



Nature of the Procedure

FORMA/PLUS is a non-invasive radiofrequency (RF) technology for tightening the skin of the face, neck and décolleté (FORMA) or body (PLUS). Controlled heating of the dermal and subdermal layers stimulates repair and collagen production. The procedure creates a warm sensation, is suitable for all skin phototypes and usually requires no downtime. The system monitors skin temperature for safety.

FORMA / PLUS is FDA certified for efficacy and safety.

Course and Expected Results

- The usual course is 6-8 weekly procedures.
- Maintenance sessions every few months are recommended for longer-lasting results.
- The number of procedures required and the result are individual.
- Follow the agreed schedule; missed sessions may compromise the result.

Preparation Before the Procedure

- The skin must be healthy, without active infection, wound, rash or excessive tan.
- Inform us about medication, allergies, implants and recent procedures in the area.

Aftercare and Important Instructions

- Follow the individual plan and all instructions provided.
- Notify the therapist immediately of any unusual or persistent reaction.

Contraindications

- pregnancy, breastfeeding or age under 18;
- pacemaker, internal defibrillator, glucose monitor or another electronic implant;
- permanent implant in the area - metal plates/screws, silicone or injected chemical substance;
- cancer/history of cancer, especially skin cancer, melanoma or suspicious premalignant/malignant lesions;
- immunosuppression, AIDS/HIV or immunosuppressive medication;
- severe heart, liver or kidney disease, epilepsy, uncontrolled hypertension;
- heat-triggered illness, including systemic herpes simplex in the area;
- active infection, ulcer, wound, psoriasis, eczema, rash, excessive/active tan, keloids, impaired healing, very dry skin or another skin-damaging condition;
- uncontrolled diabetes or thyroid dysfunction;
- surgery or invasive/ablative procedure in the area within the last 3 months or before complete healing;
- superficial filler within 6 months; Botox within 2 weeks; isotretinoin/Accutane within 6 months; current medication or allergies.

Possible Reactions

- during the procedure: local pain, temporary warming/burning, redness and swelling;
- after the procedure: crusting, blisters, burns or texture damage; hyper-/hypopigmentation, scarring or another individual reaction;
- reactions are rare and usually temporary; report any adverse reaction immediately.

Information You Must Share with the Therapist

- pregnancy/breastfeeding and age under 18;
- implants, electronic devices and severe accompanying diseases;
- cancer, immune, endocrine and skin conditions;
- recent surgery, fillers, Botox, isotretinoin, current medication and allergies.



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 Forma/Plus 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