



A patient's legs before and after a ThermoSmooth treatment.



At left, Brooke Volpe displays the CoolSculpting device. Above, a client receives an EmSculpt treatment to build their buttock muscle.



GLAM PROCEDURE:

CALOSCULPTING

Experts

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I've done truSculpt and EmSculpt. I loved seeing how much it can flatten out the tummy and build that muscle.

— Katie Jo Gardner

SCULPT YOUR WAY TO NON-INVASIVE FAT REMOVAL

WHAT IT IS CaloSculpting is a set of non-invasive body contouring treatments to eliminate fat, reduce cellulite and build muscle. CaloSpa offers five unique, FDA approved modalities: CoolSculpting, which freezes fat; truSculpt, which uses radiofrequency (RF) heat to destroy fat; EmSculpt, which uses electromagnetic energy to burn fat and build muscle; and their go-to cellulite reduction treatments, ThermoSmooth, which uses RF energy to eliminate fat and tighten the skin, and Cellfina, which releases the connective tissue bands on the buttocks and back of the legs that cause cellulite. Treatable areas include submental fat, arms, back, flanks, abdomen, hips, buttocks, thighs, knees, calves, and ankles.

PRE-TREATMENT PREPARATION Patients don't need to do anything special to prepare for their treatments. However, patients are encouraged to maintain an active lifestyle and healthy diet. It is also best to be at your ideal weight. CaloSculpting treatments are best for treating those stubborn areas of fat and cellulite that are resistant to all efforts through diet and exercise.

COST Depending on a patient's needs and desired outcomes, packages can run between \$1,000-\$5,000. CaloSpa offers customized packages for patients based on their goals and budget.

RESULTS In general, patients who undergo body contouring treatments will see the final results within three to four months from the initial treatment start date. It takes time for the body to

naturally process the destroyed fat and eliminate the dead cells. Once these fat cells are destroyed they are not coming back.

TIME COMMITMENT Because most non-invasive body contouring treatments have to be done in a series, the results are not instant, unlike surgical procedures. These treatments are done over several weeks. Maintenance treatments may be needed periodically and depends on the patient's lifestyle and needs. Some treatments may require a series of two to four treatments. Most treatments are done under an hour, unless we are treating multiple areas.

POST-TREATMENT CARE There may be some swelling, tenderness, and a little redness at the treatment site, but patients can return to their normal activities the same day unless they choose not to.