

# What are RF Treatments?

## What is RF anyway?

Radio Frequency treatments have been used for more than five decades in physiotherapy, and about two decades in beauty/contouring. For contouring, Radio Frequency refers to high-frequency electrical currents, ranging from a very low 300kHz (longwave RF) to a high 40kHz (shortwave RF) and very high 3GHz (microwave RF). If applied on the body or face at lower frequencies than the above, electrical currents produce muscle contraction or other effects. At “radio” frequencies, electrical currents produce just heat.

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Radio frequency skin tightening is also known as “RF” or “RF Skin Tightening” has emerged as a popular non-invasive treatment option for reducing the appearance of fine lines and loose skin.

Radio frequency skin tightening is also a non-surgical and non-invasive aesthetic technique which uses radio frequency energy. This RF energy heats tissue to a precise temperature for a specific amount of time to stimulate collagen and elastin production, thereby tightening the skin.

The depth of the heat can range from very superficial (focusing on the epidermis for acne treatment) to very deep (focusing on joints or muscles for physiotherapy). For aesthetic body contouring purposes, the focus is anything between the epidermis and the subcutaneous fat.

Clients may see visible improvements as each week progresses with optimal results up to 12 weeks following the treatment.

## THE SCIENCE BEHIND RF TREATMENTS

Radio frequency induces tissue re-modelling and the production of new collagen and elastin by targeting the underlying structure of the skin with radio frequency energy. The local heating causes an immediate contraction of collagen fibers and at the same time increases the metabolism of the fibroblasts, thereby accelerating the production of new collagen and elastin fibers. The concentration of collagen fibers and the regeneration of the collagen and elastin deposits tighten the skin layers, creating smoother, healthier and younger looking skin. This safe and relaxing process provides an alternative to face-lift and other cosmetic surgeries.

When the body is young it does not lack collagen and elastin, so it is firm and wrinkleless. As the human body ages, the existing collagen and elastin breaks down, and it gets harder for your body to produce more, so the skin gets an aging look. Environmental factors such as UV radiation and pollution contribute to tissue damage and premature aging.

