

Skin & Body

FITNESS

a non-surgical solution

to achieving outstanding slimming results

Slimming
Guide



What is Endermologie?

Endermologie is a non-invasive treatment that manipulates the connective tissue resulting in slimming, cellulite reduction and anti-aging. The benefits go far beyond aesthetics to encompass your total physiological wellbeing.

Endermologie is an international phenomenon in the beauty, health and wellbeing arena. With a strong presence in over 95 countries with 1 10,000 treatments performed worldwide per day, Endermologie sets the benchmark in the industry for slimming, anti-cellulite and anti-aging. Over the past 20 years Endermologie has proven to be the world leader in the connective tissue treatments and has introduced numerous technological innovations to enhance wellbeing. The original device which performs Endermologie was the first system in the world to be recognised by the FDA as a proven solution to cellulite and body contouring. Endermologie has been the subject of many clinical trials with ongoing research and scientific studies continue to reveal outstanding results

How does Endermologie work?

Endermologie is a scientific approach utilizing the principle of negative pressure massage. The Endermologie machine head is equipped with two rollers, both motorized, which roll and unroll a tissue fold, kneading and massaging the tissues. Between the rollers is a suction chamber, which applies a variable aspiration to this tissue fold, increasing the blood supply to the area. By manipulating the treatment head in various manoeuvres, the skin and the subcutaneous fat cell layer are mobilized and the blood circulation is restored.

Improved lymphatic drainage eliminates metabolic toxins from the tissues. The increase in oxygen and nutrients available triggers the body's normal process for fat elimination and the fat cells begin to shrink in size. The connective tissue walls are gently stretched, which encourages the fibrous tissue cells to produce better quality collagen and elastin, thus toning and firming the body.

Extensive scientific studies in Europe and the United States of America have substantiated these claims. Endermologie was the first mechanical treatment for cellulite to be approved by the FDA of the USA. Here, in South Africa, there have been articles published in many magazines comparing Endermologie with many other treatments available. In each case, the results obtained with Endermologie have been superb.



When should I start Endermologie?

As one ages, especially if there has been yo-yo dieting, the skin's elasticity declines dramatically and gravity constantly pulls on our bodies and collections of resistant fat and layers of cellulite located in the most inconvenient locations can ruin your best efforts at looking good and can dramatically affect how you feel about yourself and your appearance; especially when you head for the beach.

Now with the advent of Endermologie, virtually any patient in their twenties or above can be a candidate for a little tightening and firming and the younger the patient the better the result. Eight out of ten patients get noticeable improvement in cellulite after the eight treatment but best results are seen after 20 treatments. At Skin and Body Fitness we usually combine i-Lipo Slim Laser and the FIR Sauna Body Shaping with Endermologie for enhanced and quicker results. (12 -15 treatments as opposed to the usual 15 to 20 treatments).

What is Resistant Fat?

Just about everyone is familiar with fat pockets that you cannot get rid of. No matter how much you exercise, eat healthily and maintain your body at a healthy weight, localized fatty pockets will continue to be problematic.

A possible explanation behind this is that some fat cells have a predominance of beta receptors and others have a dominance of alpha receptors.

Beta receptors are very receptive to the presence of adrenaline which is produced by exercise. Fat cell breakdown is triggered when adrenaline attaches to the beta receptors. Fatty areas with a predominance of beta receptors respond to exercise and a person on a regular exercise program will see noticeable results.

The opposite applies to fatty areas with a predominance of alpha receptors. When adrenaline attaches to alpha receptors, fat breakdown slows down and the fat tends to accumulate more. This explains why some people will experience problems in areas that just won't respond to a consistent and regular exercise. These problem areas are typically around the hips, tummy and upper thighs, leading to love handles, saddle bags, spare and tummy rolls.



What can I combine with Endermologie?

Skin and Body Fitness is excited to offer the next step in multi-treatment therapy in treating cellulite. We call it the Slim Line. Any treatment on its own can make a big difference, but in our eyes it's not sufficient. Cellulite has different forms and grades and thus success at combating cellulite needs a combination of treatments that include lymphatic drainage, reduction of fat cells, stretching of connective tissue and collagen stimulation.

At Skin and Body Fitness Endermologie is commonly performed with, the i-Lipo Slim Laser and the FIR Sauna Body Shaping treatments, for best results.

The initial 30 minutes consists of a Endermologie procedure and is followed by the i-Lipo and Fir Sauna treatment procedures for enhanced results.

