



ARE YOU
READY FOR

SKI SEASON

How *Emsculpt Neo* can help you get ski fit

Anyone who has booked a ski trip this year will know that there is preparation to be done. The best way to make the most of your ski holiday and prevent injury on the slopes is to get in shape before you go. Muscle strengthening technologies can play an important role with the dual purpose of improving your performance and protecting your joints - whether on the ski slopes, the tennis court or the golf course. Dr Kim discusses a high intensity focused electromagnetic muscle toning technology (HIFEM) that could boost your fitness regime.

BTL EMSCULPT NEO

Multi-award winning BTL Emsculpt Neo builds on legacy of its much-loved predecessor by combining two technologies - radiofrequency and powerful muscle toning. It is the first non-invasive device designed to eliminate fat cells and build muscle by a unique combination of

radiofrequency heat and HIFEM delivered together, stimulating muscle tissue to an intensity that wouldn't be possible during your regular workout. Numerous clinical studies have demonstrated an average of 25% increase in muscle and 30% decrease in fat after a course of BTL Emsculpt Neo treatments.

HOW DOES IT HELP WITH GETTING SKI FIT?

Not only is Emsculpt Neo ideal to help you fit into the more flattering styles of ski wear, but for anyone who has struggled with their knees for the first few days of a ski trip, Emsculpt Neo has the advantage of being able to strengthen your thigh and calf muscles to provide support and protection against injury. In addition, you can improve your overall core stability through delivery of supramaximal contractions to your abdominal and gluteal muscles enabling higher intensity workouts. A BTL Emsculpt Neo treatment simulates the effect of 20 000 sit-ups or gluteal squats in a single 30-minute session.

WHAT ARE THE OTHER HEALTH BENEFITS OF EMSCULPT NEO?

Emsculpt Neo is a powerful body sculpting treatment, but not only does it help your clothes fit better, it also has the massive benefit of reducing visceral fat - the inflammatory fat that sits around your organs that drives insulin resistance and an increased risk of chronic ill-health. Emsculpt Neo is also used to help treat diastasis, or separation of abdominal muscles after pregnancy or weight gain, with around 19% improvement.

WHAT WILL I EXPERIENCE DURING A TREATMENT?

During your Emsculpt Neo treatment you can expect to feel a warm sensation in the treated area, along with muscle contractions that gradually intensify. Because of the way the muscle pulse patterns work, the treatment feels like an intense workout, but is not painful and is adjusted to your comfort level. Your body rapidly metabolises fat for fuel for this workout as well as inducing a process which permanently destroys fat cells. The addition of radiofrequency in the Emsculpt Neo enables greater fat reduction, muscle toning and skin tightening. Ⓛ



DR KIM

Dr Kim Prescott practices at the Penrose Clinic and in Knightsbridge, as well as lecturing and training in aesthetic medicine.

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