

How LipoLight Treatments Work

LipoLight is a non-invasive technology designed to produce the same incredible results you would get with liposuction, but without the surgery, pain, and downtime. When you receive LipoLight treatments, patented LED pads are strapped over your skin. The heat and light emitted from these pads safely penetrates your skin and stimulates the release of triglycerides from targeted fat cells. This process works synergistically with the body's natural weight loss mechanisms to produce results that are both effective and long-lasting.

Each time you come in for a LipoLight treatment, your adipose cells will shrink significantly, resulting in visible slimming and toning. After your LipoLight session, you'll spend time on a Whole Body Vibration machine and

time in the sauna to ensure that the released fat is processed for removal. If you want to take full advantage of all the benefits that LipoLight has to offer, we recommend that you schedule three treatments per week for three weeks. You can always decide to continue for longer if you want to continue sculpting and toning your body!



If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

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Enhance Your Program for LipoLight Treatments

How to Ensure Your Best Results



While you're receiving your LipoLight treatments, we want you to follow the nutritional guidelines outlined in your program manual. These nutritional strategies are designed to facilitate optimal weight loss and complement your treatments to ensure optimal results.

Here are a few additional tips that can help you get the most out of your treatments:

- Don't eat for 2 hours before or after a treatment.
- Drink plenty of water after each treatment.
- Space visits at least 36-72 hours apart.
- Use Whole Body Vibration (WBV) after your treatment. WBV helps to ensure that the released fat is not reabsorbed. Instead, it's processed in the liver for energy!
- Use the Infrared Sauna after your treatment. Like the WBV machine, the sauna helps your body process released fat for removal.
- Exercise within three hours of your treatment to release even more fat from the body. Use Exercise Gel before this session to stimulate even greater results.
- Use Anti-Cellulite Gel after your post-workout shower. This helps to lock-in your results and accelerate your progress between now and your next treatment!

Frequently Asked Questions

Is this type of light therapy scientifically documented?

Light therapy is not new. There are thousands of published studies that describe the positive benefits of light therapy. Light therapy is used for ailments ranging from chronic pain to wound healing. However, using light therapy to target fat cells is a new and exciting option that's recently become available. You can find more information on this topic by performing a search in the Medline database online.

Are there any side effects?

No. LipoLight is safe, painless, and completely non-invasive. It's a completely natural process that simply enhances what your body could normally do on its own.

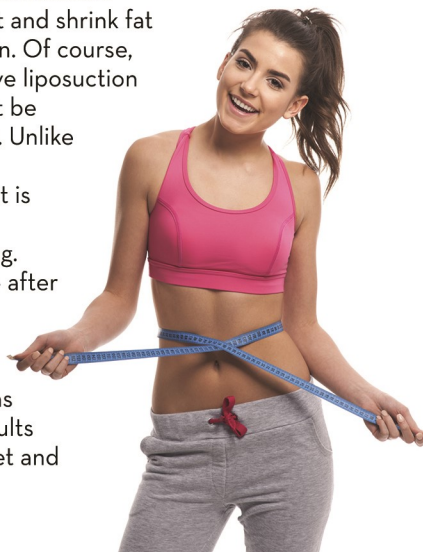
Is LipoLight for everyone?

Before using LipoLight, you should consult a physician if you are pregnant or suffer from any of the following conditions: epilepsy, thyroid gland dysfunction, uncontrolled hypertension, cancer, heart disease, cardiac arrhythmias, or liver/kidney disorders. LipoLight is not recommended for anyone under the age of 18.

How is LipoLight different from other inch loss treatments?

There are other devices on the market that use lasers, electronic pulses, or ultrasound frequencies to target and shrink fat cells beneath the skin. Of course, there are also invasive liposuction treatments that must be performed surgically. Unlike many of these other treatments, LipoLight is quick, comfortable, effective, and relaxing. There's no downtime after treatment, no pain, and no side effects!

All results are permanent, so long as you maintain the results through a healthy diet and regular exercise.



Recommended Supplements for Best Results

Though you'll receive several supplements with your program - each of which will help you to maximize your results - there are two skincare products that are worth discussing in detail:



Exercise Gel helps get your blood moving the all-natural way. When applied to problem areas, this innovative gel warms muscles and increases circulation. We recommend that you use this product before bed, before physical activity, or at any other time you need a circulatory boost.



Anti-Cellulite Gel assists in the cellulite removal process, toning and tightening the skin. When you use it between treatments, it accelerates your inch loss! It should be applied to problem areas - the hips, buttocks, thighs, upper arms, etc. - immediately after bathing or showering.

The supplements listed above are already included in your program, but there are a few additional supplements for brain-based wellness that may be helpful:



Craving and Impulse Control makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet. This can be enormously helpful, especially when you're first making positive changes!



Adrenal Calming is designed to relieve stress, increase mental clarity, and promote a state of restful ease. If you're struggling to keep your stress levels low while you make healthy changes, this supplement can stabilize your energy levels and allow you to experience a state of deep and restful calm.



Sleep is designed to promote healthy sleep, which is especially important for anyone who is trying to lose weight. If you struggle to get the quality sleep your body needs, this supplement can make all the difference!



Serotonin Support helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!