

SMOOTH OPERATOR

POST-HOLIDAY FAT POCKETS DON'T HAVE TO LAST THROUGH THE WINTER. NON-SURGICAL BODY CONTOURING SYSTEM MED CONTOUR HELPS TO SMOOTH AND SHAPE THE BODY FOR A SVELTE-LOOKING FIGURE. **GEMMA GARKUT** REPORTS.

For many of us, the thought of undergoing a body contouring procedure conjures images of surgery, anaesthetic and potential scarring. Med Contour is one of the latest technologies to offer a completely non-surgical option for body contouring and shaping that can minimise the appearance of fat pockets and cellulite.

Med Contour's official Australian trainer Donna McNeill says the effective and predictable results of the Med Contour make it a leading product in the field of non-surgical aesthetic procedures. 'People of average weight who have a few bulges they would rather live without almost always see results from a Med Contour treatment. Having said that, it's not meant to remove large amounts of fat; it's primarily a body shaping device,' she explains.

McNeill says the benefits of Med Contour are not just external or visual: 'The additional health benefits associated with the treatment are quite astounding. We've seen an improvement in the circulatory and lymphatic systems as well as an improvement in skin tone and tightening as a result of these treatments.'

The most notable results can be seen on the lower back rolls, love handles and tummy – areas that are commonly disproportionate on both male and female bodies. 'Focusing on these problem areas shapes the contour of the body to a smoother, more proportional shape,' McNeill continues. 'It is particularly effective in reducing the appearance of cellulite as well.'

Med Contour employs innovative vacuum technology to treat the appearance of cellulite, which is used to lift the adipose



BEFORE

AFTER Med Contour treatment



BEFORE

AFTER two Med Contour treatments

tissue at the treatment site and allow the patented dual modulated ultrasound transducers to specifically target the area. 'This approach provides for the targeted and selective therapy of the fatty deposits while leaving the surrounding tissues unaffected,' says McNeill.

The resulting contours are because of the cavitation that occurs – the formation of micro bubbles that burst inside the fat cell, the energy of which causes the cell to implode and be destroyed. As a result, lipids and triglycerides are released from the cell and passed through the vascular and lymphatic system to eventually be excreted by the body.

The significant reduction of localised fat and cellulite is achieved from the cavitation effect created by applying low frequency ultrasound into the fatty layers. The Med Contour uses a patented 1MHz dual ultrasound generator which is modulated between 20 and 60kHz to produce this effect.

'A vacuum handpiece is used at the start of the treatment to activate the lymph nodes, which acts as a pump to kick-start the lymphatic system,' explains McNeill. The next step involves applying the dual modulated handpiece to destroy the fat cells, followed by the vacuum handpiece to perform lymphatic drainage. Physicians can choose between multiple program settings that control the strength and depth of the treatment, depending on the patient's

physique, desired results and comfort.

Patients typically feel a gentle warming sensation during the treatment, which is actually heat resulting from the imploding cells inside the body. 'This secondary effect causes an internal warming which also helps with the body's circulation,' explains McNeill. Apart from this sensation, patients have reported that the process is painless and typically quite comfortable.

Patients can usually see results immediately which continue with more centimetre loss in the days following the treatment, with six to eight treatments normally needed to achieve optimal results. After the cavitation procedure, patients are treated with a lymphatic massage to assist the destroyed fat cells to pass through the lymphatic system.

'Our lymphatic system is responsible for processing the toxins in our body, and sometimes this can become congested. An additional lymphatic drainage treatment helps the body to process the initial Med Contour treatment and expedite results,' says McNeill.

Patients can resume normal activities immediately after treatment, as it requires no recovery time. 'Med Contour allows physicians to target specific problem areas for maximum results,' says McNeill. 'It's great to have a non-invasive body contouring system that offers so many positive effects – both externally and internally.' **acsm**