

ELECTROMAGNETIC MUSCLE STIMULATION (EMS) TREATMENT

CONSENT FORM

What is Electromagnetic Muscle Stimulation (EMS)?

Electromagnetic Muscle Stimulation is a type of non-surgical body contouring treatment which uses high intensity electromagnetic energy to stimulate large muscle groups in the body. These pulses are called high-intensity pulsed electromagnetic technology (HIPEM). This energy induces a continuous expansion and contraction of muscles, delivering approximately 20,000 muscular contractions in just 30 minutes. It is a unique treatment that builds muscle and assists in reducing fat at the same time

This procedure is most effective for clients that are close to their desired shape looking for extra definition and toning in the target areas. Targeted areas may include upper arms, calves, thighs, buttocks and abdomen. EMS is a way to effectively build muscle, improve muscle tone and increase strength. Fat burning is a secondary effect from the intense workout like contractions. EMS is not a weight-loss solution.

How Electromagnetic Muscle Stimulation works

Electromagnetic Muscle Stimulation uses safe high-intensity electromagnetic pulses to activate muscles and create contractions, simulating a workout. The electromagnetic energy is delivered through treatment applicators positioned over the skin on the target area. These pulses are delivered at such a fast rate it causing muscles to work to a far greater capacity than with standard workouts. It's a unique treatment that builds muscle and assists in reducing fat at the same time. The treatment does not require anesthesia or numbing agents.

What you can expect

- Electromagnetic Muscle Stimulation is a painless procedure, after treatment you may feel slightly sore, comparable to an intense workout.
- During the application, you will feel intense muscle contractions and heating sensation in the treated area. The heat from the treatment applicator felt during the treatment is usually tolerable.
- Side effects are rare, the treated area may have mild temporary muscle soreness or fatigue, temporary 'tingly' or itching feeling in the treated area or more thirsty and tired than usual for the first 24 hours afterwards. Mild redness may occur occasionally temporarily if radiofrequency is used.
- The procedure doesn't require any recovery time. Typically, you can get back to your daily routine right after the treatment.

Before and aftercare

Before the treatment, you are not required to do anything special, however, keeping your body well hydrated is strongly recommended. On the day of the treatment, you are advised to wear comfortable clothing, allowing flexibility for correct positioning during the treatment. You will be asked to remove all metallic accessories and electronic devices. While no special diet is required, you are encouraged to eat healthy to help promote and maintain results.

How many treatments?

4-6 treatments spaced at least 2-3 days apart are recommended for optimal results. A review of the progress is recommended periodically throughout this schedule. During your consultation, our specialist will work with you to develop a tailored treatment plan, to achieve the best possible results for your concerns.

We will use our experience and expertise to be able to provide you with the closest guide possible when advising the number of sessions required.

Please note, results will vary client to client due to age, lifestyle, condition of the skin and stubbornness of the concern, so more than the recommended amount of sessions may be required. Some clients see results a lot quicker than others however this again will vary person to person. Non-Surgical Body Contouring is a process and we are with you the whole way. Please be patient, we are just as excited about seeing the results as you are.

Lifestyle Impacts On Targeted Fat Areas

Our treatments target muscle stimulation which can have a secondary effect on stubborn subcutaneous fat, not visceral fat. Visceral fat is the deep dangerous fat around the organs that can only be influenced through diet, lifestyle (sleep, stress) and exercise.

It is therefore important to keep a close eye on your visceral fat levels through the course of the treatments – eat a healthy, balanced diet, keep active, drink water, sleep and manage stress levels. If your lifestyle changes in a negative way, your visceral fat cells will expand and you will put on weight all over the body! This change can have a massive impact on the success of the treatments. Basically, our treatments work to improve muscle tone, so if you are expanding your visceral fat cells (through an unhealthy lifestyle) the results of our treatments will be hidden.

Do you have any of the following?

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| • Pregnant or breastfeeding | Yes / No |
| • Heart problems or cardiovascular diseases | Yes / No |
| • Thyroid Disease | Yes / No |
| • Hypertension | Yes / No |
| • Cancer (All types) or malignant tumour | Yes / No |
| • Renal failure, kidney or Liver damage, diseases or problems | Yes / No |
| • Acute inflammatory processes or skin conditions | Yes / No |
| • Haemorrhagic disease, trauma or bleeding | Yes / No |
| • Medical electronic implants parts or parts with metal inside | Yes / No |
| • Metal contraceptive implants | Yes / No |
| • Active implanted device such as pacemaker or defibrillator | Yes / No |
| • Drug pump or stent | Yes / No |
| • Currently have menstrual period | Yes / No |
| • Undergoing chemotherapy or immune therapy | Yes / No |
| • Epilepsy | Yes / No |
| • Stent | Yes / No |
| • Recent surgery or scars or open lesions (muscle contraction may disrupt the healing) | Yes / No |
| • Injured or otherwise impaired muscles | Yes / No |
| • Areas of the skin which lack normal sensation | Yes / No |
| • Disturbance of temperature or pain perception | Yes / No |
| • Cerebrovascular disease (stroke victims) | Yes / No |

If you answer YES to any of these questions, please specify: _____

Pictures may be obtained for clinical records. If pictures are used for education or marketing purposes, all identifying marks will be cropped or removed. Initial: ____

I am aware NOT TO wear any metallic accessories (such as jewelry, watch or clothes containing metallic threads or metallic accessories) during the treatment. I also acknowledge that I do not have any metallic or electronic implants (such as pacemakers, defibrillators, metallic IUDs, etc.)

The benefits and potential side effects associated with the Electromagnetic Muscle Stimulation and/or radio frequency procedure have been explained to me in detail. I have read the information above and give my consent to be treated with Electromagnetic Muscle Stimulation and/or radio frequency.

Print
Name

Signature

Date