



RADIOFREQUENCY ULTRAFIRMING TREATMENT INFORMATION AND AFTERCARE

Ultrafirming RF is a technique that uses radiofrequency for uniform deep tissue heating. This deep heating of tissues achieves effective tightening by stimulating the skin to produce new collagen thereby giving a smoother and younger appearance of skin. Compared to surgical body shaping treatments such as liposuction, tummy tucks, thigh and buttock lifts, the ultrafirming treatment is quick and does not require anesthesia or prolonged recovery time. Clients can resume their normal activities immediately.

How does Ultrafirming RF work?

The skin is made up of two layers, the visible outer layer called the epidermis and the deeper layer called the dermis. The main structural support of the dermis is provided by the protein called collagen. RF tightens the skin by two separate processes. Firstly, it has an immediate effect by tightening the supportive framework of the skin (by contraction of collagen fibres and tissue retraction) aiding remodelling and rejuvenation. Secondly, heating the dermis stimulates the body to produce collagen, boosting a healing response. This acts as a new deep foundation for the skin producing further tightening that becomes evident over several months. The combination of these two processes hence provide immediate skin tightening and further long term tightening effects.



Is the treatment safe?

RF has been used in medicine for over 70 years. Its use in dermatology, cardiology, neurosurgery and ENT continues to increase in popularity.

What does Ultrafirming RF procedure feel like?

As the radiofrequency energy is being delivered deep into your skin, a brief and warm sensation can be felt especially for sensitive skin. You can return to your normal activities immediately after the procedure. Some people may experience mild redness, which disappears after a while. The risk of significant side effects is extremely low.

How many treatments are needed?

A series of 6-8 treatments at weekly intervals are recommended for the body and 4-6 treatments at fortnightly intervals for the face. While just one or two treatments can produce good results, a course of six treatments is recommended to best maintain and improve your body's youthful appearance.

PERMANENT HAIR REDUCTION & ADVANCED BEAUTY CLINICS

How long does Ultrafirming RF procedure take?

Depending on the size of the area being treated the procedure can take as little as 15 minutes upto a maximum of several hours for the treatment of extensive areas. The patient experiences a gentle heating sensation during the procedure.

AfterCare Do Not's

- Do not carry out excessive exercise for 24 hours.
- Do not expose the area to heat, e.g. sauna, steam rooms, hot showers, etc.
- Do not use other exfoliating methods or rub the skin with towels or flannels.

Who is suitable for Ultrafirming RF procedure?

Ultrafirming RF is generally suitable for anyone seeking a tighter and healthier skin appearance, both on the face and body. Its non-invasive, non-ablative and non-laser techniques allows the procedure to be performed on almost anyone and any skin.

When will I get to see results after Ultrafirming RF treatment?

Most patients see or feel immediate results such as tighter and smoother skin immediately after the procedure. However your doctor will be the best to advise you on this as results are dependant on the skin condition.

Who cannot have this treatment?

Radiofrequency cannot be applied to patients with pacemakers, metal plates or pins in the treatment area, severe heart disease, diseases of connective and muscular tissue, pregnant and breast feeding women.

On what parts of the body can Ultrafirming be used?

RF improves contours anywhere on the body. It can tighten loose skin on the aging face and neck and firm upper arms.

For further information on the procedure, contra-indications for the procedure and after care kindly contact the clinic doctor.

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T Bandra - (+91-22) 26405539, 32918366

Juhu - (+91-22) 26102317, 26102318

E info@skinessentials.co.in