1. **Is SlimWave effective?**

No feedback is more trustworthy than self-experience! To know the effectiveness of SlimWave, one must use it first. With only a single usage, you will experience your muscles contracting and exercising during the whole of the session, and will eventually get the best outcomes.

1. **Can I lose weight with SlimWave, and how many inches can I lose?**

 It is a proven fact that muscles consume more calories than fats. Frequent sessions of SlimWave with a proper diet ensure better weight loss. After around 10 sessions, you can expect a weight loss of around ½” to 2” from the areas around the rib cage, abdominal part, and waist area. Further, in around 20 sessions, you can lose around 2 pant sizes.

1. **What does it feel like when using it?**

Initially, with the beginning of the session, you will feel some pain. You might also sense some tingling sensations that are similar to the ones experienced during the muscle rehabilitation sessions with physiotherapists. Later as the session continues, you will feel contractions in the targeted regions.

1. **How often should I come for the treatments?**

For targeting each area, three sessions a week are recommended. At least, you must get the sessions twice a week for the desired results.

1. **How many areas can be targeted in a single session?**

The number of areas being targeted depends on the requirements of the clients. A client can also go for 2 areas in a single session, but experts recommend focusing on a single area during a session for optimal results.

1. **How long do the effects last?**

Activating the muscles with normal exercises only helps to access only 50%-60% of the fibers unless you are an expert. However, with the help of SlimWave, 100% of the muscle fibers around a targeted region are accessed, and thus the results last longer than the normal exercise results. With maintaining the constant weight, the results might also last for around 6-8 months.

1. **Will my muscles ache post-treatment as they do after a strenuous workout?**

During the Slimwave treatment, no added glucose requirement is there, and thus the results are better while burning fat without lowering the glucose level. It also prevents building up of lactic acid that is the reason behind the pain, and thus there is no pain with SlimWave.

1. **Should I do anything after the session is completed?**

For better lymphatic drainage when the muscles contract and relax, it is advised to drink a glass of water before the session, and in taking several glasses of water after the session is completed for ensuring better toxin removal.

1. **Is SlimWave helpful if I am over 50 with poor muscle tone?**

Well, age is not a barrier while considering SlimWave, and whenever there is a room for betterment and improvements, SlimWave ensures effective and efficient results. There are also people over 70 years who benefit from the SlimWave treatments.

1. **Can I avoid the gym if I get SlimWave treatment?**

No, this is not a recommendable doing as Slimwave does not assure cardio training that gym exercises ensure. Also, with the stimulation of the muscles with SlimWave, gym sessions get better and more enjoyable.