

The Ultimate Guide  
to Non-Invasive

# Body Contouring

Achieve your desired shape without surgery

love  
your *Body* 

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## INTRODUCTION TO NON-INVASIVE BODY SCULPTING

# Hi! We're Happy You're Here

We are all on a different journey to love our body! Some of us have given birth to beautiful babies - sometimes, multiple children. Others of us struggle with hormonal issues, making it hard to lose weight. Others have worked hard at diet and exercise, but still have stubborn areas that just won't budge, no matter how hard we work.

If you have ever wished you could sculpt away stubborn fat pockets or tone your skin without going under the knife, you're not alone. Many people dream of achieving a more defined and contoured figure, but the thought of surgery can be daunting.

Fortunately, the world of aesthetics has evolved, offering a safe and effective alternative: non-invasive body contouring. These innovative treatments utilize cutting-edge technologies to target and eliminate fat cells, tighten skin, and improve the overall appearance without incisions, anesthesia, or lengthy recovery periods.

Whatever your journey, we are here to help and support you on the way.

“We believe the body is the key to  
lifelong health and happiness.”

- LYB





# Our Story

## Our Mission

At Love Your Body, we believe self-care starts with kindness to ourselves and each other. We recognize that we are all human beings with flaws and imperfections. We will never be perfect. On our journey to sculpt and shape our bodies, we are committed to speaking positive words and affirmations, encouraging others, and practicing non-judgment.

We want to improve the quality of life for our patients by offering natural, safe, and affordable body care treatments that become an essential part of your habits, routine, and lifestyle.

## Our Commitment

Whether you have significant weight loss goals, want to tone a few troubled areas, manage pain, or boost your energy levels, deciding to shape, transform, and care for your body takes courage. We commit to come alongside you as a trusted partner to provide clear, concise treatment plans designed for your personal goals that are:

- **Natural** - We commit to providing treatments that are natural and non-invasive.
- **Safe** - We commit to providing safe treatments and operating with safety standards that protect our patients and team members.
- **Effective** - We commit to providing proven treatments that produce measurable patient results.
- **Affordable** - We commit to providing affordable treatment and payment options so the body you want is always within reach.

Our tightening and toning treatments are an effective alternative to invasive surgery, delivering actual results, turning back the clock, and leaving you feeling renewed.

No other facility in the area caters to women's unique body care needs like we do. Our standards of service excellence have created a space where we would want to go and take our mothers, aunts, and friends, too.

## Our Solutions

We use advanced technology to provide safe, non-invasive solutions to tighten and tone any area of your body at a fraction of the cost of alternative treatments, like Liposuction, Tummy Tuck, or CoolSculpting - with zero downtime!



## CHAPTER ONE

# Popular Body Sculpting Services

## The CryoSkin Revolution Machine

We exclusively offer the **most advanced Cryoskin slimming technology** in Tampa Bay to permanently eliminate fat cells, and tighten and tone the skin. We are proud to be **Florida's #1 Cryoskin Revolution provider** and a **Certified Cryoskin Revolution training center**.

### How is the CryoSkin Revolution Different from Other CryoSkin Machines?

The CryoSkin Revolution is the machine we use to deliver our treatments. We have two in our clinic. In the Clearwater, St. Pete and Tampa Bay area, you will find several other studios offering CryoSkin treatments. Most of these centers are using a CryoSkin 2.0, 3.0 or 4.0 machine. Very few providers, if any, have the CryoSkin Revolution.

Why is this important to know when choosing a CryoSkin treatment? Well, the specific machine will impact your experience, safety and results. The CryoSkin Revolution is the safest, most advanced and most effective machine on the market.



