

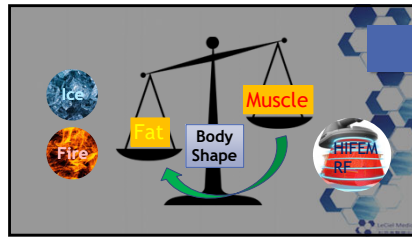
This is a pre-liminary draft that is subjected to further amendment

## Body Contouring Update

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### The impact of obesity and imperfect body shape

- Self-confidence
- Impaired performance
- Loss of opportunity
  - beautiful people are 10.5% higher in salaries!
  - "as more sociable, dominant, sexually warm, mentally healthy, intelligent, and socially skilled" than unattractive fat people.

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### Disclaimer

- The author has no benefit in association with any commercial brands and products
- The contents in this presentation is based on basic science and clinical experience which is not limited to a specific commercial brand or product
- This presentation is intended for professional exchange and sharing of knowledge, the author welcomes any input of new updates and points of views

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### Fat is important

- A main storage of energy
- Protect organs and important structures
- Provide supports for facial contours and maintain skin smoothness and expression of fertility and attractiveness
- Insulation
- As hormonal regulator
- Improves storage and increase bioavailability of Vitamins D, E, K, A

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### Muscle is important

- Muscle is the only effective fat burner in your body
- Muscle mass determines metabolism
  - SARC
  - Glucose tolerance!
  - Catecholamine and muscle induced lipolysis!
- Diet control must be combined with muscle training
  - Dietary reduction, intermittent fasting, ketogenic diet
  - (muscle preferentially burn protein (muscle) first before Fat)
- Muscle defines the main contour!!
- Supra-Maximal Contraction SMC for Maximum effective recruitment of muscle to be trained

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### Slimming and sculpturing industry

- The total U.S. weight loss market grew at an estimated 4.1% in 2018, from \$69.8 billion to \$72.7 billion
- 18% increase in revenues for commercial chain in 2018, to \$3.74 billion
- For Australia, The market size measured by revenue, of the Weight Loss Services industry is \$457.8m in 2021
- The European weight management markets is projected to witness a CAGR of 4.01% during the forecast period, 2020-2025

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### Fat is also problematic

- Health:
  - Excessiveness will impair metabolism
    - Metabolic X syndrome
    - HT / hyper-cholesterolemia / DM
  - Cause damage to organs and body parts: fatty liver, overloading pancreas, overloading the joints
  - Heat intolerance, Intertrigo
- Beauty concern:
  - Distortion of body and facial contours

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### Reshape your body!!

- Reduce regional fat: Ice and Fire
- Train up your muscle: HIFEM and RF

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### Interesting Findings for regional removal of fat

- Breast enlargement was observed in 34% of the subjects after lipo-reduction either in the form of a larger bra cup size or a subjective feeling of increased fullness<sup>1</sup>.
- Due to adipocyte-number hypothesis<sup>2</sup>
- Altered androgen to estrogen ratio after liposuction/lipo-reduction may be responsible for this change<sup>3</sup>
- Fat deposition redistribution



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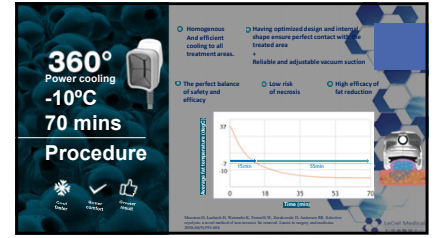
### ICE method

Cryodipolysis

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### 360° Power cooling -10°C 70 mins Procedure

- Homogeneous and efficient cooling to all treatment areas.
- Having optimized design and internal shape ensure perfect contact with treatment area.
- Reliable and adjustable vacuum suction.
- The perfect balance of safety and efficacy.
- Low risk of necrosis.
- High efficacy of fat reduction.



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### Cellulite

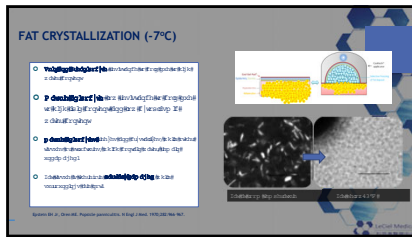


- GRADE 0: No cellulite is apparent.
- GRADE 1: Cellulite is apparent when pressure is applied.
- GRADE 2: Cellulite is apparent when standing. When lying down, cellulite is not apparent.
- GRADE 3: Cellulite is apparent when standing. When lying down, cellulite is apparent.

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### FAT CRYSTALLIZATION (-7°C)

- When exposed to cold, the triglyceride molecules in the adipocytes form a crystalline structure.
- The crystalline structure is more rigid and less flexible than the liquid state.
- The rigid structure causes the adipocytes to shrink and die.
- The dead adipocytes are then naturally eliminated by the body.



