**Strawberry Laser Lipo**

**TREATMENT AREAS INCLUDE:**

Stomach • Thighs • Buttocks • Hips • Male Chest • Back • Arms

**HOW IT WORKS**

After a single 10- or 20-minute Laser Lipo session, patients typically see instant fat reduction. Most patients describe the laser treatment as a warm feeling with no pain, bruising, or downtime. The recommended number of sessions may vary based on body type, weight, and target fat-loss goals to achieve maximum results.

A double-blind clinical study followed Strawberry Laser Lipo subjects vs. placebo subjects over the course of 8 treatments. The average loss of treated subjects recorded was 3.7 inches at the level of one single measurement (Caruso-Davis, Guillot, Yu, Bissoon, Green, 2007).

Strawberry Laser Lipo is a laser lipolysis procedure in which paddles are placed against the skin, and a cold red laser beam is emitted through the skin and into the fatty layer underneath. After the laser hits the fatty tissue beneath the skin, it induces the creation of pores, and the intracellular content is released and removed by the body’s own lymphatic system. Surrounding tissues such as blood vessels, nerves, and skin cells are unaffected by the procedure.

**LASER LIPO FAQS**

**What is it?**

It’s an FDA-approved laser treatment that targets the fatty layer under the skin and results in instant fat reduction.

**How does it work?**

The laser creates holes or pores in the fat cell, and all the contents of the fat cell leak out (water, glycerol, and fatty acids). The contents are then expelled through the body’s circulatory system, urine, etc....

**What kind of results do you usually see?**

The average loss is 3.7 inches around the treated area after 8 sessions, so if you did 8 sessions around the stomach, you’d expect to see 3.7 inches off the stomach. You’ll see instant loss after one session. However, 6-8 sessions are usually recommended for best results.

**How long will the results last?**

The results will last if you maintain them with a healthy diet and exercise. You will see results without any changes to diet and exercise. However, if you’re eating poorly and not exercising, the fat can come back.

**Recommendations for best results.**

**Pre-Treatment**

* No eating for two hours prior to treatment.  A small amount of liquids (water, coffee, etc.) is ok. No cream, sugar, or fruit juices, please.
* Wear comfortable clothing.  Also, wear tight-fitting underwear (panties, brief type); this is usually best for laser paddle placement.
* No lotions or moisturizers near the area that you wish to be treated.
* Be prepared to exercise within the next twelve hours to help the lymphatic system remove the free fatty acid cells from the body.
* NO ALCOHOL 24 hours before, and 48 hours after each session. Alcohol slows down the body’s ability to filter out and expel the fatty acids from the fat cells.

**Post-Treatment**

* Drink plenty of water, this helps the body clear out the expelled contents of the fat cells.
* Exercise within 4-6 hours after the treatment. This increases the body’s circulation and will also help expel the contents of the broken-down fat cells.
* Avoid foods that are high in fat and/or sugar following each session. This will improve results.
* NO ALCOHOL 24 hours before, and 48 hours after each session. Alcohol slows down the body’s ability to filter out and expel the fatty acids from the fat cells.