1. **Cold Generation:** The CryoSkin Revolution has two cold generators, while the other systems only have one. This means we can reach lower temperatures much faster than other studios.
2. **Power:** The CryoSkin Revolution has more power than the other machines, by nearly twice as much. Again, that means we can reach lower temperatures much faster than other studios, and penetrate deeper into the fat cells.
3. **Temperature Stabilization & Accuracy:** The CryoSkin Revolution has a built in temperature stabilizer, allowing the temperature to go down much faster and remain perfectly stable and accurate during the session. The other machines must be manually controlled by the technician, which allows for considerable opportunity for errors during the treatment. That means we provide safer, more accurate treatments.
4. **Safety:** In addition to the temperature stabilizer, the CryoSkin Revolution will automatically stop if the temperature is inaccurate and includes an alarm, while the 4.0 is the only other machine that comes with some of these safety features. That means we operate with the highest safety standards in the industry.
5. **Comfort & Noise:** The CryoSkin Revolution is basically silent during use, while the other machines require strong, noisy ventilation. That means we can maintain a spa-like atmosphere during your entire treatment.
6. **Training:** The CryoSkin Revolution comes with extensive training videos, tutorials and modules, while the other machines do not provide the same level of training for the technicians. This means we have more training than other studios in the industry.
7. **Treatments:** The CryoSkin Revolution comes with more programmed treatments than any other CryoSkin machine. This means we can provide more treatments than other studios in the area.
8. **Machine Maintenance:** The CryoSkin Revolution is maintained by non-toxic coolant that is safe for our technicians and our patients. It is also non-corrosive, so the machine is not at risk of having any rust or corrosive metals exposed. This is much safer than the standard coolant used in other machines.
9. **Heat and Cold Transfer:** The CryoSkin Revolution has improved heat and cold transfer over the other machines, and uses a new and improved, hypoallergenic gel that transfers temperature to your body much more efficiently. This means we can provide better results than other studios.

The CryoSkin Revolution machine allows us to deliver both CryoSkin Slimming treatments and CryoSkin Toning treatments. We can also use treatments to help you manage pain. Keep reading to learn more about the treatments.

## How is the CryoSkin Revolution Different from Other Body Sculpting Machines?

The CryoSkin Revolution is considered to be one of the safest, most effective and most affordable body sculpting machines on the market. It has the least amount of side effects, the highest rate of success, can treat the most amount of areas and is the lowest cost per treatment than any other non-invasive body sculpting machine on the market.

- **CoolSculpting (Cryolipolysis):**

- **Benefits:** CoolSculpting is the closest to CryoSkin in that it freezes fat cells, causing them to crystallize and die. It's typically used to target areas such as the abdomen, flanks, thighs, and chin.
- **Risks:** Possible side effects include temporary numbness, redness, swelling, bruising, and discomfort at the treatment site. We've re-treated many women who have received dimpling in the skin as a result of CoolSculpting.
- **Cost:** Costs vary depending on the number of treatment areas and sessions required, but can range from \$2,000 to \$4,000 per session. It could cost over \$10,000 to treat a single area.

- **SculpSure:**

- **Benefits:** SculpSure uses laser energy to heat fat cells, leading to their destruction. It's commonly used for areas like the abdomen and flanks.
- **Risks:** Potential side effects include temporary swelling, bruising, and discomfort.
- **Cost:** Similar to CoolSculpting, costs range depending on the number of treatment areas and sessions, averaging between \$1,500 to \$2,500 per session.

- **truSculpt:**

- **Benefits:** truSculpt uses radiofrequency energy to heat and destroy fat cells, also tightening the skin in the treated area. It's used for the abdomen.
- **Risks:** Side effects may include temporary redness, swelling, and tenderness.
- **Cost:** Prices vary but can range from \$750 to \$1,500 per session.

- **Vanquish:**

- **Benefits:** Vanquish utilizes radiofrequency energy to heat and destroy fat cells, and it's often used for larger treatment areas like the abdomen and thighs.
- **Risks:** Potential side effects include mild discomfort, redness, and swelling.
- **Cost:** Costs may range from \$500 to \$2,000 per session.

- **UltraShape:**

- **Benefits:** UltraShape employs ultrasound energy to target and destroy fat cells, typically used for areas like the abdomen and thighs.
- **Risks:** Side effects may include temporary redness, swelling, and mild discomfort.
- **Cost:** Prices vary but can range from \$1,000 to \$2,500 per session.

- **CryoSkin:**

- **Benefits:** CryoSkin uses the process of apoptosis to permanently eliminate fat cells through the concentrated application of cold and heat.
- **Risks:** Side effects may include temporary redness and mild swelling.
- **Cost:** Prices vary but can range from \$150-\$350 per session.

There are other more invasive machines on the market, such as the Morpheus8, that require a significant amount of numbing and other serious risks involved.