At Skin and Body Fitness with a combination of treatments, in 3 to 6 months we can take a good body and turn it into a Perfect body: slim, firm, smooth and sculpted

What to expect after Endermologie?

The treatments can be described as a deep tissue massage. After treatments clients are encouraged to eat sensibly, exercise moderately and drink two litres of water daily. Similar to any results driven treatment, multiple treatments are required.

If clients are overweight, our Detox and Lifestyle eating program is recommended. One can expect a weight loss of 8 to 12 kilograms in the first month if the program is strictly adhered to.

How many treatments are Necessary?

Typically, 15 to 20 treatments of Endermologie are required depending on your age, body shape, cellulite type and grade. Clients have one or two 30 minute treatments per week. A maintenance treatment once a month means results continue to improve. If the i-Lipo Slim Laser and FIR Sauna Body Shaping treatments are incorporated into your treatments, one can expect quicker results and 10 to 15 treatments are usually required for a cellulite and resistant fat reduction.



What is i-Lipo Slim Laser?

i-Lipo laser lipolysis is a low level laser technology (LLLT) system, also often referred to as a cold laser. i-Lipo laser lipolysis is FDA approved and was recently awarded the "Best slimming treatment" at "Les Victoires de la beauté" in Paris. This low dose of light targets the adipose (fat) cells in the treatment area, creating a cascade of chemical reactions inside the cells that open transitory pores in the cell membrane and convert the contained triglycerides into free fatty acids and glycerol. These molecules can then easily pass through the pores in the cell wall to be taken up and transported by the body's lymphatic system for metabolism into energy during the subsequent recommended post treatment exercise.

How does the i-Lipo Slim Laser work?

The i-Lipo laser lipolysis uses LLLT (Lower Level Laser Technology) which works to empty the fat contents of the target treatment area. These cells remain undamaged and can therefore be re-filled in the future if your calorie intake should exceed calorie use.

What areas does the i-Lipo Treat?

Abdomen, love handles, inner and outer thighs, batwings, bra bulges, double chin, knees, ankles and male breast fat reduction

When are results Noticeable?

Prior to each treatment, the area will be measured. Post treatment measurements will be done to show your centimetre loss. You will see results after one treatment but for long term results, a series of 10 - 12 treatments is advised, performed twice a week for a six week duration.

At Skin and Body Fitness we make available to you a lifestyle eating plan as well as a detailed slimming record. This is required to reach optimal treatment benefits and to maintain result.



Are the Treatments Safe?

Endermologie , i-Lipo and FIR Sauna treatments are required to be performed by trained and certificated therapists. Our therapists at Skin and Body Fitness are trained and accredited for the use of these treatment. Our clinic is registered as an accredited Slimming clinic. This ensures that the quality of the treatments is maintained.

Where to from here?

Book your Endermologie, i-Lipo and FIR Sauna treatments today at Skin and Body Fitness. We will track your slimming progress on a weekly basis and offer helpful tips with regards to dieting and exercise to optimise your results.

Skin and Body Fitness... for a non-surgical solution to a slimmer and healthier you.

Endermologie Treatment	30min	R 300.00
Endermologie Treatment	10 Sessions	R 2500.00
i-Lipo Slim Laser Treatment	30min	R 450.00
i-Lipo Slim Laser and FIR Sauna Combo	8 Sessions	R 4000.00
i-Lipo Slim Laser and FIR Sauna Combo	16 Sessions	R 7000.00
FIR Sauna Body Shaping System	30min	R 150.00
FIR Sauna Body Shaping	20 Sessions	R 1500.00
FIR Sauna Body Shaping Maintenance	4 Sessions	R 450.00

SLIMMING PACKAGES:

Detox Deluxe:

32 Sessions – 10 weeks R4500.00 (Worth R9000)

10 i-Lipo Slim Laser Treatments

10 Endermologie Treatments

10 FIR Sauna Body Shaping Treatments

Weekly body assessment

Detox eating & Lifestyle eating plans

Ultimate Slimming Program

60 sessions - 18weeks R8000.00 (Worth R17500.00)

20 i-Lipo Slim Laser Treatments

20 Endermologie Treatments

20 FIR Sauna Body Shaping Treatments

Weekly body assessment

Detox eating & Lifestyle eating plans

Maintenance Program:

15 Sessions – 5 Weeks R2000.00 (Worth R4750.00)

5 i-Lipo Slim Laser Treatments

5 Endermologie Treatments

5 FIR Sauna Body Shaping Treatments

Weekly body assessment

Lifestyle eating plans

