

ultrasonic body contouring

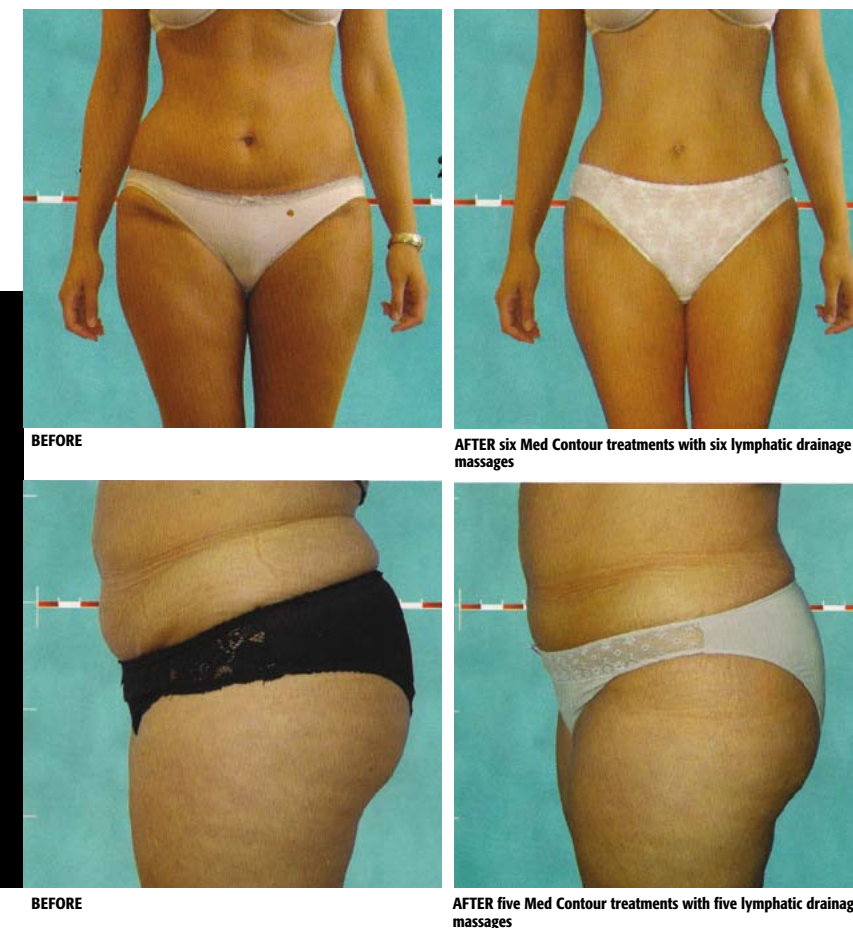
NON-INVASIVE BODY CONTOURING SYSTEM **MED CONTOUR MC1** USES ULTRASOUND WAVES TO SCULPT AND SHAPE THE BODY. GEMMA GARKUT REPORTS.

The rise of non-surgical cosmetic treatments is infiltrating all facets of aesthetic enhancement, including body contouring. Med Contour MC1 is one of the latest technologies to offer a completely non-surgical option for body contouring and shaping.

Donna McNeill, Med Contour MC1's official Australian trainer, says one of the most advantageous aspects of the machine is that the results are quite predictable and immediate. 'People of average weight who have a few bulges they would rather live without almost always see results from a Med Contour MC1 treatment. Having said that, it's not meant to remove large amounts of fat; it's primarily a body shaping device,' she explains.

'The most notable results can be seen on the lower back rolls, love handles and tummy, which can be disproportionate on both male and female bodies. Focusing on these areas shapes the contour of the body to a smoother, more proportional shape,' she continues. 'It is particularly effective in reducing the appearance of cellulite as well.'

McNeill says the benefits of Med Contour MC1 are not just external or visual: 'The additional health benefits associated with the treatment are quite astounding. We've seen an improvement in the circulatory and lymphatic systems as well as an improvement in skin tone and tightening as a result of these treatments.'



How does it work?

- Med Contour uses the action of low-frequency ultrasounds concentrated exclusively onto the area being treated.
- The sucking action of the hand piece raises the fatty tissue so the deep penetrating action of the ultrasound waves is concentrated on the target tissue only.
- Low-frequency ultrasound creates a cavitation effect in the fat cells – the formation of micro steam bubbles that burst inside the cell, causing the cell to implode and be destroyed.

The Med Contour MC1 employs a different approach to the treatment of cellulite. The innovative vacuum technology lifts the adipose tissue at the treatment site, allowing the patented dual modulated ultrasound transducers to specifically target the area of adiposity. This approach provides for the targeted and selective therapy of the fatty deposits while leaving the surrounding tissues unaffected.

The significant reduction of localised fat and cellulite is achieved from the cavitation effect created by applying low frequency ultrasound into the fatty layers. The Med Contour MC1 uses a patented 1MHz dual ultrasound generator which is modulated between 20 and 60kHz to produce this effect.

The term 'cavitation' refers to the formation of micro bubbles that burst inside the fat cell, the energy of which causes the cell to implode and be destroyed. As a result, lipids and triglycerides are released from the cell and passed through the vascular and lymphatic system to eventually be excreted by the body.

The procedure begins using the vacuum handpiece to activate the lymph nodes which acts as a pump to kick-start the lymphatic system. The next step involves applying the dual modulated handpiece to destroy the fat cells followed lastly by the vacuum handpiece to perform lymphatic drainage. Physicians can choose between multiple program settings that control the strength and depth of the

treatment, depending on the patient's physique, desired results and comfort.

'Patients typically feel a gentle warming sensation during the treatment, which is actually heat resulting from the imploding cells inside the body. This secondary effect causes an internal warming which also helps with the body's circulation,' explains McNeill. 'Apart from this sensation, patients have reported that the process is painless and typically quite comfortable.'

Six to eight treatments are normally needed to achieve optimal results. Patients can usually see results immediately with more centimetre loss in the days following the treatment. After the cavitation procedure, patients are treated with a lymphatic massage to assist the destroyed fat cells to pass through the lymphatic system.

'Our lymphatic system is responsible for processing the garbage in our body, and sometimes this can become congested. An additional lymphatic drainage treatment helps the body to process the initial Med Contour MC1 treatment and expedite results,' says McNeill.

Patients can resume normal activities immediately after treatment, as it requires no recovery time. 'Med Contour MC1 allows physicians to target specific problem areas for maximum results,' says McNeill. 'It's great to have a non-invasive body contouring system that offers so many positive effects – both externally and internally.' **acsm**