## CryoSlimming by CryoSkin

We exclusively offer the most advanced Cryoskin slimming technology in Tampa Bay. We are proud to be **Florida's #1 Cryoskin Revolution provider** and a Certified Cryoskin Revolution training center.

CryoSlimming permanently eliminates stubborn fat that's been resistant to diet and exercise. Our Cryoskin machines use two modalities, both heat and cold, to eliminate fat cells permanently:

1. **First: Heat.** We heat the area, bringing fat cells to the skin's surface and liquifying them where they burst open like grapes. Don't worry! This process is completely pain-free and non-invasive. The heat increases blood flow and promotes collagen production, leaving you with noticeably tighter skin after one treatment.
2. **Second: Cool.** Next, we cool the area – and since those fat cells are right there at the surface, open and ready to go, the cooling doesn't have to penetrate very deeply to freeze the center of the fat cells. This allows them to get frozen, flushed out, and eliminated much easier than the old Coolsculpting methods of the past.
3. **Third: Heat.** We heat the area again to flush those fat cells through your lymphatic system. It's important to get these bad boys out of your body for good. We also recommend lots of water, exercise and use of our wellness services, like the shake plate or infrared sauna immediately after treatment.

**This heat-cold-heat process is why Cryoskin is more effective than any other body sculpting treatment on the market.**

Results are immediate after CryoSlimming! — but we recommend a minimum of 5-10 sessions for best results and can be done as often as every other week. Ten treatments of Cryoskin Slimming can be done in as little as twenty weeks and will cost less than one treatment of traditional Coolsculpting.





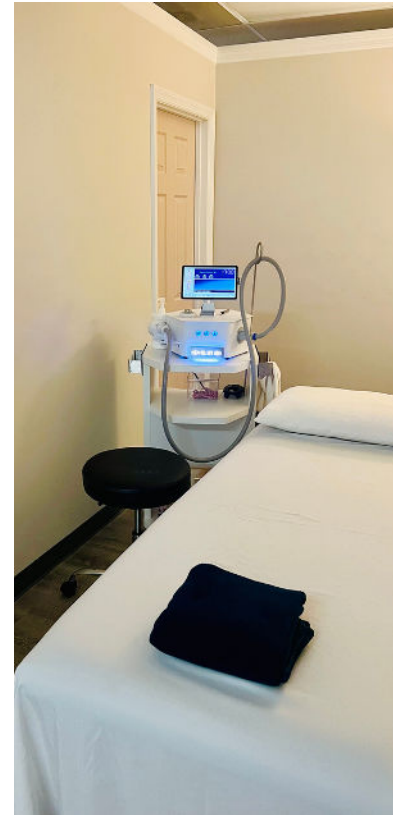
### CryoToning by CryoSkin

The powerhouse tool for tightening and toning is our CryoToning treatment.

This 30-minute treatment works by applying below-freezing temperatures to chill subcutaneous fat rapidly (the layer of fat just below the skin.) Microcirculation effects also help to speed up your metabolism, blood circulation, and collagen production for a powerful age-defying impact.

Cryotoning is an effective treatment for the body and face, providing instant lifting, tightening, and anti-inflammatory effects.

Unlike the CryoSlim treatment, which uses both heat and cold, CryoToning only uses cold, and you can treat multiple areas at once as often as four times per week. While you will see immediate results after your first session, we recommend 5-10 sessions for best results.

