

DIARY of a NON-SURGICAL Mummy MAKEOVER



CHLOE, A 32-YEAR-OLD MUM OF TWO, TRIED BTL'S CORE TO FLOOR™ THERAPY TO FIRM AND TONE HER ABDOMEN AND STRENGTHEN HER PELVIC FLOOR. HERE'S WHAT SHE HAD TO SAY.

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hen I first heard about the Core to Floor™ series of treatments using BTL's Emsculpt NEO® and Emsella® devices, I was instantly intrigued. I'm a mum to a 4-year-old and 5-month-old and have been struggling to regain a stronger core and flatter abdomen. I was also suffering from mild urinary incontinence, which I didn't want to put up with for the rest of my life (I'm only 32!). The idea of a non-invasive alternative to a mummy makeover caught my attention. After consulting with a practitioner trained in these treatments, I signed up for 6 Emsella® treatments bi-weekly and 4 Emsculpt NEO® sessions. Take that, tummy!

MY CORE TO FLOOR™ TREATMENT WITH Emsella® AND EMSCULPT NEO®

Full disclosure: I've never known where my pelvic floor was, so these Core to Floor™ treatments definitely gave me a little education! I started my treatment with Emsella®, which targets the pelvic floor muscles.

Emsella® is actually a special oversized chair which emits high-intensity focused electromagnetic (HIFEM®) technology exactly where it's needed. I sat on the Emsella®, fully clothed, for a relaxing 27 minutes as I felt a zapping-like sensation directly on my perineum to activate and strengthen those pelvic floor muscles. I made it to the 100 percent level of intensity on this first session but each practitioner will tailor it to the individual's threshold.

I then moved onto the Emsculpt NEO®, which is designed to build muscle and

reduce fat (yes, please!). I had two warmed paddles (that reach 40 degrees) placed on my abdomen which delivered what felt like vibrating pin-pricks – and awoke all the muscles I didn't know I had with a satisfying zapping for 30 minutes. For anyone who has ever had a baby, Emsculpt NEO® felt like the manageable contractions right before active labour. The ones where you're breathing through but smiling all around knowing what's about to come, except I'm envisioning a six-pack instead of baby at the end of this!

I reached 80 percent intensity on my first session which left me with a goal to reach 100 percent by the end of my treatments (again, not necessary but I'm an overachiever like that!).

In my second combination session, I had a few abdominal muscles that felt a bit fatigued but it was still very comfortable. My Emsculpt® specialist, Amber, explained in lay-terms that it's because we have awakened and activated the muscles and now they get to work.

After each session ended, it felt like

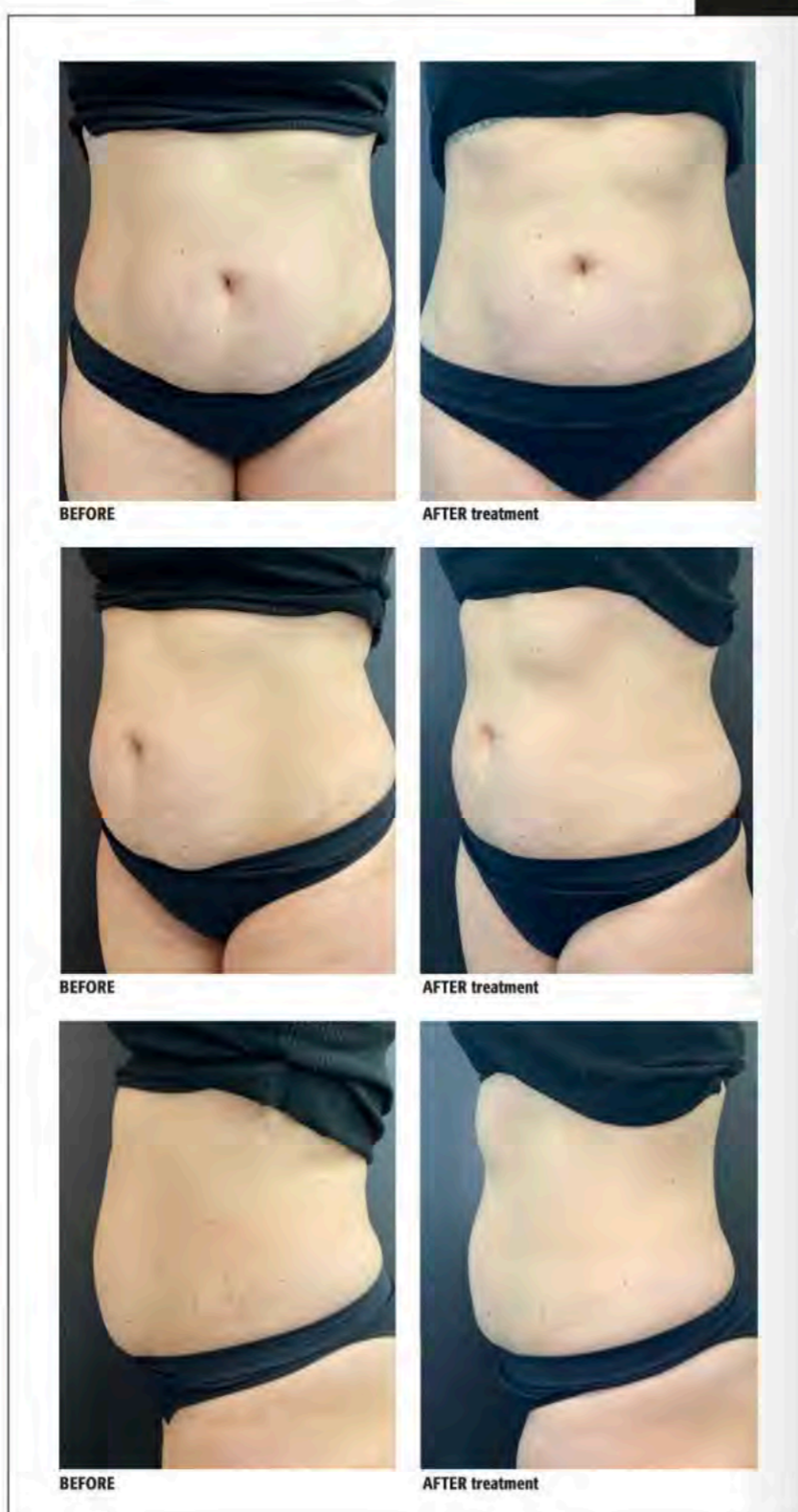
‘WITH EMSCULPT NEO® AND Emsella®, I HAVE BEEN ABLE TO REGAIN CONTROL OVER MY BODY AND ACHIEVE THE DESIRED CORE STRENGTH AND TONE WITHOUT THE NEED FOR SURGERY.’

