



Before/After Care:

To ensure the best results:

- *Drink at least 2 liters of *water* before and after your treatment (no soft drink, soda, juice, coffee or tea)
- *Do not eat 2 hours before and 1 hour after treatment.
- *Do not drink ANY alcohol or caffeine the day of treatment and for 48hrs after treatment.
- *Use dry skin brushing daily to stimulate lymph movement (your therapist will show you how to do this).
- *Avoid extreme hot/cold afterwards.
- *Diet: Follow a low fat diet 2 days after. Continue low starch, low sugar high fiber diet for best results.
- *Exercise for at least 20 minutes after your treatment to stimulate lymph movement.

What is it?

Comparable to Cavi-Lipo & Cavi-Slim, SkinSational, i-lipo laser technology, Zerona Laser and Cool Sculpting/fat freezing.

The scientifically developed medical Ultrasonic RF technology is based on a medical breakthrough that uses biocavitational ultrasound waves and radio frequency energy, to selectively break down fat cells and cellulite without affecting neighboring organs and cells. Immediately after treatment, your body clears away the disrupted fat cells, mainly through the liver and energy metabolism.

The procedure is comfortable and painless, has no side effects, and requires no anesthesia or sedation.

Perfect for Targeting Stubborn Areas



UltraSound Lipolysis

Non-surgical Lipolysis: Body Sculpting. Fat and inches lost without downtime or side effects!

www.Fitness-Rising.com

www.WellnessRisingLLC.com





REPLICA OF 1 LB OF FAT

Am I a good candidate ?

The best candidates for Ultrasonic fat removal are healthy men and women who are average to moderately overweight and dealing with a few stubborn areas of fat.

This procedure does not guarantee weight loss, but can lead to inches of stubborn fat lost. It will **RESHAPE** and **CONTOUR** your body.

You are **NOT** a good candidate if you are pregnant or nursing, taking anticoagulants, if you have a pacemaker or metal implants or if you have keloids, recent surgeries or severe health conditions such as diabetes, heart disease, cancer or tumors, epilepsy, abnormally high or low blood pressure, hemophilia, thrombosis, phlebitis, tuberculosis, current infection or infectious disease, immunodeficiencies or a compromised lymph system. If you have any doubt as to whether you are healthy enough to receive treatments, you should consult with your physician first.

The results are noticeable immediately, however the entire process can take several days, and you will continue to experience results during this time. Weekly sessions will continue to show improvements in skin texture, cellulite reduction, and inches of fat lost!



Comparable companies:

Other companies charge between \$150-450 per 20 minute session.

At Fitness Rising, we offer 30-45 minute sessions plus option to enjoy an exercise session or diet consultation at each appointment. This really is the most exciting and affordable fat loss procedure available to date.

We also offer packages of 4, 8, and 12 for increasing savings!

Q: How quickly will I begin to see results?

A: You may notice a measurable difference immediately after your first treatment, but the best results are after at least 4 weekly sessions. The most dramatic difference observable 72 hours after each treatment.

Q: How much result can I expect after each treatment?

A: Results with Ultrasonic Cavitation will vary depending on how long the fat has existed, how dense it is, how hydrated you are, how well your lymph is circulating, etc. Immature, light and "fluffy" fat is much easier to eliminate than mature, dense fat, and thin lymph fluid will yield more rapid results than thick, viscous fluid. Statistically, you can expect up to 1-2" loss after the first treatment and up to 1/4" - 2" after each subsequent treatment.

Q: Are there any side effects?

A: There is absolutely no pain, and no recovery time after treatments! You may feel some warmth, and hear a high pitched sound from the ultrasound vibrations. Any area redness will disappear shortly after treatment. You can receive a treatment during your lunch hour and then drive yourself back to work immediately afterward.

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