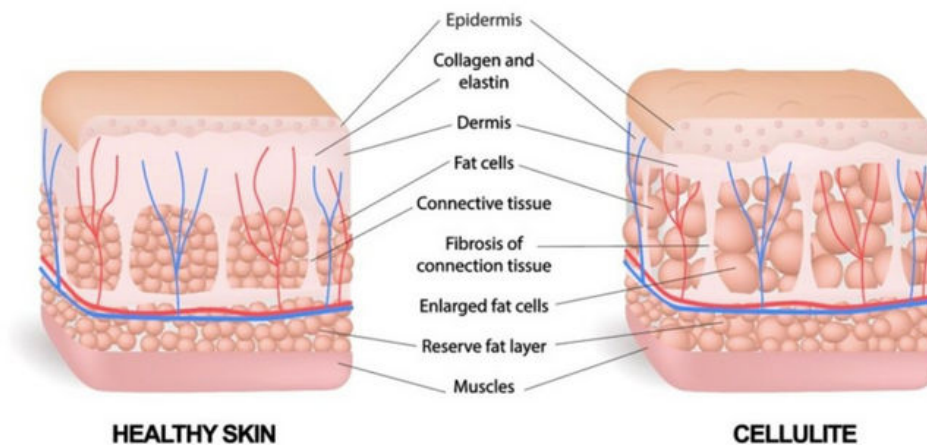


### CryoCellulite by CryoSkin

CryoCellulite is our CryoToning treatment focused on eliminating cellulite.

Cellulite appears when the adipocytes located in the hypoderm get bigger and gather together by clusters. These clusters pressurize the skin leading to the creation of the orange peel cellulite. At the same time, hypoderm inflates, compressing blood and lymphatic vessels, causing a lack of drainage and accumulation of fluids and toxins.

### THE FORMATION OF CELLULITE





Cryo Cellulite is a specific protocol on the CryoSkin Revolution that combines both slimming and toning techniques. The slimming procedure destroys fat cells reducing the size of the adipocyte clusters, releasing the pressure on the skin. The skin appears smoother, the orange peel aspect is reduced. The toning procedure then creates lymphatic drainage on the treated area, draining out fluids and toxins. Irrigation increases toning up the skin and the elimination of fluids reduces volume and puffiness.

**CryoCellulite slows the skin's aging process, reducing lines and sagging while breaking up and flushing out fat deposits.** This process improves circulation, reduces inflammation, and increases cell regeneration and collagen production.

## CryoFacial by CryoSkin

The main factor causing sagging skin on the face is reduced collagen production, which gradually decreases as we age. However, we can do something to preserve our youth naturally and regenerate more collagen with the CryoFacial.

The CryoFacial technique creates a pumping effect on the blood and lymphatic system which increases oxygen and nutrient supply to the cells. The fibroblasts get higher nutrition and produce more collagen and elastin. The dermis is re-densified and regains its elasticity. Wrinkles are naturally filled in. Skin surface is smoother and plumped up.

Our licensed estheticians will start with a cleansing of your face, and then move to the CryoSkin treatment. They will use the CryoSkin wand to deliver cooled vapors onto your face, much like steam applied during a traditional facial - just cold. The vapors rapidly cool the skin to a temperature below freezing. This causes vasoconstriction, helping to dilate your blood vessels and ramp up your collagen production.

Your esthetician will treat one side of your face, then the other side, followed by a gentle massage with moisturizer. You will also receive SPF if it's sunny out.

A CryoFacial is a safe, natural, non-invasive alternative to injectable toxins like Botox® or Juvederm® - or even a Face Lift. It uses cold temperatures to increase blood flow and oxygen while reducing the appearance of wrinkles and pores and improving the tightness and firmness of the skin. It also increases the production of collagen for long-lasting results.

You can upgrade your CryoFacial to target fine lines and wrinkles around your eyes and lips. We also recommend even better results when you add a red light therapy session to the end of your CryoFacial treatment.