nothing had happened at all – just a 30-minute lay down and chat with the gorgeous staff. Zero downtime or post-workout pains is definitely a bonus! Throughout the week following, I could already feel myself holding up stronger and slouching less.

By the third/fourth sessions, I was in a rhythm with the program, how the machines work and how my body responds to them. In these weeks, I also noticed the slight incontinence I suffered was almost non-existent. Thanks, Emsella®!

Fast-forward to six weeks later and the results really do speak for themselves. My posture has improved, my entire abdomen has lifted and my lower back pain gone. I finish the treatments with an improved confidence and a promise the results will continue to get even better over another 6 weeks. I have loved doing these BTL Core to Floor™ sessions. The BTL staff have been incredibly supportive and ready for any question I had, and the convenience and effectiveness of these treatments are second to none.

With Emsculpt NEO® and Emsella®, I have been able to regain control over my body and achieve the desired core strength and tone without the need for surgery. Not only have I seen visible improvements, it has also been a kickstart to my weight loss and healthier lifestyle. **CBM**



WHAT IS 'CORE TO FLOOR'™ and HOW DOES IT WORK?

The 'mummy makeover' has traditionally involved a variety of surgical procedures to try to restore a woman's abdominal core to its pre-baby state. Global medical device company BTL Aesthetics has now been able to achieve this non-invasively by combining its award-winning technologies – Emsculpt NEO® or Emsculpt® and Emsella® – to not only help restore that pre-baby look but functionality as well.

Core to Floor™ is a non-invasive combination of Emsculpt NEO® or Emsculpt® and Emsella® treatments.

EMSCULPT NEO® is the first and only device designed with HIFEM® (high-intensity focused electromagnetic) technology in combination with synchronised radiofrequency for the revolutionary treatment of non-invasive body shaping and fat reduction. With over 40+ peer reviewed publications to support the technology, the clinical results saw an average of:

- 25% more muscles^{1,2}
- 30% less fat^{1,2}
- 19% reduction in abdominal separation³

- 6.7cm circumferential reduction³
- Effects were comparable to a 12–16-week exercise workout program⁴.

Emsella®, also known as the Kegel Throne®, is a game-changer for incontinence therapy and intimate health with no downtime. Clinical research showed:

- 81% of incontinent patients reported significant improvement⁵
- 85% improvement in overall intimate satisfaction⁶
- Emsella® is 3x more effective than electrostimulation in weakened pelvic floor muscles⁷.

Together, Emsculpt NEO® and Emsella®'s unique combination of two HIFEM® technologies help to strengthen, firm and tone the abdomen and pelvic floor muscles, improve core strength and balance, reduce urinary incontinence, improve diastasis recti (abdominal muscle separation during and after pregnancy), reduce fat in the targeted area, and enhance intimate wellbeing.

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