

Radiofrequency Treatment for Skin Tightening, Body Contouring, & Cellulite

INFORMATION & TREATMENT INSTRUCTIONS

Celebrity Spa Services uses a professional grade multi-polar radiofrequency (RF) device for skin toning and smoothing. RF therapy is a gradual process to tighten loose skin. Newer radiofrequency machines such as this one focus the energy right where it is needed and thus requires lower energy to heat the skin, dermis and subcutaneous tissue improving treatment outcomes without discomfort.

In general selected layers of skin and tissue are heated to above 40o C to induce remodeling of tissue structure resulting in skin tightening. Improvement can continue for four to six months after completion of treatments as the collagen and elastin renews.

The majority of individuals have uncomplicated treatments and can return to regular activities, including exercise immediately after the session. Expected side effects include some redness lasting ten to thirty minutes and rarely a few discrete tender areas or bruising that may persist up to a few days. Very rarely, a small skin burn or temporary swelling may occur due to the heat generated in the skin and fatty tissue. Extremely rare are unexpected risks would include a blister or small dimpled scar.

RF treatments are NOT recommended for the following:

Pregnancy or nursing (current only).

Heavy menses/bleeding.

Extreme amount of dental implants, braces, caps, metal fillings (amalgams, gold)
- for facials, please circle all that apply.

Botox or filler in treatment area.

Pacemaker or internal defibrillator, implanted neuro-stimulators or other internal electric device.

Metal implants or other implants in the treatment area- ie. IUD, screws, plates.

Current or history of, cancer - especially skin cancer, or pre-malignant moles in treatment area.

Diabetes and Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of

Immune suppressive medications.

Active weeping acne.

Continuous use of Retin A, retinol.

Herpes (active).

Medications such as blood thinners.

Open wounds on the skin.

Severe concurrent conditions such as cardiac disorders or epilepsy.
Condition which could be adversely affected by heat. A history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area.
Areas of sensory impairment such as in cases of nerve lesions and neuropathies.
Any active condition in the treatment area, such as sores, psoriasis, dermatitis, eczema and rash as well as excessively/freshly tanned skin.
Chemical sensitivities such as reactions to cosmetic products or perfumes. If known, please list specific offending ingredients: _____, _____, _____ .
Varicose veins in the treatment area.
History of skin disorders such as keloid scarring, abnormal wound healing, as well as very dry and fragile skin.
Any surgical, invasive, ablative procedure in the treatment area before complete healing.

Other medical conditions that affect the area treated such as recurrent cold sores, shingles, trigeminal neuralgia, psoriasis should be reported to ensure an appropriate course of action.

It is important to know what to expect from your treatment. Treatments cannot stop new cellulite from forming or fat cells from storing more fat if excess calories are consumed. Treatments cannot stop ongoing skin laxity due to aging and environmental factors. This treatment is not a replacement for those who would benefit from surgery such as liposuction, a tummy tuck or a face lift to achieve their desired outcomes. RF treatments are designed to tone skin.

For Body Treatments, 6 to 24 treatments may be required to see improvement.
For Facial Treatment s, 6 to 12 treatments may be required to see improvement.
Treatments should be scheduled 7 -10 days apart but no longer than two weeks apart. The appointments last around 30 minutes.

RF cannot completely remove loose skin, cellulite or fat. A very small number do not respond to radio frequency treatments at all and some may require more than the recommended number of treatments to achieve satisfactory results. If results are not detected for facial treatments by the third or fourth visit then another service may be considered. Realistic expectations (depending on severity of the condition) would be a 30% to 50% improvement in dimpling, skin laxity or body contour with a series of treatments and maintenance treatment every three to twelve months depending on the individual. Mild to moderate conditions respond better than advanced forms of cellulite, loose skin or volume excess. This is an estimate based on experience and the supporting medical literature. Results are very individual. Some people exceed expectations, and some people respond below expectations. Although good results are

expected, with the focus on improvement and not perfection, every person is unique and it is impossible to guarantee.

Other options for skin tightening treatments include laser resurfacing, carboxytherapy or surgery. Medical-grade skin care can lead to a rejuvenated appearance. There may be other options not listed.

RF therapy is complimented by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle with regular exercise, hydration, and maintaining a healthy weight.

Day of the procedure you may/will/should:

- Avoid exercising before the appointment, this may interfere with the treatment
- Be well hydrated
- Wash treatment area with an antibacterial soap and do not apply make-up
- Wear hair tied back and clothing that may be exposed to treatment oil
- Feel deep warmth from the procedure and let your treating clinician know if your skin
- feels too hot
- Feel an occasional snap or shock during the treatment, this is harmless but let your technician know
- After treatment continue with your normal, planned activities including exercise.
- Drink at least 12 full tall glasses of water
- Exercising shortly after your procedure may prolong the effects of the treatment
- Consider a medical-grade skincare plan to prolong your RF treatments
- Contact Celebrity Spa Service at any time if you have questions.
- For best results, a series of six to eight treatments or more is recommended.

Hollie Olson – Licensed Master Esthetician # 61472
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CONSENT FORM page 1 of 2

Please read and initial each statement:

I have read the Radiofrequency Treatment for Skin Tightening, Body Contouring, & Cellulite Information and Treatment Instruction sheet and have had an opportunity to ask questions about the treatment and I am satisfied with the answers . _____.

The cost of treatment has been discussed with me and I agree to pay this Amount. \$ _____.

I authorize Hollie Olson of Celebrity Spa Services to perform RF treatments on me. _____.

I understand:

There may be side effects of RF treatments that include redness that can last ten to thirty minutes or longer. Other side effects of tenderness and bruising can last up to a few days. Uncommon side effects include small skin burn, temporary swelling and rarely small dimpled scarring. There may be risks not yet known at this time . _____.

RF treatments cannot stop the formation of new cellulite or prevent future skin aging. Results are very individual. While it is expected to have a 40% to 50% improvement in the treated area after a completed series of weekly treatments, it is impossible to guarantee results. Some people exceed expectations and some people respond below expectations. Weekly treatments present the best outcome in most individuals. _____.

Results for facial treatments should start to be apparent by the third or fourth treatment. Body treatments may take longer to show improvement. (areas where injected fillers have been used will not be treated). If improvement is not noticed than other services may be recommended and a referral to an appropriate clinic may be offered. _____.

There may be increased risk of I do not follow the aftercare instructions. _____.

There are other options for treatment including not having the procedure. _____.

Every person is unique and although good results are expected, it is impossible to guarantee results. _____.

I authorize the taking of treatment photographs (body areas will not show face) for:

- My treatment record
- Research and education (discretion applied)
- Publication

- Celebrity Spa Services website (discretion applied)
- Celebrity Spa Services portfolio kept in the Salon (discretion applied)

I have read and understand this Radiofrequency Treatment for Skin Tightening, Body Contouring & Cellulite Consent Form. My questions have been answered satisfactorily by the esthetician. I accept the risks and complications of the procedure. This agreement will constitute a full and final release of any legal responsibility resulting from the request of these treatments.

I understand that the treatment is most successful if I also maintain a healthy diet and commit to an exercise program.

Patient Name (Please Print)

Date

Signature

Esthetician – Signature
