

# EASE *hair studio and spa*

## EmSlim

For optimal EMSlim results, a typical treatment plan involves 4-6 sessions, spaced 2-3 days apart. We are open Tuesday-Saturday. Your initial appointment has to be either a Tuesday, Wednesday or Saturday to provide optimal spacing of the procedure. You must be able to commit to at least 4 sessions in a two week span.

### **Here's a more detailed explanation:**

#### **Initial Phase:**

A series of 4-6 sessions is usually recommended to establish muscle contractions and fat reduction.

#### **Spacing:**

Sessions should be spaced 2-3 days apart to allow the body to process the treatment and build upon the previous session's effects.

#### **Maintenance:**

Some individuals may require maintenance sessions every few months to sustain results.

#### **Individual Variation:**

The exact number of sessions can vary depending on individual goals, body composition, and the specific areas being treated.

#### **Results:**

You can expect to see results within 2-4 weeks after the last session, with optimal results evident at 6 weeks.

## **But what is EmSlim exactly?**

EMSlim is a non-invasive, pain-free procedure that is able to build and tone the abdomen, buttocks, thighs, calves, back, biceps and triceps, without the need for excessive exercise or invasive surgery. The machine uses HIFEM (High Intensity Focused Electromagnetic) energy to promote the muscles to contract at their peak power and ability. This high-intensity muscle workout leads to the remodeling and enhancement of muscles, as well as effective fat burning. Fat burning is not only caused from muscle contractions but radio frequency used within the device. It results in permanent destruction of fat cells. It also tightens the skin and reduces cellulite! EMSlim is capable of penetrating deep beneath the skin to deliver 20,000 muscular contractions per 30-minute session (equal to 20,000 sit ups, squats or pushups) but better because these supra-maximal muscle contractions are impossible to achieve with regular workout or weight lifting!

## **Am I the right candidate for EmSlim?**

Even though EmSlim is perfect for those individuals who are seeking to lose that stubborn 15-30lbs, your BMI doesn't have to be "perfect" to make you a great candidate for this procedure. Patients of all different body types can achieve great cosmetic outcomes after just a few treatment sessions. No matter your body shape, Emslim can tighten and shape features to make you feel more confident in your physique. However, if your BMI is over 35% it is recommended to do other body sculpting procedures first to reduce the body fat in the area you want to have treated with EMSlim. Such as CRYO-fat freeze (most popularly known as Cool Sculpting) which we also offer in the spa. EMSlim is intended to increase muscle mass and reduce fat. Consequently, if the fat is more significant in the area being treated, it will be more difficult for the HIFEM current to reach the muscle resulting in a less intense workout and a less than desired result.

BMI Calculator

<https://www.cdc.gov/bmi/adult-calculator/index.html>

## **Pre & Post Treatment Advice and Protocol**

**Do the following day of and at least 3 days after treatment.**

-DO NOT eat 2 hrs prior to your treatment!

-Lower your carb intake to help with lymphatic drainage.

- Avoid refined carbs such as white bread, white pasta, white rice and sugar. Also avoid fast foods, fried foods, excess oil and butter.

- Avoid caffeine, sugary drinks, pop, and alcohol to ensure proper lymph drainage.
- If you absolutely must have coffee or tea, limit it to 1 coffee or 1 tea each day.

*\*If possible, eliminate alcohol completely as alcohol contains excess sugar which can cause weight gain and slows down your liver function and lymphatic system which is imperative to your results!*

- Remove metal objects from your body and any clothing that will be near the applicators. You can wear loose clothing if that makes you feel more comfortable. This will allow the technician to position the applicators under your clothing.
- Hydrate, hydrate, hydrate! Drink 1/2 your body weight in oz (ex. 150lbs - 75oz) to help flush the fat cells and toxins from your system and speed up the metabolism!
- DO NOT eat for one hour after your treatment!
- Eat your protein! We are feeding muscle here!

### **Take your results one step further!**

- Stick around a bit longer and stand on our full body shake plate, this promotes lymphatic drainage.
- Add dry brushing into your daily routine, this helps with lymphatic drainage. Here is a video on how to dry brush:

<https://m.youtube.com/watch?v=zHKdyRy9Qfs>

- Lymphatic massage, here is a video on proper lymphatic massage:

<https://m.youtube.com/watch?v=BFiv-zj8oog>

### **Why is Lymphatic Drainage so important?**

Lymph nodes are our body's own drainage system. They help to drain toxins, excess fluids, dead cells (like the fat cells we are killing) and also disease or infection. Once absorbed into your lymph nodes they eventually make their way out through your urine (see why drinking the water is so important?) When having a procedure like EmSlim or Cryo fat freeze it is imperative that our lymphatic system is working at its full potential so we can flush out those dead fat cells!

### **Book your service now!**

[www.vagaro.com/thespaatease](http://www.vagaro.com/thespaatease)

Or call us 781-365-0739