

Body Oasis

ACHIEVING REAL RESULTS

At Body Oasis, we have the unique capability and experience to combine the latest technology in aesthetic treatments to get the best results. We use a three phase system and care plan to integrate the strengths of each treatment in each phase of your program. ALL OF OUR TREATMENTS ARE NON-SURGICAL, NO PAIN, NO DOWNTIME BUT VERY EFFECTIVE.

PHASE ONE - DETOXIFYING AND AGGRESSIVE FAT REDUCTION

The process of detoxing with our infrared Heat therapy, cleanses the lymphatic system upfront. This allows the future treatments to work properly since most filter through the lymphatic system, then liver and the kidneys.

The aggressive fat dissolving from our 6D Laser Lipo sessions is also in this first phase. This treatment starts the process of heating the subcutaneous fat, draining the lipids from the cells allowing them to filter to the lymphatic system. This treatments is considered a primer for the next phase.

Infrared Heat Therapy

Relax and detoxify with Infrared (IR) body wraps to help burn up to 600 calories to lose inches in each 30 minute session! Sweat out toxins and melt away cellulite while effortlessly enjoying an hour of warm relaxation in our comfortable med-spa. Deep penetrating heat is an effective source of healing to increase metabolism, blood circulation, improve stress reduction (especially to reduce cortisol), immune and cardiovascular systems as well as decrease pain, menstrual relief, joint replacement or arthritis.

PHASE TWO - BODY CONTOURING AND ADDITIONAL FAT REDUCTION

This next step will be utilizing Cavi-Lipo and/or CryoSkin Slimming, depending on the care plan package recommended for your goals. Body contouring is the treatment that we use to dissolve targeted fat cells further shaping the area over a course of treatments to produce a desired shape.

Body Contouring / Cellulite Reduction

Our treatments are non-invasive cosmetic procedures that create break down fat, stimulate collagen to help smooth, tighten and contour skin to reduce appearance of cellulite in the thighs, tummy and buttocks.

Trapped toxins inhibit fat metabolization, slowing it down and eventually storing it in excess making it almost impossible to release; hence the term “trouble spot.” The treatments break down your fat and release stored toxins. The now liquefied fat needs to be expelled as fuel or excreted through your lymphatic system. It’s advised to schedule treatments no sooner than once a week to see more significant results. Best results are to concentrate multiple treatments on one single area.

PHASE THREE - SKIN TIGHTENING / MUSCLE TONING

This step utilizes one or more of the following, Full Body Red Light Therapy, Laser Light Therapy, CryoSkin Toning, CryoPulse and/or EmSlim Muscle Stimulation. This step is to tighten up loose skin, improve the quality of the skin and/or build muscle tone in the treatment area.

Pre and Post Recommendations

- Arrive to your appointment well hydrated. This will result in a more comfortable and efficacious treatment.
- Drink at least 16 oz of water one hour prior to the treatment and void your bladder before your appointment.
- All treatment sites should be clean with no lotions or other skin products.
- Wearing thong underwear is preferred if the buttocks are to be treated.
- Do not eat a large meal prior to treatment on the abdominal area
- Remove all body piercings on treatment areas prior to treatment. They may be put back immediately following treatment.

How do I get the most out of my treatment?

At Body Oasis, we want you to be thrilled with the results of your customized treatments! We understand that each treatment is an investment towards the correction or prevention of any issue with your skin and body shape. So in order to protect your investment and get the most out of it, there are a few pre/post care instructions to follow for optimum results!

Pre & Post Recommendations – for best results adhere to these steps.

- During treatment – the now soluble fat may deposit somewhere else if it is not used as fuel or expelled. Some crucial steps that should be done are increasing safe exercise regimen, water intake (especially right after treatment), fiber and daily supplements. You should carry a water bottle and drink more often (bring water to treatment).
- To maximize the effectiveness of your sessions, it is best to restrict products that impact lymphatic flow during the program. [Limit caffeine, alcohol and sugar intake. NO large amounts]
- We recommend eating a healthy diet to stabilize the fat and inches loss you obtain during the program. Just be smart and make better choices. Eat early, eat often, small meals or snacks throughout the day. This keeps your body's engine going all day. Keeping your caloric intake around 1200 a daily if you do not exercise or live a busy lifestyle is a good idea. If you are active, consider a higher caloric intake to maintain your muscle and fuel for basic body functions.

Recommended Supplements:

Vitality for Life – Daily Nutraceutical Vitamin & Mineral has superior absorption and is available at our locations.

Fiber (such as psyllium husk) – take as directed for treatment days, days you haven't eaten a high fiber diet, and when you have consumed "junk." This will help to move digestion and toxins along.

Probiotic - If your goal is to lose weight, stocking up on probiotics — but not just *any* probiotics — Several medical studies found that women with obesity who took *Lactobacillus rhamnosus* supplements for 12 weeks lost significantly more weight than those who didn't take a probiotic.

Vitamin C plays a role in controlling infections and healing wounds, and is a powerful antioxidant that can neutralize harmful free radicals. It is needed to make collagen, a fibrous protein in connective tissue that is weaved throughout various systems in the body: nervous, immune, bone, cartilage, blood, and others. The vitamin helps make several hormones and chemical messengers used in the brain and nerves.

Collagen, Collagen, Collagen! It is imperative to take a good collagen supplement especially after the age of 30. Collagen has many benefits, but our primary focus is skin health. Collagen is a major component of your skin.

It plays a role in strengthening skin, as well as in elasticity and hydration. As you age, your body produces less collagen, leading to dry skin and the formation of wrinkles.

However, several studies have shown that collagen peptides or supplements containing collagen may help slow the aging of your skin by reducing wrinkles and dryness.

One review of 11 studies focusing mostly on women found that taking 3–10 grams of collagen per day for an average of 69 days led to improvements in skin elasticity and hydration.

These supplements may work by stimulating your body to produce collagen on its own. Additionally, collagen supplements may promote the production of other proteins that help structure your skin, including elastin and fibrillin.

NOTE: Vitamin C is crucial for collagen synthesis, so you should also be sure to eat foods rich in this vitamin, such as citrus fruits, broccoli, and bell peppers

How quickly will I notice a change?

After initial treatment, slight improvements may be seen within 4 hours as the skin's surface may feel smoother, firmer and tighter. Further treatments should start showing in as little as a week, you may see circumference and cellulite reduction. Cell turnover takes 28 days, full result of each treatment could improve over 6 weeks. More treatments show greater improvements especially if maintained. Remember this is a process; you will need to be patient with your body and allow time to reveal your new shape. Critically looking in the mirror every day will make seeing the subtle changes difficult. You may begin to notice that your clothes will start to fit better, but since fat does not weigh a lot, you will not notice the reduction on the scale so much, it's best to keep focused on other areas of health!

How can I maintain my results?

Many people will see a reduction in fat with these treatments alone, but it is suggested that this be used in addition to a proper exercise regime and a healthier diet. Use these treatments as a tool (like when you hit a weight loss plateau or need a boost to keep you motivated) to achieve your weight loss goals. The rate at which your body re-contours is up to YOU, the process may help to break down fat but you have to FLUSH & EXPEL.