the RF energy deep within and beneath the skin. This deep uniform heating action causes the collagen within the dermis layer of the skin and underlying tissue to immediately tighten. Over time, new and remodeled collagen is produced to further tighten and thicken the skin, minimizing the appearance of dimpling.

Will SmoothEffectsSM permanently get rid of my cellulite?

Because of the way our bodies are configured, cellulite is a chronic condition that can be managed rather than cured. After completing your SmoothEffectsSM treatment package, we recommend monthly follow-up sessions to maintain results.

As always, it's recommended that Members avoid significant overall weight gain as this could negate the treatment results.

How does the SmoothEffectsSM treatment feel?

The SmoothEffectsSM treatment utilizes "in-motion" technology, meaning that the treatment handpiece is applied to the skin and moved in a continuous, rapid motion to uniformly heat the skin and structures beneath. During this time, you'll experience a continuous, deep heating sensation as the RF energy is delivered to the skin and underlying tissue. This deep heating sensation is an indication that collagen is reaching effective temperatures for tightening. Most people find SmoothEffectsSM to be very comfortable, and your feedback on the level of heat sensation experienced during the procedure will help guide your RevealSM Clinician to balance procedural comfort with maximum results.

Are there any side effects?

No, however the treated area may feel warm. You may also experience a mild, temporary redness or minor swelling that disappears within 24 hours.

What areas of the body can be treated?

RevealSM offers treatment for the most common areas where cellulite is found: thighs (front, back & sides) and buttocks.

How many treatments will I need?

Best results are achieved with 9 treatments, scheduled 2 to 4 weeks apart.

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How long does each treatment take?

Treatments last from 45 minutes to 2 hours, depending on the size of the area.

Is there any downtime?

No. Unlike invasive or surgical procedures, you can return to regular activities (including exercising) immediately following treatment and there is no special care after treatment. Some people may exhibit a temporary redness and/or swelling, but this usually resolves within several hours. Drinking plenty of water before and after the procedure is recommended to help flush toxins and mobilize extra fat that is heated during the treatment process. In addition, good overall body hydration will generally lead to better results, as RF energy works by rapidly moving water molecules to heat the intended area.

When will I see results?

Most individuals will begin to see results following the first three to four treatments, as the area looks smoother and firmer. Additional observable tightening and contouring improvements appear gradually over a two to six month time period, as new collagen develops and toxins are removed.

Will SmoothEffectsSM help me lose weight?

SmoothEffectsSM is not intended for weight loss. Instead, treatments are designed to reduce the appearance of cellulite and tighten & smooth skin texture. Some Members also experience a reduction in circumference for the treated area, as well as an improvement in any “crepey” appearing skin. Pictures before and after treatments will help you see the results of your treatments, and are a requirement of the treatment process.

Are there any conflicts with other medications or illnesses?

Yes. Listed below are some of the medical conditions which could preclude a prospective patient from receiving SmoothEffectsSM treatment. Any questions you may have about these, or any other health issues, can be discussed in detail with your Membership Advisor at the time of your complimentary consultation.

- Implanted devices with electronics (defibrillator, pacemaker, medication-release device)
- Large dental metallic implants
- Insulin-dependent diabetes
- Systemic lupus erythematosus and MS with a history of symptoms activated by heat
- Pregnancy
- Breastfeeding
- Accutane (within the last 6 months)

Before



After



Before



After



Before



After

