

# SIMPLE STEPS

SO...YOU'VE WORKED HARD TO GET YOURSELF TO THIS AMAZING PLACE IN YOUR LIFE...NOW WHAT? WELCOME TO THE NEXT STEP OF GETTING THE SHAPE YOU'VE ALWAYS WANTED AND DESERVE. T-SHOCK TREATMENTS ARE A NATURAL NON-INVASIVE APPROACH TO SKIN REJUVENATION AND BODY CONTOURING.

## WHAT IS IT?

The Pagani T-SHOCK™ is the most innovative and versatile body contouring/anti-aging device on the market. The machine automatically sequences warm and cold at varying times and temperatures to deliver the desired effect. The operator moves the wand back and forth on the targeted area to execute a painless approach to treat: localized fat on the abdomen, arms, glutes, back and legs; reduce cellulite; or tone and tighten crepey or loose skin. T-SHOCK treatments are a natural non-invasive approach to skin rejuvenation and body contouring. Treatments are safe, painless and invigorating.

## HOW IT WORKS

The T-SHOCK safely and effectively uses thermal shock to target and naturally reduce fat cells without any damage to beneficial cells. The T-SHOCK alternates hot and cold at varying times, temperatures and sequences depending on the desired effect. The thermal shock hyper stimulates the skin and tissue, greatly speeding up cellular activities. This technology causes blood vessels and capillaries to expand by up to 400% which greatly improves the skins permeability and consequential product absorption ability. The treatment breaks down fat cells, which your body naturally flushes out through the lymphatic system in days to weeks following the treatment. It's a safe, painless, non-surgical alternative to liposuction and traditional technologies. The T-SHOCK toning option helps reduce the appearance of crepey and loose skin, cellulite, fine lines and wrinkles by stimulating collagen and elastin production while strengthening muscles.

## BENEFITS OF THE STAR T- SHOCK

**The STAR T-Shock minimizes the appearance of stubborn fat deposits and creates a slimming effect on the body.**

## WHAT DOES THE TREATMENT FEEL LIKE?

The 30–60 minute treatments are executed manually through slow massage over the selected area of the body. Each session will begin with clean skin followed by a light gel application. The treatment begins with heat or cold, alternating between the two at varying times and temperatures. It is a non-invasive and painless treatment that feels like a cold massage.

## THE SCIENCE BEHIND THE TREATMENT

The T-SHOCK uses the technology to safely and quickly generating heat or cold. Each session starts with a warming phase followed by rapid cooling. The combined effect literally “shocks” the cells which has a far more profound effect on the results vs. using only warm or cold. Temperatures are pleasant and non-painful. Skin and fatty tissue are subjected to triple thermal shock (heat-cold-heat) or (cold-heat-cold) which optimizes results.

### STEP 1

**Fat cells are very sensitive to heat and cold, and the variation in temperature allows for a faster, more efficient elimination of them.**

### STEP 2

**The synergy of the thermal shock leads to the destruction of fat cells. The adipocytes cannot survive and some are eliminated during the session. The rest are flushed away through the lymphatic system.**

### STEP 3

**This technique leads to a reduction of fat mass in the target area. Repeated treatments over the prescribed time period will remove the upper layers of fat.**

## HOW DOES THERMAL SHOCK HELP REDUCE CELLULITE?

Cellulite is thought to be a chronic-degenerative dysfunction of the connective tissues and forms in the dermis. The nourishment and well-being of the connective cells depend on a complex exchange of lipids and substances. This complex exchange does a number of things; brings oxygen and nourishment to the cells, cleans and removes waste that is discharged into the venous and lymphatic system. Cellulite begins when there is a slowing down of the fluid exchange in the area, followed by an imbalance and hardening of the tissue. The imbalance to the equilibrium is between venous and lymphatic circulation (the permeability of arterial capillaries will increase and venous capillaries will reduce). As the condition of cellulite progresses through each stage, the issue of inflammation (water retention), and poor circulation in the connective tissue continues to worsen into the next stage of cellulite.

### **HOW OFTEN CAN I RECEIVE TREATMENTS?**

T-SHOCK Slimming treatments are best for your stomach, love handles, under arms, bra-line, glutes, and inner or outer thighs. Slimming/Cellulite treatments can be performed once every two weeks and T-Shock Tone™ treatments can be performed every 2-3 days. Use T-Shock Tone™ for your face, arms, legs, back, abdomen and stomach. T-Shock Slimming causes a reduction of fat cells leaving adjacent tissue unaffected cells. The treated cells are evacuated through the lymphatic system and will eventually pass through the kidneys. Waiting every two weeks ensures that the lymphatic system and kidneys are not overloaded.

### **WHEN WILL I SEE RESULTS AND HOW LONG DO THEY LAST?**

T-Shock Slimming may require 5 or more sessions over several months to see the best results. T-Shock Toning results are more immediate and also may require multiple sessions to achieve optimal results.

### **ARE THERE ANY SIDE EFFECTS?**

There are generally no side effects apart from increased urination over several days following the treatment. In very few cases, there was localized redness that disappeared after a few hours and in rare cases, there was local pain that did not exceed 2 to 3 hours. There was some experience of delayed onset muscle soreness from treatments on the stomach due to unintentionally engaging the abdominals, which disappeared later that same day. Anyone with the following conditions should not receive a T-SHOCK treatment: severe kidney disease or dialysis; active cancer / chemotherapy; severe Diabetes, pregnancy, polyneuropathy. Anyone with an open abdominal hernia or varicose veins should not receive a fat reduction in that area.

### **HOW DO I PREPARE FOR A TREATMENT?**

The day of your session, you should eliminate sugar from your diet (6 hours before and 6 hours after). You want those sugar hungry fat cells to be starving and weak. You should also plan for a vigorous 30 minute workout within 4-6 hours after the session to increase circulation and ensure that lymphatic system is starting to get rid of those cells. You want to “boost” your system into working the toxins out of your body to leave you with the best possible results.

**Eliminate unwanted fat cells, reduce cellulite and tone and tighten the skin with the T-Shock. MAKE IT WORK FOR YOU! YOU DESERVE IT!**