

body

# high frequency

NEW RADIOFREQUENCY TECHNOLOGY  
**EXILIS** IS OFFERING CLIENTS THE LATEST  
IN NON-SURGICAL BODY SHAPING.  
JESSICA RULE REPORTS.

**E**xilis, the new radiofrequency-based body shaping system, is proving an effective aesthetic treatment that volumetrically heats tissue for a reduction in body circumference and improved tone. Scientifically and clinically tested, Exilis uses focused radiofrequency (RF) and ultrasound technology to refine the body from head to toe. It also has applications for reducing wrinkles and treating skin laxity.

The practitioner can customise the delivery of powerful thermal energy and advanced cooling while monitoring skin temperature to suit the individual patient. The focused RF affects only the targeted tissue at the exact depth of penetration to achieve the desired outcome.

'The radiofrequency and ultrasound waves can be focused to direct energy at the subcutaneous fat layer or the dermis,' explains Sydney plastic surgeon Dr Michael Miroshnik. 'This way, the system can be used for both body contouring and skin tightening. In terms of body contouring, it is effective at targeting stubborn areas where fat deposits lurk in both men and women – the tummy, thighs, hips, arms and neck. For skin tightening alone, great results for the face, neck and décolletage have been seen.'

Distributed in Australia by Device Technologies, Exilis heats deep tissue while observing skin temperature, helping to facilitate a comfortable and even treatment. The controlled heating can redefine loose skin and smooth wrinkles in the superficial skin layers and the RF energy causes the collagen supporting tissue to remodel and tighten, stimulating and strengthening the collagen network to improve skin laxity and texture.

The benefits for clients are that it can provide a non-surgical solution that requires no anaesthesia or numbing to treat the face or body. It produces collagen remodelling, with no downtime.

'Four treatments at least a week apart are typically recommended,' Dr Miroshnik explains. 'Clients reported minor discomfort during the first treatment but it is generally well tolerated once they know what to expect.'

Dr Miroshnik says his experience using the Exilis system has been positive. 'The system is remarkably easy and quick to use,' he says. 'It is straightforward to understand its principles and to teach its proper and safe usage to staff. Treatments are well tolerated, quick and often show at least some result after even one application.'

Results can often be seen after the first treatment, and they continue to improve with each additional session. 'To date, just about every person who has had a treatment has seen at least some improvement after as little as one session,' he says. 'Over 90 percent of clients have then followed through and booked subsequent treatments.'

Dr Miroshnik says the ideal candidates are essentially fit and within their healthy weight range but possess stubborn pockets of fat that are resistant to other usual methods of body contouring. 'Exilis allows men and women to take advantage of a non-invasive, effective way to streamline their body. They are impressed with the results they are achieving,' he concludes. **acsm**



BEFORE

AFTER Exilis treatment by Dr Miroshnik