



Emsculpt Neo® answers to some of your questions

Following last month's frequently asked questions, we were very pleased that so many of you emailed for more information. Emsculpt Neo® has arrived at the Penrose Clinic in Fetcham Park House, so this month Dr Kim addresses a few more of your questions about this exciting new machine.

Emsculpt Neo® combines two body-contouring procedures — fat removal and powerful muscle toning — into a single non-invasive treatment that takes about 30 minutes. Emsculpt® induces supramaximal muscle contractions that cannot be achieved during a workout, with the equivalent of 20 000 muscle crunches in 30 minutes. 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 Emsculpt Neo® involves the addition of radiofrequency to heat the muscles, reducing discomfort and enabling greater fat reduction, muscle toning and skin tightening. A number of clinical trials and over 30 scientific publications demonstrate an average of 25% more muscle in the area, and 30% fat reduction after a course of only 4 treatments.

This is what one patient had to say:

“ I had a noticeable difference after my first treatment but by the 3rd treatment, my stomach had totally changed shape and was starting to show muscle tone. It's only 2 weeks since I finished my course, but I have gone down 2 jeans sizes, with a much slimmer waist. I can work out at a much higher intensity and amazingly, my body recovers so much faster. ”
Peter, 43



What areas can be treated?

Emsculpt differs from many of the other body contouring technologies in that it treats a wide area in a single treatment. You can treat your stomach, buttocks, arms (biceps and triceps) and calves and thighs (inner, outer, back and front).

Unlike many of the fat reducing treatments, the intense muscle workout has also been shown to reduce visceral abdominal fat around the organs, helping you to manage the effects of insulin resistance and inflammation, factors which may well be hampering your efforts to lose weight. In addition, people with abdominal separation (diastasis) after pregnancy or weight gain, can have significant improvement after a treatment course.



What will I experience after a treatment?

Emsculpt Neo® has very few side-effects. Most people will have redness in the treated area for up to a couple of hours due to the heating effect of the RF. You need to hydrate well before and after your treatment, and you may feel a little tired with some muscle fatigue, as you would after an intense workout.

How long does it take to see results?

Like all body contouring treatments, some patience is key! You will feel the difference in strength and muscle tone very quickly, and some people have measurable changes in circumference during the course of treatments. Fat loss – both subcutaneous and visceral - continues after your course, so your maximum results will be seen after 3 months.

If you have any questions, please email info@penroseclinic.co.uk or call 01372 371201.

Dr Kim Prescott practices Aesthetic and Lifestyle Medicine at the Penrose Clinic in Fetcham Park House, in Cobham and in Knightsbridge, along with lecturing and training in Aesthetic Medicine and clinical research work. Emsculpt is available in Knightsbridge and Emsculpt Neo is available at the Penrose Clinic in Fetcham Park House.

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