

Welcome to cell-IQ™

cell-IQ™ is a relaxing, non-invasive treatment which uses low doses of light laser therapy to target areas of the body which don't respond to normal diet and exercise.

How does cell-IQ™ work?

Low levels of laser energy disrupt the fat cell membranes, releasing intra-cellular fat. This causes the cell to lose its round shape by changing the permeability of the cell membrane. This does not affect the skin, blood vessels and nerves around it. Triglycerides spill out from the broken cell membranes and are released into the interstitial space, where they are slowly transported through the body's natural metabolic functions to be used by the body as an energy source. Intense exercise after treatment accelerates the breakdown and removal of fat from the area.

What are the benefits?

cell-IQ™ gives fast results, with improvements showing immediately after the first treatment. A course of treatments will reduce fat cells completely, providing continual inch loss.

What results can I expect?

You can expect to lose two to four inches from your trouble spot over a course of treatments. Results depend on the depth of the fat layer and your diet and lifestyle.

How many treatments will I need?

For best results a course of eight treatments is recommended for each body area, over four to six weeks.

Can I treat more than one area at the one time?

No, your body will not be able to metabolise the fat if you treat several areas in the one session. It is preferable to treat one area at a time.

When can I start to see results?

You will have noticeable results after your initial treatment, and will continue to see results throughout the 8 sessions. You will also continue to see more results for a few weeks once your treatments are completed.

How long will the treatment last?

The more committed you are to the treatment, the better results you will see. The fat will only return if your calorie intake exceeds your calorie output. You can follow up with occasional or one-off treatments if this happens.

How do I know it will work?

cell-IQ™ is clinically proven. Ultrasound imagery shows up to 30% reduction in the fat layer depth after just one treatment. Additional treatments improve results further. Results can be seen immediately after each treatment as the fat cell contents are released.

Does It hurt?

The cell-IQ™ is a low level laser also sometimes known as a cold laser because most people feel very little when it is used on them cell-IQ™ is a comfortable relaxing treatment where the typical sensation felt is just a slight warmth where the pads are in contact with your skin.

Can everyone have the treatment?

As with most treatments in your clinic, there are a few medical conditions that would stop us from performing the treatment. Your cell-IQ™ consultant will go through a full health and medical questionnaire with you before your first treatment to ensure you are suitable. This will also include a detailed description of the treatment and time for any questions you may have.

Can cell-IQ™ treat my lovehandles?

Lovehandles, muffin tops – you name it. cell-IQ™ can treat stubborn thighs, buttocks, stomach, calves, knees, arms, hips and chin.

How does it improve specific areas?

cell-IQ™ targets fat in specific problem areas. By positioning the laser pads on the target area such as upper arms, abdomen or thighs, fat can be broken down and removed specifically from the area.

Affordable

Compared to surgical liposuction and other Ultrasound or laser techniques cell-IQ™ is much more affordable with similar results.

Safe and Painless

cell-IQ™ is a low level diode system and therefore is painless and completely safe. It can be used on all skin types.

Who is cell-IQ™ good for?

The ideal client for cell-IQ™ is someone who:

- has made a decision to improve their overall diet and exercise regime
- wants to reduce one or two dress sizes from a specific area of their body
- has struggled to get results from a particular area despite regular exercise
- wants quick results, perhaps for a special event.

cell-IQ™ may not be suitable for people who:

- are pregnant
- have epilepsy
- are under 18 years old
- have thyroid gland dysfunctions
- have type 1 IDDM or type 2 NIDDM
- have cardiac arrhythmias, heart disease or uncontrolled hypertension
- have a pacemaker
- have a history of cancer
- are undergoing radiation/chemotherapy
- have liver or kidney disease
- are photosensitive to 650-660nm light
- have immuno-suppressed disorders
- have darker skin and tattoos.

Preparing for treatment

Avoid eating a heavy meal in the two hours before treatment. If your body is digesting food during the treatment, it may become confused as to which fat to metabolise.

Avoid tea, coffee and fizzy drinks before treatment as they can cause bloating. Stick to water – good hydration keeps your lymphatic system healthy.

Avoid booking a treatment during menstruation.

Treatment schedule

We recommend a course of eight treatments, taking place twice a week.
Each treatment lasts 30 minutes.

Exercise should be performed as soon as possible after treatment for best results.

We recommend only one treatment area per 30 minute session. If multiple areas are treated, large amounts of fat will be mobilised which may not be metabolised during post-treatment exercise.

Once the course is finished, a second zone can begin treatment after two week's rest.

Post-treatment exercise

Exercising after a cell-IQ™ treatment will speed up your metabolic rate and burn off mobilised fat, preventing it from being restored.

Each 30 minute session should be followed by 30-45 minutes' cardio-vascular exercise.

A 30 minute treatment mobilises an average of 200-400 calories of fat cell contents.

After treatment

You will notice inch loss on your chosen body part straight after your cell-IQ™ treatment. But the treatment itself does not remove fat cells or alter your body's ability to store fat. This is a good thing as it protects your major organs and arteries.

Maximising results

Healthy diet and exercise is crucial if you want to retain results in the future. Avoid eating a big meal before or after treatment, and exercise as soon as possible afterwards.

Maintaining a healthy lymphatic system will also increase results. Consider a manual lymphatic massage to enhance drainage after treatment.

The science behind cell-IQ™

Fat cells

cell-IQ™ targets your adipose tissue – also known as fat cells. Each person has 20-40 billion fat cells, and some of them are in places we would rather they weren't! cell-IQ™ removes the semi-liquid contents of these fat cells.

Lymph nodes

cell-IQ™ stimulates the lymph nodes, prompting the lymphatic system to remove the fat freed from cells during treatment.

Lymph nodes are bean-shaped bumps clustered in our armpits, groin, neck, chest and abdomen. They act as filters for foreign particles as part of the body's immune system.

cell-IQ™ in action (alongside images)

1. Round adipose cells with surrounding connective tissue.
2. After four minutes of laser exposure, 80% of the fat emerges from the adipose cell through a disrupted membrane.
3. After six minutes of laser exposure the fat is almost completely liquefied outside the cell.

From grapes to raisins

Your fat cells are still there – they're just taking up much less space. Think of it like a grape being replaced by a raisin.

The cells will fill up again if the body has excess calories from food, so it is important to maintain a healthy diet and exercise routine after treatment.