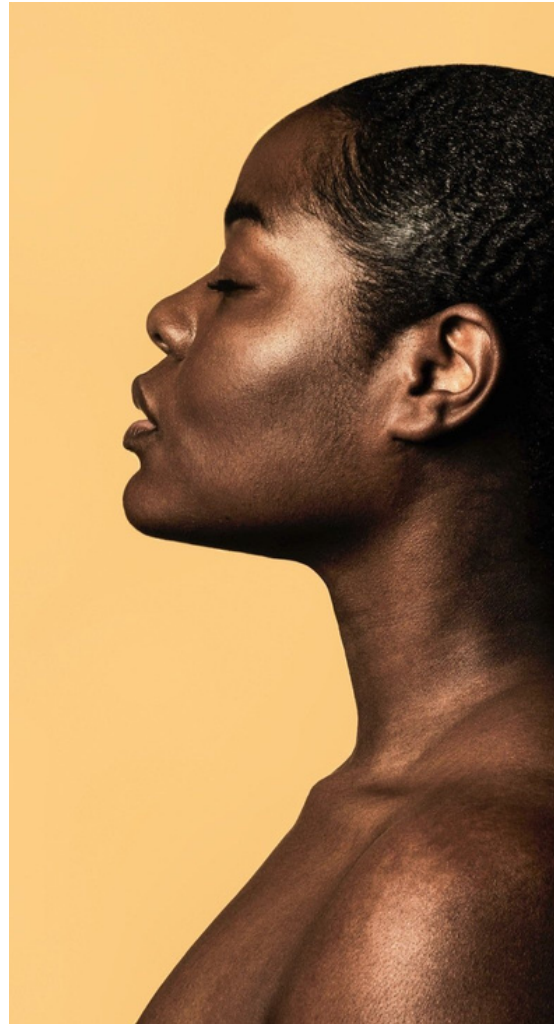
### **CryoChin Slim by CryoSkin**

Genetics plays a big role in a double chin, but you've got options to naturally slim and lift your chin. Our CryoChin Slim treatment instantly slims the neck, creating a noticeable lifted appearance and defined jawline. You can finally achieve your desired jawline—without surgery or injectables.

This 15-minute treatment combines both CryoSlimming and CryoToning to address excess fat and saggy skin around the neck area to reduce the appearance of a double chin.

The CryoSkin Chin Slim is a specific protocol addressing excess fat and saggy skin in the neck area. This method combines slimming and toning techniques. During this treatment, the subcutaneous layer of fat cells (very light fat freeze) on your chin is killed by combining warm and cold temperatures. The muscles retract with the cold for a tightening effect on the skin.

The visual improvement is very strong with a reduction of the fat layer, a lifted effect on the skin of the neck and the re-contouring of the jawline - and results can be achieved in only 5 sessions!



### **CryoNeck Tone**

Even women at a healthy weight can struggle with excess tissue or sagging around the neck - especially as we age, or have lost weight.

The CryoNeck Tone treatment utilizes CryoToning on the décolleté and neck areas. The cold temperatures tighten, smooth, and shape the skin lacking elasticity by increasing blood flow to the area. This, in turn, helps to increase collagen and elastin production, both of which are key proteins in the skin.

You are left with a tighter, gorgeous neck you have been trying to achieve.

We have seen amazing results following one treatment, but recommend 5-10 depending on the amount of loose skin on your neck.

## The CryoSkin Neuromuscular Stimulation (NMS) Machine

We exclusively offer the **most advanced Electro Stimulation Machine (EMS)** in Tampa Bay to build muscle, burn fat and manage pain. The CryoSkin Neuromuscular Stimulation is the most effective and transformative EMS available. We can completely transform your body composition with this amazing machine!

### How is the CryoSkin NMS Different from Other EMS Machines?

The CryoSkin Neuromuscular Stimulation machine is more effective, and more cost-effective, than any other EMS machine on the market for several reasons:

- 1. Technology:** The CryoSkin NMS machine uses both electromagnetic fields and electrostimulation to build muscle and burn fat (including visceral fat) - while other machines, like the EMSculpt and EMSculptNeo only use electromagnetic fields. This means that we can get better results than other EMS machines.
- 2. Treatment Areas:** The CryoSkin NMS machine can treat 4 major muscle groups simultaneously, including your triceps, biceps, abdominals, glutes, hamstrings and quadriceps. Other machines, like the EMSculpt and EMSculptNeo, can only stimulate one muscle group at a time. This means we can give you a total body workout, saving you precious time and money.
- 3. Pulse Depth:** The CryoSkin NMS pulsates at 650 $\mu$ s (microseconds), which corresponds to a depth of 15 to 20 cm, depending on the patient. Other machines, like the EMSculpt, pulsate at 280 $\mu$ s (microseconds), or a depth of only 6 to 8 cm, depending on the patient. This means we can penetrate deeper into your muscles, giving you much better results.
- 4. Field & Frequency:** The CryoSkin NMS can reach 200 HZ, while other machines can only reach 150 HZ. The electromagnetic field is equivalent to 2 Tesla, resulting in supramaximal contractions much higher than any other device can deliver using electrostimulation. This means that we can work your muscles harder and deeper than the other machines on the market.
- 5. Comfort & Accuracy:** The CryoSkin NMS is fully adjustable to your entire body, while other machines are not. This means that we can ensure your comfort and ensure accuracy for reaching your muscles.
- 6. Control:** The CryoSkin NMS gives full control to the technician. This means we can control the frequency, depth and intensity for each muscle group individually. We can start and stop the machine for certain muscle groups, too. The EMSculpt and EMSculptNEO do not allow for this type of adaptability. This means we can give you a much more personalized workout than other machines.
- 7. Cleanliness:** The CryoSkin EMS does not touch your skin, making it more sanitary than other machines that touch your skin directly, such as the EMSculpt or EMSculptNEO. This means we provide a cleaner and safer environment.
- 8. Effectiveness:** The NMS is the only machine in the world that burns both visceral fat and subcutaneous fat and increases muscle mass at the same time!
- 9. Results:** You will see immediate results after a single session with the NMS, but we recommend a 4 or 5 week program to get the best results. Other EMS systems, like the EMSculpt and EMSculptNEO require multiple sessions, on multiple areas over the course of multiple months.
- 10. Cost:** The CryoSkin NMS is not only more effective, it is also more affordable. Traditional EMS sessions are \$750-\$1500 per session! You won't spend nearly half of that per session at our wellness center.

