

Non-surgical body shaping with VelaShape® III



Non-surgical body shaping is becoming more popular as women and men search for ways to improve the size, shape, and appearance of their arms, neck, abdomen, and legs, without the risks or recovery time associated with surgical procedures. VelaShape® III is the only non-invasive body shaping product to combine four different technologies, including IR (infrared), Bi-Polar RF (radio frequency) and mechanical tissue manipulation using pulsed vacuum and massage rollers, which decreases cellulite and aids in skin tightening. The deep heat produced by these dual energies addresses both the fat and the skin by shrinking the fat cells and stimulating collagen tightening, which improves the overall skin surface. If you have been looking for a pain-free procedure to treat those cellulite-prone body parts fast, you should consider VelaShape® III. VelaShape is not to be confused with VelaShape® III. VelaShape® III is the third generation of the machine that optimises on energy delivery and sustain results.

For a better understanding of how this innovative, non-invasive procedure tackles body fat, we caught up with board-certified dermatologist and dermatopathologist Dr Naomi Dolly of Retouched by ND. In this article, Dr Dolly explains the VelaShape® III procedure so you would know if this is what you've been looking for.



How do you know if VelaShape® III is right for your body type?

VelaShape® III specifically targets cellulite and tightens skin while helping to contour the body. It's ideal for patients with a BMI (Body Mass Index) of less than 30 or who fall under the Nurnberger-Muller Cellulite classification of stage one and two. It is best for normal to overweight patients who have cellulite in the pelvic region, around the hips, abdomen, or lower limbs. For optimised results, these patients should also be committed to maintaining a healthy lifestyle. I still recommend that an assessment be done by your doctor where he/she can advise you further on whether it's your best option. However, keep in mind it is not a weight loss treatment.

What happens during a VelaShape® treatment?

During your treatment you will be weighed and measured using high performance fitness monitoring scales. Once you're put in position, the handpiece will be glided over the treatment area, where you will feel heat combined with suction. It lasts for around 15 to 30 minutes.

How does it feel?

Most patients would say VelaShape® III is comfortable and describe the treatment as feeling like a warm deep tissue massage, where your skin is simultaneously suctioned and heated with the handpiece.

How many sessions do you need?

Every patient is different, but we typically recommend three to six treatments spaced two weeks apart, and then touch up sessions one to two times a year afterward.

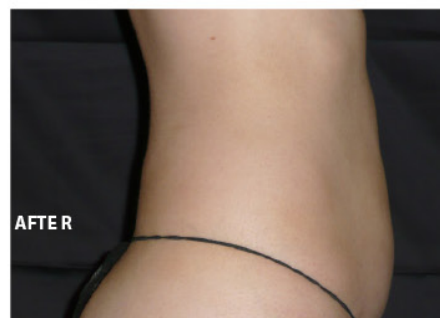
What is VelaShape® III recovery like?

There is no downtime for this procedure. You are free to come and go along with your everyday schedule. We only recommend that you increase your water intake to help increase circulation and exit of the broken-down cellulite. Water also acts as a conductor to help heat up the area faster.

When do the results of VelaShape® III show?

Many patients expect to see results as soon as their treatments are done, but optimal results are really seen at 12 weeks post treatment.

How long do the results last?



The results are combined with your level of a healthy diet and exercise. As ageing is an ongoing process, these results need to be maintained. Your doctor may recommend one or two small sessions a year for maintenance.

What are the potential side effects?

It is considered to be a generally safe procedure, with minimal to no side effects. Slight bruising, burns, or soreness can occur in the treated area, which would disappear within a few days.

What are the key differences/advantages of VelaShape® III over the competition?

The non-invasive VelaShape® III is the only system to combine four technologies, creating a synergistic effect when treating the appearance of the skin. The unique mechanism of action of this product line enables a very safe, comfortable and effective procedure which has been proven in numerous clinical trials and in over 3.5 million independent treatments.

How is VelaShape® III different from Cryolipolysis?

While VelaShape® III targets the skin and dermis to cause tightening and reduced appearance of cellulite, Cryolipolysis specifically targets the fat layer to reduce the number of fat cells. VelaShape® III has an effect on the fat layer by causing the fat cells to shrink, but not change the actual number of fat cells present. It is great when used in combination with cryolipolysis and or focused ultrasound methods that target fat cell reduction. These two approaches are synergistic when used together.

