FAQ - Endermologie

What is Endermologie?

Endermologie® is a patented technique involving a mechanized device with two motorized rollers and regulated suction. This non-surgical and non-invasive device creates a symmetrical skin fold, which allows for deep tissue mobilization to occur and results in reduction of cellulite and loss of inches. Endermologie® was the first medical treatment to be FDA approved for cellulite reduction and loss of body circumference. Its safety and efficacy have been the subject of several clinical trials and ongoing research is promising.

Is Endermologie safe? Are there any side effects?

Yes, there are virtually no side effects from endermologie. It is safe for almost everyone. On occasion some mild bruising is possible. A health questionnaire with health guidelines assures your safety. We do not recommend endermologie for pregnant women. Anyone with a history of cancer or thrombophlebitis will require medical clearance.

Can men benefit from Endermologie®?

Most men do not have cellulite but still benefit from body shaping and toning of the skin. Areas that respond well to Endermologie® are the back, abdomen, and “love handles”.

Can Endermologie® be applied as a facial treatment?

Endermologie can be used as a facial treatment. By stimulating the production of new collagen fibers, it can improve skin tone and slow down the aging of the skin.

How many Endermologie sessions are required?

Endermologie® treatments are 35 minutes in duration, twice a week. The average woman will need 20 treatments to achieve optimal results. Once a month follow-up treatments are usually recommended to maintain results.
What sensations will I experience during the treatment? Does it hurt?

Endermologie does not hurt at all. It is like a deep massage and is very relaxing. Most women find it quite pleasant. The intensity of the treatment can be individually adjusted to your comfort level.

What is the difference between Endermologie and liposuction?

Endermologie is useful for cellulite reduction, and body contouring to help improve your appearance. Liposuction is a surgical procedure that involves risk and complications. It does not help with cellulite, but instead works on the deep fat layers to reduce body measurements. Endermologie, unlike liposuction, does not involve breaking through the skin in any way. Some people try ENDERMOLOGIE first and then choose to wait to receive liposuction. We frequently recommend Endermologie in addition to liposuction to get a better and smoother result from liposuction.

What does the treatment involve?

During the treatment you will wear a specially designed body stocking. The therapist performs the treatment with a hand held massaging head, which delivers intermittent suction and rolling to the area being treated. Most patients describe the action as relaxing, simulates a deep body massage. The treatment is completely non-invasive, the rollers do all the work.

Treatments normally last about 35 minutes. Your technician will focus on your problem areas, but time is also given to other areas of your body to stimulate general circulation and the elimination of toxins.

After the treatment, most clients report a feeling of relaxation and an increase in energy. Since the treatment helps to remove toxins from the lymph system, it is recommended that you drink at least two liters of water (8-10 glasses) every day during the duration of your treatment.

How long does it take to see results?

Results vary for each client. The average client starts to notice the changes around their 7th or 8th session. Most people see a dramatic change in their appearance around the 14th session.

How many treatments will I need? How often do I need to be treated?

This will vary from patient to patient, but as a general guide, treatments are normally about 35 minutes long, 2 times per week for 7 weeks, then 1 time per week for 6 weeks. During your consultation, your doctor/therapist will be able to determine approximately
how many treatments you will need. Some clients may need additional treatments depending upon the severity of their cellulite, their weight, and lifestyle habits and regular monthly treatments are needed to maintain and improve results.

**What can I do to improve my endermologie results?**

It is extremely important that you drink a lot of water when doing endermologie so that toxins can be flushed out of your system. A good diet and exercise routine will help speed up and improve your results, but there is no special diet to follow.

**How long does the results last? Is it permanent?**

Results last for several months up to a few years, depending on age, lifestyle, and hormonal changes. After your initial course of treatments, you may find that a ‘maintenance schedule’ of one or two treatments per month is sufficient to maintain your results. Again this will vary from patient to patient. A healthy diet and lifestyle will help to stop the return of cellulite, and certainly won’t do you any harm in the process!

**How many treatments can I have in one week?**

The average number of treatments is two per week. If you are simultaneously in the process of losing a significant amount of weight or if you have a long-term problematic cellulite condition, one treatment per week is recommended. More than two sessions per week will not bring faster results.

**Does this replace diet and exercise?**

No. In fact, it is highly recommended that you add diet and exercise to the routine you follow while undergoing ENDERMOLOGIE treatments. In most cases, this will improve your results.

**Does it help to reduce stretch marks and loose skin? Will I lose weight?**

You will most likely notice an improvement in skin tone after using the machine. Research has shown that the appearance of stretch marks and loose skin may be greatly improved. It is not a weight loss machine, however, many clients report being able to lose weight, especially fat weight, more easily while using the machine than they ever could before.

**Why are photos taken before & after treatment?**

Photos are taken to provide an accurate record of improvements and to help the ENDERMOLOGIE technician provide better treatments through comparative analysis.
I don’t want anyone to see my pictures. Do you protect my privacy?

No one but your therapist will see your photos. If you wish, and you sign a release to that effect, your photos may be used for educational and promotional purposes.

Can I receive treatments if I am pregnant?

No correlation has been found between ENDERMOLOGIE and complications in pregnancy. However, it is recommended that during pregnancy you do NOT receive treatments.

How long do I have to wait after liposuction to receive a treatment?

Before receiving a treatment, wait until the compressive garments come off, normally 4 to 6 weeks.

What is Cellulite?

Cellulite is a common term used to describe superficial pockets of trapped fat, which cause uneven dimpling or “orange peel” skin. It appears in 90% of post-adolescent women and is rarely seen in men. Common but not exclusive areas where cellulite is found, are the thighs, buttocks, and the abdomen. Contrary to popular belief, cellulite is not related to obesity, since it occurs in overweight, normal, and thin women.

Why do women have cellulite and not men?

Estrogen is the key hormone involved in cellulite formation. As a result, 90% of women have cellulite while most men do not, unless they have hormonal imbalance. Furthermore, the hypodermis (subcutaneous fat layer) is structurally different in women, and it permits more fat storage than the male hypodermis.

Can diet and exercise eliminate cellulite?

Cellulite occurs in the subcutaneous fat layer, which responds mainly to hormones and minimally to diet and exercise. Therefore, this approach is not an effective means for cellulite reduction.

Why are diet and exercise encouraged?

Inadequate nutrition and poor lifestyle tend to worsen the appearance of cellulite. It stands to reason that a balanced diet and regular exercise can to a certain degree prevent the advanced stages of cellulite. Diet and exercise are recommended because they are complementary to Endermologie®.
Which treatment is most effective to treat cellulite?

Currently the most effective treatment approved by the FDA is Endermologie®.

Can liposuction remove or reduce the appearance of cellulite?

Liposuction is the most effective surgical procedure for body contouring, involving the removal of fat from deep fat layers. Liposuction is not typically performed in the subcutaneous fat layer, due to swelling, scarring, and bruising, and therefore, is not the treatment of choice for cellulite.