



Treatment Protocol

A typical treatment involves the positioning of four to eight pads over the target area. Two laser probes are also secured onto the region of the lymphatic nodes closest to the target area. Then the i-Lipo Ultra low level lasers are released through the treatment pads, creating a chemical signal in the fat cells that breaks down stored triglycerides into free fatty acids, which are released through the cell membranes. Fat content is then transported around the body to tissues where it will be “burned off” during a period of post treatment exercise. We advise only one target area is treated per day to maximize the client’s chances of completely “burning off” the fat content, so it is not restored back into the empty fat cells. Vacuum massage is performed after the laser treatment to enhance lymphatic drainage, remove fatty acids from the target area and stimulate skin renewal.

PreTreatment-

- Wear appropriate clothing either loose fitting or gym wear.
- Do not eat a heavy meal within two hours of your session.
- Keep well hydrated as this will support lymphatic drainage.
- Avoid caffeine or carbonated drinks as this may cause bloating.

Post Treatment-

- I-Lipo is a safe, painless and effective treatment, meaning you can return to normal activity immediately.
- At least 30 minutes of increased physical activity is recommended immediately after treatment to help “burn off” released fat cell contents.
- Do not eat a heavy meal after your session.
- Keep well hydrated throughout the day.

Maintenance

- Once you have achieved your goal with i-Lipo treatment it is important to maintain these results by following a healthy lifestyle of exercise and balanced diet.
- Additional i-Lipo treatments can be done at any time.