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### Hand Piece Fitness



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### Agenda

- Ice-Fire & HIFEM+RF approach
- Know the elements for successful treatment
- How to monitor your clients for their progress



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### Hand piece efficiency



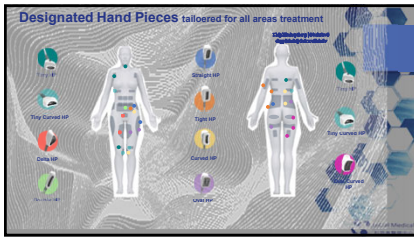
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### Tailor made

- 旗袍 QI-Pao
- Every part of your body has its unique curvature
- 30+ body part measures



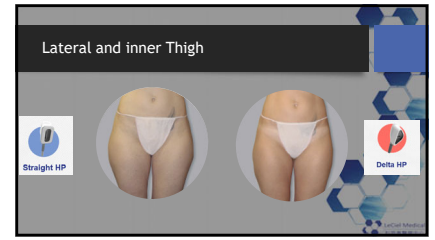
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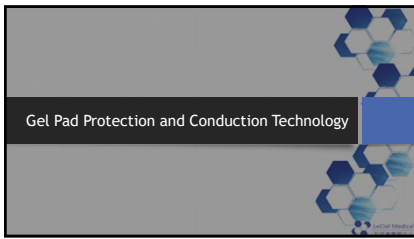
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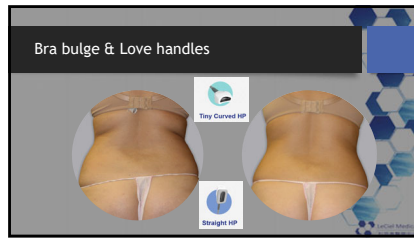
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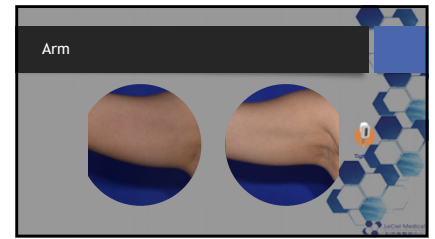
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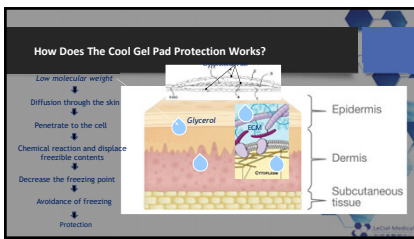
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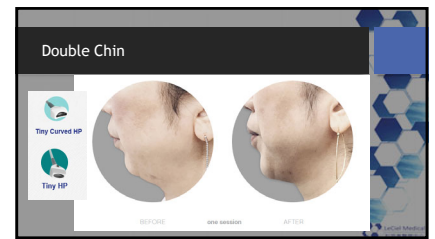
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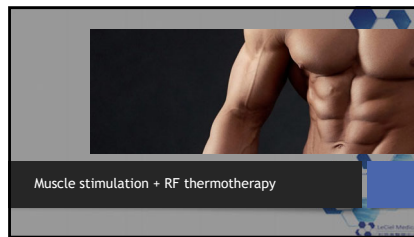
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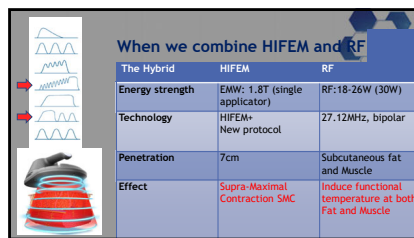
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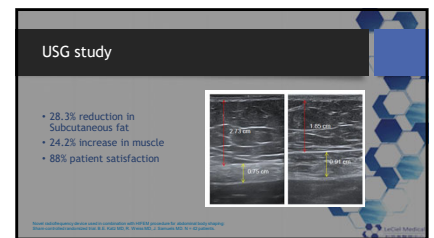
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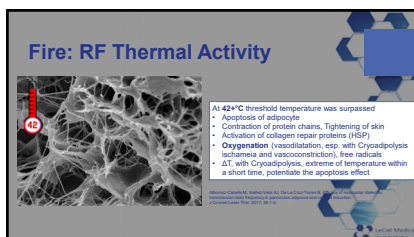
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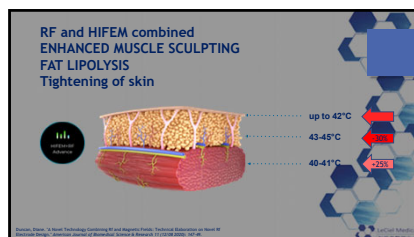
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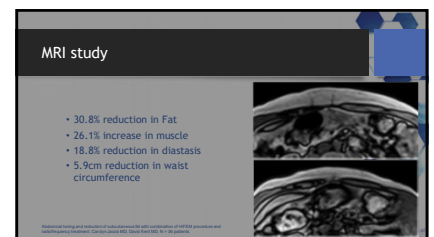
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