

HOW DOES BODYTONE WORK?

This treatment consists of non-invasive stimulation of muscle groups causing twisting, stretching, and contracting in order to define, strengthen, tighten, and tone the targeted areas. In most cases BodyTone, can create up to 30% increase in muscle development.

WHO IS A GOOD CANDIDATE FOR BODYTONE?

Anyone who wants to improve muscle tone and create tightening in areas which can be difficult to achieve through exercise alone is a good candidate, as well as anyone who wants to strengthen their muscles.

WHO SHOULD NOT UNDERGO BODYTONE TREATMENTS?

Anyone with an implanted electronic device such as a pacemaker-defibrillator, an insulin pump, or a cochlear implant should not undergo this treatment. Pregnant women should not undergo this procedure.

CAN ANY AREAS NOT BE TREATED?

The pectoral muscles should not be treated due to overlying the heart area.

HOW MANY TREATMENTS WILL I NEED?

We recommend that patients begin with 6 treatments (2 treatments per week for 3 weeks). Maintenance treatments are recommended for continued muscle strength and definition (up to 2-4 times per month).

WHAT WILL IT FEEL LIKE?

- During each 30-minute treatment, patients feel their muscles contract in various patterns.
- Treatments can be intense but not painful (intensity is adjusted as tolerance builds).
- Most patients notice minimal soreness in the treated muscle groups that can last up to several days.
- There is no downtime and patients can resume normal activity immediately following treatment.

