

Nature of the Procedure

EMSCULPT NEO is a non-invasive 3-in-1 procedure combining synchronized radiofrequency (S-RF) and a high-intensity focused electromagnetic field (HIFEM+). The energy heats the tissues, produces powerful muscle contractions and supports muscle building, fat reduction and skin tightening through the formation of new collagen connections.

According to clinical studies and under ideal conditions, an average course of four 30-minute procedures may lead to up to a 25% increase in muscle and up to a 30% reduction in fat in the treated area. Results are individual and are not guaranteed. EMSCULPT NEO is FDA certified for efficacy and safety.

Course and Expected Results

- Usually 4-6 procedures, performed every 5-7 days; when HIFEM+ is used without S-RF, the interval may be 2-3 days. The treatment schedule may be adjusted according to the individual condition.
- Each procedure lasts 30 minutes.
- Maintenance sessions are recommended after the main course for longer-lasting results.
- Muscle results may be observed after the first session, while changes in fatty tissue and skin continue to improve for 8-10 weeks after the final procedure.
- Areas: abdomen, biceps, triceps, buttocks, flanks, thighs, saddlebags and calves. The procedure is not applied over the head or heart.

Aftercare and Important Instructions

- No recovery period is required; strong, painless contractions and intense warming are normal.
- Healthy eating, movement and exercise help support and maintain results.
- Smoking, excessive alcohol, eating disorders, medication, insufficient hydration, sudden weight gain and hormonal disorders may have a negative effect.

Contraindications

- pregnancy and breastfeeding;
- intrauterine device when treating the abdominal area;
- menstruation - inform the therapist;
- metal implants, electronic devices, pacemaker, defibrillator, neurostimulator or medical substance pump; hernia repair with mesh and metal plates;
- skin inflammation or wounds; areas with impaired sensation; varicose veins;
- severe heart, lung, liver or kidney disease; pulmonary or cardiovascular insufficiency;
- cancer/tumour and autoimmune diseases; intensive medication treatments;
- epilepsy; Graves' disease; haemorrhagic conditions; anticoagulant therapy;
- high blood pressure on the day; fever; acute inflammation; infection, including osteomyelitis and tuberculosis;
- recent surgery where contractions could interfere with healing.

Preparation Before the Procedure

- Hydrate your body well; eat before the procedure, but at least 1 hour beforehand.
- Wear comfortable clothing; remove all jewellery and electronic devices.
- When HIFEM+ and S-RF are combined, the applicator must be in full contact with bare skin.

Possible Reactions

- muscle soreness or short-lived spasms; temporary joint/tendon sensation;
- local redness, inflammation, panniculitis or overheating; rarely, a superficial burn;
- intramuscular fat reduction; increased menstrual bleeding.

Information You Must Share with the Therapist

- metal or electronic implants/devices and medical pumps;
- all listed diseases, infections, haemorrhagic conditions and anticoagulants;
- impaired sensation, fever or recent surgery;
- pregnancy, breastfeeding or menstruation.



Client Declaration

- I have read and understood the information, preparation, aftercare, warnings and possible reactions.
- I have provided complete and accurate information and have not withheld any contraindication or health-related circumstance.
- I will notify Body Aesthetics of any change during the course: medication or cosmetic product, illness, allergic reaction, pregnancy, or another medical/cosmetic procedure.
- I understand that reactions and results are individual and may depend on my body, health and hormonal status, lifestyle, diet and physical activity.
- I consent to the maintenance of a personal record containing information about the procedures performed.
- I had the opportunity to ask questions and received comprehensive answers; I consent to the procedure being performed.
- I understand that Body Aesthetics and the therapist are not liable if I fail to follow the instructions or to report a change.

☐ I have read and understood the conditions and contraindications for the Emsculpt Neo procedure.

☐ I have read the BODY AESTHETICS PRIVACY AND PERSONAL DATA PROTECTION POLICY and the Terms and Conditions published on the website, and I agree to them.

Photographs and Measurements

1. For recording and monitoring results:

☐ I AGREE

☐ I DO NOT AGREE

2. For publishing images approved by me, showing "before/after" results, on Body Aesthetics social media and website:

☐ I AGREE

☐ I DO NOT AGREE

Client Details and Signatures

Full name

Date of birth

Telephone

Email

Date

Client signature

Therapist name and signature