The NMS machine can also help to reduce pain and muscle soreness, especially if you have been injured and/or can no longer lift traditional weights. It can also reduce the appearance of cellulite.





## Neuromuscular Stimulation by CryoSkin

This isn't the old electrostimulation and electromagnetic stimulation (EMS) machines from the past (or even our present). Our **NMS machine is more effective and gets you noticeable results faster** than any other EMS machine on the market.

NMS delivers a full body workout equivalent to 4 hours at the gym — while lying on a bed for 30 minutes! A 30-minute session generates 50,000 muscle contractions — equivalent to around 50,000 crunches, squats and bicep curls. We said AND, not OR!

Your experience starts when you set foot in our spa-like facility. You will be escorted to a private room where our team will provide you with 100% cotton clothing to change into. Then they will apply moisture to ensure the effective transfer of the **deep electrical pulses and intense electromagnetic fields** to reach deep into your muscle fibers.

They will then strap the machine on to your various muscle groups:

- Biceps and Triceps
- Abdomen
- Glutes
- Hamstrings and Quadriceps

Once strapped in, you will lay face down on a massage bed. The technician will then start to stimulate your muscles with complete control over each region and muscle group to ensure your comfort.

You will feel muscle stimulation for 7 seconds, then rest for 3 seconds.

These **high-tension muscle contractions build muscle cells (in size and quantity) more quickly than voluntary muscle contractions**. NMS will not only initiate the growth of existing muscle cells, but also support the production of new muscle fibers.

And simultaneously, it will burn fat for fuel - including the dangerous visceral fat around your internal organs.

You will see immediate results after the first session! And over time, you will completely transform your entire body composition - destroying fat, tightening skin and building muscle.

# Manual Body Sculpting Treatments

*Our team of trained experts and licensed estheticians use hands-on treatments to break down fat deposits, smooth the skin and re-contour the body. These treatments are great as stand alone procedures, or can be added on to CryoSkin Slimming and Toning sessions for even better results.*



## Wood Therapy

Wood Therapy is a hands-on massage technique used to mold and eliminate fat, while also tightening and toning the skin on different parts of the body.

A licensed therapist uses wood tools to manually break down fat and cellulite (pockets of fat just below the skin) on a targeted area to reshape and firm the body. This technique also cleanses the body by increasing circulation and boosting lymphatic drainage and the elimination of adipose tissue (fat) from your body. It also improves skin tone and elasticity, loosens tight muscles, eases tension and promotes relaxation.

Wood Therapy is particularly helpful at breaking down cellulite and fat deposits in preparation for other sculpting treatments, such as CryoSkin Slimming, CryoSkin Toning, Neuromuscular Stimulation, Vacuum Therapy or a Colombian Butt Lift. It is also beneficial as a stand-alone treatment. While wood therapy is safe and relatively painless, slight bruising may occur.

## Colombian Butt Lift

This is a safer alternative to surgical options, such as a buttock lift surgery or the Brazilian butt lift. Our Colombian Buttlift (CBL) requires absolutely no downtime, is painless, and is completely natural.

