# Frequently Asked Questions



## What is cell IQ™?

Pain free, non-invasive, cold low level laser therapy that targets fat reduction in specific problem areas.

## How does it work?

The laser disrupts and reduces the fat cells, removing and mobilising the contents - a bit like a grape shrinking to the size of a raisin. The dislodged fat is then burnt off when you exercise after the treatment. This does not affect the skin, blood vessels and nerves around it.

## What are the benefits?

Fast treatment time and immediate results, course of sessions will provide continual inch loss by depleting cells completely. Clients can elect to target 'problem areas'.

## Will I need future treatments?

Once the fat is removed, it will only return if the calories in exceeds calories out. Clients can schedule occasional or regular one off treatments to counter-act diet blips once they have completed their initial course of treatments.

## How many treatments will I need?

To see maximum results a course of 8 treatments is recommended, per body area. These treatments should be taken twice per week at regular intervals.

# Which areas of the body can be treated?

The cell-IQ™ program can be performed on calves, knees, thighs, buttocks, stomach, arms and chin. The cell-IQ™ is a multi-pad system that makes treatment fast and efficient. Typical treatment times are approximately 30 minutes.

# What inch loss could I achieve from this treatment?

This will vary from person to person depending on your size, but the results from the treatment will be greatly improved by your commitment to the treatment. A healthy diet needs to be adhered to and an exercise program is important to follow to enable the released fat to be used up as energy. This should be done the same day (preferably straight after) as your cell- $\mathbb{Q}^{\text{TM}}$  treatment.

#### Does it hurt?

The cell- $IQ^{TM}$  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- $IQ^{TM}$  is a comfortable relaxing treatment where the typical sensation felt is just slight warmth where the pads are in contact with your skin.

## Can everyone have the treatment?

As with most spa treatments, there are a few medical conditions that would stop us from performing the treatment. Your cell- $IQ^{TM}$  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.

## How long will the results last?

Booster treatments are not necessarily needed with cell- $IQ^{TM}$ , as long as your weight, diet and exercise are maintained. One treatment performed now and again is a good incentive to keep you in control.