



# LipoMelt

## Body Contouring

## Post Treatment Care

The LipoMelt Body Contouring program blends science and physiology to help naturally slim, shape and tone areas including the waist, hips, thighs, buttocks, and arms. In fact, many "Melt That Fat Away" patients lose between 7 to 23 inches of fat during their series of treatments.

During treatment, the unique wavelengths of the red light and near-infrared light stimulates fat cells to release their contents which is then easily and naturally eliminated by the body. In order to maximize your results, please follow the post-treatment steps:

**Drink lots of water, aim for 80+ oz**

**Eliminate alcohol**

**Limit fatty foods (following Ideal Protein is great!)**

**Limit carbohydrates (both simple and complex sugars)**

**Use the whole body vibration for 10 minutes after your session**

**Take a liver support supplement**

**Consider a compression garment, like Spanx or a waist trainer**

**Best results will be achieved when sessions are held 2 - 3 times per week, with at least 48 hours between sessions**

## Referral Program

After your first visit, you will be given referral cards so that you may refer others for a courtesy first visit. When they redeem their voucher, you get an additional free session (\$175 value)!

This service is open to anyone looking to get rid of unwanted fat, you do not need to be an Ideal Protein client with Ideal Weight Management.



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## Frequently Asked Questions

### How does LipoMelt work?

The unique light emitted from LipoMelt causes the fat cell membranes to temporarily alter the permeability of the cell wall. This brief change allows some of the fat contents to seep out to where it can then be processed by the body. LipoMelt's LED system has a much higher absorption rate compared to laser treatment therapy due to the refraction and the strength of the beam. Typically, each fat cell absorbs approximately 70% of the LED light energy compared to only 40% absorption rate for lasers. The result is far superior results in inch loss and fat reduction.

### What happens to the fat?

After being released, the fat is broken down into fatty acids and glycerol and enter the blood stream. Once in the blood stream, the fatty acids can be either used as fuel or quickly eliminated by the body.

### What can I expect during a LipoMelt Session?

During the treatment, clients are lying down on a treatment table and special pads will be positioned in strategic places on their body. Simply enjoy the relaxing 20-minute session.

### What areas of the body can be treated?

The LipoMelt treatment can be effectively used on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. This include the face, waist hips, upper legs, thighs and upper arms.

### What risks or side effects are involved?

There are no risks or side effects involved using LipoMelt. It is considered a safe alternative to invasive procedures such as traditional liposuction. The LipoMelt treatment is 100% non-invasive and does not cause any brushing or scarring.

### Do I have to follow a diet?

No changes are required, but to maximize your results, eating a clean diet that is low in sugar and carbohydrates is highly recommended. Water intake should be a minimum of 80 ounces per day and alcohol consumption should be restricted to help the liver. Ask us about doing Ideal Protein weight loss method for optimal results!

### Do I have to exercise?

Each session should be followed by at least 10 minutes of exercise to stimulate circulation and help burn the fat that has been released.

### Does LipoMelt help with cellulite and loose skin?

Clients undergoing LipoMelt have noticed an improvement with cellulite, skin tone, and texture.

### What research has been done?

LipoMelt is based on the pioneering cold light research of NASA and leading clinicians.



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## Treatment Preparation

1. Typically it will take 10-12 sessions for significant and long-lasting results.
2. Please keep your appointments and give us 24 hours notice for any cancellations. This type of therapy is cumulative and consistency is important.
3. We recommend that you come every other day to allow your body time to process the extra fat.
4. Remember to take your liver support as directed. 450 mg Milk Thistle supplement.
5. Drink water before each treatment and continue throughout the day. This helps flush the fat and toxins from your system. Minimum 80 oz per day.
6. Don't eat one hour before and one hour after each treatment.
7. Some form of exercise for at least 10 minutes must follow each treatment to stimulate lymphatic and blood circulation and help process the fat that has been released. Our whole body vibration machine will achieve this result.
8. Reduce your overall caloric intake while limiting starchy carbohydrates and simple sugars. Being on phase 1 of Ideal Protein is perfect!
9. Eliminate alcohol during the treatment process. Alcohol negatively affects the liver which will work against this treatment, lessening the results (alcohol is not permitted on phase 1 of Ideal Protein).
10. Once you've achieved your goal, it is important that you stay on a regular monthly maintenance program of 1 to 2 sessions.
11. Women, wear a bikini style suit and remove all creams, oils, or makeup on treated areas.



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## **\*\*Complimentary Consultation\*\***

**1 Individual Session - \$175**

*Save even more with packages!*

**6 Session Package - \$900 (\$150/session)**

**12 Session Package - \$1500 (\$125/session)**

**20 Session Package - \$2000 (\$100/session)**

***Treat up to 10 Regions in one session!***

***Abdomen, Arms, Buttocks, Thighs, Chest or Face***

Each private treatment will include the use of the PureWave massage to treated areas and the required 10-minute vibrational exercise immediately following your treatment at no additional cost. Also included is the Fit3D scans that will be used to show progress during session 1, 6, 12 and 20.

Treatments are always private and professional.

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**NO REFUNDS OR TRANSFERS**



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Body Contouring

# Loyalty Program

Easy as 1 - 2 - 3

1

Let your friends know about  
LipoMelt and your results.

2

Give them a  
free session card.

3

Earn a free session  
for every friend that redeems theirs.

**NO REFUNDS OR TRANSFERS**