

Body Treatment Risk Assessment

All treatments carry some form of risk but not all clients are susceptible to that risk. Read through the known risks for the body shaping treatments listed below to determine your eligibility for treatment. This list may not cover all experiences and is not considered exhaustive. Changes in your physical health should be taken into consideration and body treatments discussed with your physician before continuing.

General risk:

Skin sensitivity - As a non-invasive treatment, all applications are treated on the surface of the skin. Sensitive skin has a higher risk for redness, swelling, bruising, and tenderness after treatment.

Metal allergy - Nickel can be found in most metal alloys. Due to the contact duration with the body shaping machine, anyone with a nickel allergy should not be treated. Those with any metal allergies should have a test done during the consultation before scheduling a treatment.

Ultrasonic Cavitation Risk:

Sound vibration - Those with tinnitus and sensitive ears to sound may be uncomfortable during the treatment. All others may feel a slight hum or buzz in their ears that will stop when the cavitation portion of the treatment ends. Wearing headphones or earbuds during the treatment may help ease these sensations.

Nausea/Fatigue - The release of the fat cells means the lymphatic system gets very active flushing waste to the liver, kidneys, and bladder. Some clients may find this process makes them feel tired or nauseous. Water is encouraged two hours before treatment to encourage lymphatic movement and reduce the potential for these symptoms. Any feeling of nausea during treatment should be shared with your technician, as this is not a common side-effect and could be due to congestion in the lymphatic system.

RF Skin Tightening Risk:

Redness and swelling - Radio Frequency waves raise the temperature at, and just below the skin's surface. Heating the skin will naturally create some redness from capillary swelling for everyone. Some tissue swelling can happen with heat applications as well. These are temporary side effects that will fade as the skin cools. Direct exposure to the sun, saunas, steam rooms, infrared, jacuzzi, and hot showers are not advised 24 hours after treatment for this reason. Always let your technician know of your comfort levels during the treatment.

Burns - As stated above, the Radio Frequency treatment will raise the temperature of the skin. The skin is covered with ultrasound gel to create a cooling layer to control surface temperature, and no area has more than five minutes of RF treatment. The RF treatment can be adjusted to your comfort.

If you are feeling any sensations of skin burns, tell your technician immediately. Some clients will only be able to do one or two minutes of RF treatment and we can accommodate all needs. If you notice a burn after you return home, treat as you normally would. Your next session will be scheduled after you are fully healed and the RF time will be lowered or removed from the treatment as needed.

Vacuum Shaping Risks:

Suction marks - As with all devices that create suction, you may notice capillary bloom (hickey) on the area. These marks are not painful and will pass within a few days. If you are not comfortable with possible capillary bloom, let your technician know so your treatment can be adjusted.

Pain - Suction of the skin can potentially be painful if the suction is too strong. The technician will always begin treatment at a low setting and adjust to meet your comfort. If at any time during the vacuum shaping you feel pain or discomfort, tell the technician so adjustments can be made. The vacuum shaping treatment should not be painful.

Bruising - The potential for skin to bruise from Vacuum Shaping is higher for those who have sensitive skin, anemia, and weak capillaries. If you bruise easily, it is possible the Vacuum Shaping will create bruising in the treated area. It is important to communicate your needs, concerns, and discomfort with your technician before and during the treatment.

Vibration Boards Risks:

The same medical risks that apply to cavitation apply to the vibration board. If you qualify for a body shaping treatment, you may safely use the vibration board with the following exceptions:

Vibration treatment is not advised for those who have a medical history of migraines, spinal cord injury, and severe osteoporosis.

The vibration board will be set on a low level to start and can be increased to optimal comfort. Inform the technician if you experience any dizziness, headache, inner ear trouble, or muscle spasms during the session.