Vacuum therapy is used to tighten and lift the buttocks and smooth the back of the legs. This pain-free, non-invasive session is ideal if your goal is to tighten, tone, and lift the butt delivering noticeable results within 60 minutes.

During CBL treatment, you lay on your stomach while vacuum therapy cups are applied to your buttocks. Large suction cups cover most of each buttock. Suction is used to pull the skin and tissue into the cups, promoting blood circulation deep in the skin and underlying muscles.

This increased circulation is the perfect solution for getting rid of cellulite and lifting and rounding your buttocks and thighs.

This procedure creates an hourglass shape by lifting the buttocks and making the waist appear cinched and smaller. The CBL treatment can be done as often as once a week, and an active lifestyle with glute work will only add to your results. **On average, women show a lifted appearance of their buttocks by up to 70 percent! This equates to just one session of treatment to around 1,500 squats!**

## CHAPTER TWO

# The Benefits Of Choosing Non-Invasive Body Contouring

While fat reduction is a primary focus of many non-invasive body contouring treatments, some techniques offer additional benefits:

- **Skin tightening:** Technologies like radiofrequency and laser treatments can stimulate collagen production, leading to improved skin elasticity and a more youthful appearance.
- **Cellulite reduction:** Certain treatments, such as EMS and ultrasound cavitation, can help target and diminish the appearance of cellulite, leaving the skin smoother and more even-toned.
- **Improved circulation:** Some non-invasive body contouring procedures can enhance blood flow and lymphatic drainage, improving metabolic function and reducing inflammation.

Compared to traditional liposuction, non-invasive body contouring offers several advantages:

- **No surgery or incisions:** This eliminates the risks associated with surgery and reduces the chance of scarring.
- **No anesthesia:** These treatments are typically painless, requiring no anesthesia or sedation.
- **Minimal downtime:** You can typically return to your normal activities immediately after treatment, with minimal to no recovery period.
- **Safe and effective:** Non-invasive body contouring treatments are FDA-approved and have a proven safety and effectiveness track record.
- **Customizable:** A wide range of treatments allows you to target specific areas and address individual concerns.

## CHAPTER THREE

# Is Non-Invasive Body Contouring Right for You?

While non-invasive body contouring offers a non-surgical solution for body sculpting, it's not a one-size-fits-all approach. The best treatment for you depends on your goals, body type, and budget.

**During a consultation with a qualified provider, you can discuss your desired outcomes and explore the available treatment options to determine the best fit for your needs.**

**Important Factors to Consider:**

- **Your overall health:** Certain conditions may preclude you from undergoing specific treatments.
- **Your desired results:** Be clear about your goals and discuss them openly with your provider.
- **Your budget:** Non-invasive body contouring treatments can vary in cost, so it's important to consider your financial resources. We accept FSA and HSA accounts, CareCredit cards and offer interest-free payment plans to qualified candidates through Cherry. You can learn more and get pre-qualified online at <https://lyb.care/payment-options/>
- **The provider's experience:** Do your research and choose a certified specialist with experience in non-invasive body contouring. Love Your Body is the #1 CryoSkin Revolution provider for both volume and results in the United States.







## CHAPTER 4

# Making the Most of Non-Invasive Body Contouring

Here are some tips for maximizing your results:

- **Maintain a healthy lifestyle:** Combine your treatments with a healthy diet and regular exercise for optimal results.
- **Follow the treatment plan:** Attend all scheduled appointments and follow your provider's instructions.
- **Be patient:** Results may take several weeks or months to become fully visible.
- **Stay hydrated:** Drink lots of water before, during and after your appointments.
- **Manage your expectations:** Non-invasive body contouring is not a magic pill, but it can be a powerful tool for achieving a more sculpted and toned physique.

**Love your  
experience.  
Love your results.  
Love your body.**

love  
your *Body*♥

**Are you ready to transform your body and get the youthful, toned, and contoured body you've dreamed of? Do something for YOU.**

You'll discuss your treatment plan with a trained specialist, and if tightening and toning is a priority for you, we have the safest, most natural and affordable treatments to offer!

**Booking your transformation is simple.**  
Risk-free, no-obligation.

*Schedule your consultation today!*

[CLICK HERE](#)







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