

Nature of the Procedure

NuEra Tight is a radiofrequency technology for addressing cellulite, fat deposits and skin tightening on the face and body. Monopolar and bipolar RF energy and NuLogic technology allow an individual choice between five frequencies, eight electrode sizes, depths of 0.5-4.5 cm and multiple protocols according to the area, skin, hydration, age, fatty tissue and type of cellulite. The procedure is personalised to the individual needs of each body and face - this is what distinguishes it from other radiofrequency procedures.

FocalRF is the reason NuEra Tight offers a new level of control. It is a new type of radiofrequency energy containing multiple frequencies. The technology determines the depth at which the energy penetrates, accounting for differences in tissue thickness between different areas of the body. This allows us to provide a treatment as unique as you are.

Course and Expected Results

- Procedures are performed at intervals of 7-14 days, at the therapist's discretion and according to the needs of the body or face.
- The recommended main course is 6 procedures, with the possibility of more according to the concern and objective.
- Tightening may be felt very soon; changes in circumference and cellulite are usually observed approximately 2 weeks after a procedure, while the final result may continue to develop and improve for up to 10 weeks after the last procedure.
- To preserve and improve the result, we recommend maintenance procedures as advised by the therapist.
- Results are individual and depend on the condition of the body being treated.

Possible Reactions

- temporary redness and a sensation of internal warmth;
- rarely, bruising in sensitive skin; very rarely, a small superficial burn due to incorrect application or sudden movement;
- possible swelling from intense heating - drink water, massage in the direction of lymph flow or undergo lymphatic drainage if recommended.

Contraindications

- pacemaker, internal defibrillator; superficial metal or another implant in the area;
- skin cancer, history of skin cancer or another cancer;
- severe heart, kidney or liver disease;
- pregnancy/breastfeeding; 4-5 months after vaginal birth or at least 6 months after Caesarean section, until hormonal balance has normalised;
- immunosuppression, AIDS/HIV or immunosuppressive medication;
- herpes, inflammation, psoriasis, eczema or rash in the area;
- uncontrolled endocrine disorder, including diabetes;
- keloids, impaired healing, very dry/fragile skin;
- bleeding coagulopathy or anticoagulants;
- surgery in the area within the last 3 months or before complete healing;
- tattoo/permanent make-up; varicose veins/fragile capillaries; hernia or suspected hernia.

Preparation Before the Procedure

- Do not apply lotion or oil immediately before the procedure.
- Do not undergo laser hair removal in the area for at least 1 week before the procedure.
- Avoid strong sun exposure and solariums immediately after the procedure. On the day, do not use a sauna, steam bath, hot massage or another heating treatment.
- Drink at least 30 ml of water per kilogram of body weight daily and at least 50 ml per kilogram on the day of the procedure.
- Eat at least 1 hour before the appointment and be well hydrated.
- 8,000-10,000 steps on the day and throughout the course are recommended to support lymphatic drainage.

Aftercare and Important Instructions

- Healthy eating, supplements, movement and exercise are not mandatory, but support the result.
- Weight gain may negatively affect the results of the procedure.

Information You Must Share with the Therapist

- hormonal/endocrine disorders - imbalance, polycystic ovary syndrome, diabetes, Hashimoto's disease and others;
- medication and other illnesses; diet and carbohydrate intake;
- sport/frequency, daily water intake, cigarettes and alcohol;
- all listed implants, operations, skin and general contraindications.



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 NuEra Tight 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