**Emsculpt for Muscle Building**

**What is Emsclupt?**

HIFEM (High-Intensity Focused Electromagnetic) technology is a non-invasive medical aesthetic procedure to help both men and women build muscle and burn fat.

**How does HIFEM for Muscle Building work?**

A specialized applicator is placed in the abdomen or the buttocks area to start the treatment. HIFEM Technology delivers magnetic impulses into the tissue where it stimulates the muscles and induces supramaximal contraction for approximately 20,000 times – the equivalent of 20,000 crunches – working those ab muscles in a way you never could naturally.

**Is the treatment painful? Is it safe? How long will the treatment take?**

The procedure only feels like an intensive workout and is absolutely safe. Each session will take 30 minutes.

**How many treatments I need before I see results and how long will it stay?**

A minimum of 4 sessions with 2-3 days interval is recommended. Visible results will be seen 2-4 weeks after the fourth treatment. Typically, one treatment every 3-6 months for maintenance is required to maintain results.

**Am I a good candidate for EMSCULPT?**

Anyone who wants to strengthen their abdominal, buttock or thigh muscles can benefit from the EMSCULPT procedure. The best candidates, who are most likely to achieve visible, satisfying results, are of normal weight, exercise regularly, and eat a healthy diet.

**What does it feel like?**

The EMSCULPT procedure feels like an intensive workout, as your muscles are undergoing a vigorous series of contractions every few minutes for a total of 30 minutes. There is also a prickling sensation during the treatment.

**Is there any downtime?**

EMSCULPT is non-invasive and requires no recovery time or any pre/post treatment preparation ordowntime.

**What happens during an EMSCULPT treatment?**

Whilst you lay back and relax, one of our leading aestheticians will place a large flat paddle to the area of concern. An appropriate setting will be selected and the sensation of strong muscular contractions will be experienced. This ‘tensing’ of the muscles can be held for seconds at a time, interspersed with a relaxing tapping sensation. Once the treatment has finished, you’ll be able to return to your daily activities with no discomfort or downtime.

**Does EMSCULPT hurt?**

EMSCULPT can be a little uncomfortable, depending on your own threshold, but is not painful and feels like an intensive workout. We will manage any discomfort by adjusting the power settings appropriately. As you become more used to the procedure and you know what to expect, each session will become more comfortable.

**You cannot have EMSCULPT if the following conditions are present:**

* Pregnancy or breastfeeding
* Cardiac pacemaker, defibrillator, implanted neurostimulator, drug pump or electronic
* implanted device
* Metal rods, pins, plates, metal IUD or orthopedic implants/joints
* Pulmonary insufficiency, cardiac disorders, epilepsy or active malignancy
* Bleeding disorders, or taking blood thinners
* History of hernia repair with mesh, or any recent surgical procedure in the area
* Any injury, damage or tear to muscle or soft tissue in the area to be treated including
* active hernia
* You may not use the device near your chest, head or neck
* You are under 18 years old