



## Frequently Asked Questions (FAQ)

### Q1. How many treatments will I need?

We recommend 2 treatments per week for 4-5 weeks.

### Q2. Can I have more than one area treated at one time?

Yes

### Q3. Will the inches stay off after a treatment?

Yes if you maintain a healthy diet and exercise routine..

### Q4. What actually happens to the fat?

The fat cells are undamaged, but due to the reaction of the light on the cell it will empty the contents. The contents consist of Water, Glycerol and free fatty acids. Following a treatment, the glycerol or sugar is rapidly absorbed by the body. The water carries the free fatty acids, through the lymphatic system, through the kidneys and then passed out of the body in your urine.

### Q5. Does the treatment hurt?

No. There is no pain at all.

### Q6. How many centimeters loss will I achieve from this treatment?

A typical client will lose between 2-6cm over three measurement areas during a single session around the stomach; this is also heavily dependent on the depth of the fat layer. Results in other target areas will be more varied. Commitment to the treatment and a decent eating plan will ensure maximum results. After each treatment, it is important to

allow the fat released during the treatment, to be used up as energy. A typical client can expect to reduce an area by 1-2 dress sizes during a course of treatments.

#### **Q7. How long will the results last?**

As long as you maintain your weight, diet and exercise, the inch loss will be long-lasting. If exercise is not undertaken soon after the treatment, the results will be temporary. Booster sessions following a course of treatments are highly recommended to keep your body in its ideal shape.

#### **Q8. Are the laser treatments safe?**

Not only is the procedure safe, but quick, pain-free and healthy. There is no recovery time needed, and you can return to normal activities directly after the treatment.

#### **Q9. Why do some people achieve better results than others?**

The treatments are not a miracle cure. However we achieve fantastic results more so with the clients that follow the advice of a sensible diet. In addition, the more exercise you do the better the results.