



# body contouring options

Here are some non-surgical procedures designed to reshape your body with minimal downtime. Keep in mind that it is best to consider these options after you have achieved your weight loss goals.

*Disclaimer: Northwest Woman Magazine does not endorse the following cosmetic procedures. Individual results vary and people should always seek advice from their physician prior to undergoing any medical procedures.*

## Lipomassage by Endermologie:

Localized fat, cellulite, saddlebags, love handles, buttocks, hips, thighs, arms, stomach, back... Women and men store fat differently and in different places. Lipomassage effectively treats all of these factors and picks up where diet and exercise leave off. Scientific research has shown that Lipomassage activates lipolysis (fat release) by stimulating the adipocytes (fat cells) and B receptors to trigger the release of trapped fat. Lipomassage also promotes skin fitness, smoothes away cellulite's dimpled appearance and stimulates lymphatic circulation to produce collagen and elastin for restored firmness, tone and youthful resilience.

*For more information:  
Sue Barnard at (509)953-8336  
Aesthetic Image: [www.aestheticimage.com](http://www.aestheticimage.com)*

## SMARTLIPO™ LaserBodySculpting<sup>SM</sup>

"SMARTLIPO™ is ideal for treating fat deposits on the face and body and the ancillary benefit of the laser stimulating collagen production leaves the skin firm; an amazing and welcomed side effect. With this new laser-assisted SMARTLIPO™, along with the skills of a qualified and caring surgeon, patients are now able to

achieve results they never thought possible," says Dr. John Lundebj MD, owner of Reflections Med Spas.

*For more information on Smart Lipo & Lipodissolve  
Reflections Med Spas [www.reflectionsmedspas.com](http://www.reflectionsmedspas.com)  
Ajuva Medical Spa: [www.ajuvamedicalspa.com](http://www.ajuvamedicalspa.com)  
Inland Aesthetic Institute: [www.inlandvascular.com](http://www.inlandvascular.com)*

## CoolLipo

This laser-assisted lipolysis is a new, minimally invasive technology that liquefies fat for easy removal. It is a laser-based procedure that breaks up and removes fat cells in areas such as under the chin, neck, and jowls or areas with loose skin such as the arms. In addition, the unique wavelength of the CoolLipo laser system directly contracts collagen and tightens the skin, an effect not seen with standard liposuction.

*For more information:  
Ajuva Medical Spa: [www.ajuvamedicalspa.com](http://www.ajuvamedicalspa.com)*

## The new Body Shape\* procedure by Thermage

Thermage's Body Shape procedure is a non-invasive procedure that can help tighten, firm and shape the body following just one treatment, without surgery or

injections and little downtime. The Body Shape procedure is ideal for men and women who are not significantly overweight and are looking to help firm sagging skin and reduce unwanted bulges that dieting and exercise alone cannot seem to change. Results vary from subtle to dramatic. Generally, some improvement is immediately visible and continues for up to six months. Results are long lasting depending on your skin condition and the aging process.

*For more information:  
Aesthetic Image: [www.aestheticimage.com](http://www.aestheticimage.com)  
Inland Aesthetic Institute:  
[www.inlandvascular.com](http://www.inlandvascular.com)*

## VASER LipoSelection®

This provides physicians the tool to effectively treat all fatty tissue types with minimal surgeon effort and fast patient recovery. With this new level of versatility, physicians can perform a wide range of body contouring applications — from significant fat reduction to precise sculpting on all area of the body.

"The Vaser is an ultrasound that melts the fat into a liquid form that can be easily removed, while leaving the nerves and blood vessels intact minimizing bruising and pain as a result," says Dr. Debra Ravasia MD, owner of Ajuva Medical Spa.

*For more information:  
Ajuva Medical Spa: [www.ajuvamedicalspa.com](http://www.ajuvamedicalspa.com)  
Inland Aesthetic Institute: [www.inlandvascular.com](http://www.inlandvascular.com)*

## VelaShape

This new FDA approved device has been shown to reduce the appearance of cellulite and decrease the circumference of the thigh without surgery or needles. This body contouring device uses bipolar radiofrequency energy to reduce the size of the fat cells and utilizes infrared heat to tighten the skin. The VelaShape feels like deep heat and massage. The device will lift tissues with suction and vacuum, and then target these tissues with infrared and bipolar radiofrequency energies to reduce fat cell volume and tighten skin. Most patients find the procedure very tolerable and can be relaxing

*Inland Aesthetic Institute: [www.inlandvascular.com](http://www.inlandvascular.com)*