



ENDOLIFT

Skin Tightening & Fat Reduction

The latest non-surgical facelift treatment that is taking Hollywood by storm...



Endolift® - The Revolutionary Non-Surgical Facelift

Endolift® tightens, tones and lifts sagging skin, for complete rejuvenation. This portable, low maintenance laser, delivers face lifting and body fat reduction through a subcutaneous, laser micro fibre, no wider than a hair.

- > Results Comparable with Surgical Options
- > Minimum to No Pain
- > No Downtime
- > Quick and Easy
- > Cost Effective



Endolift is a minimally invasive, laser-based procedure designed for skin tightening and fat reduction. It uses a specialized Fiber-optic laser, known as the Endolift fibre, to target both the superficial and deeper layers of the skin to stimulate collagen production, promote skin tightening, and reduce localized fat. This procedure is becoming increasingly popular for non-surgical face and body contouring.





Key Features:

- Non-invasive or minimally invasive
- Uses a laser Fiber to target fat and skin (usually inserted under the skin through a small needle)
- Stimulates collagen and elastin production
- Targets both facial and body areas
- No general anaesthesia required (local anaesthesia is often used)
- Can see immediate results while better results seen weeks later
- Can be combined with other procedures such as fat transfer, Botox, dermal fillers and Radio frequency superficial skin resurfacing to enhance and maximise results (this will be discussed in the consultation)



Procedure Overview:

1. Consultation:

- The process starts with a consultation with Amanda Bishay Cosconsultant and international trainer to determine if Endolift is appropriate for the patient's needs and to discuss all the information associated with the procedure to make an informed decision.

2nd Consultation with Dr Bishay

- Client will then consult with treating Dr Bishay (Cosmetic surgeon)
- This includes a review of medical history and assessment of skin conditions.
- The clinician will assess the areas that require tightening and/or fat reduction.

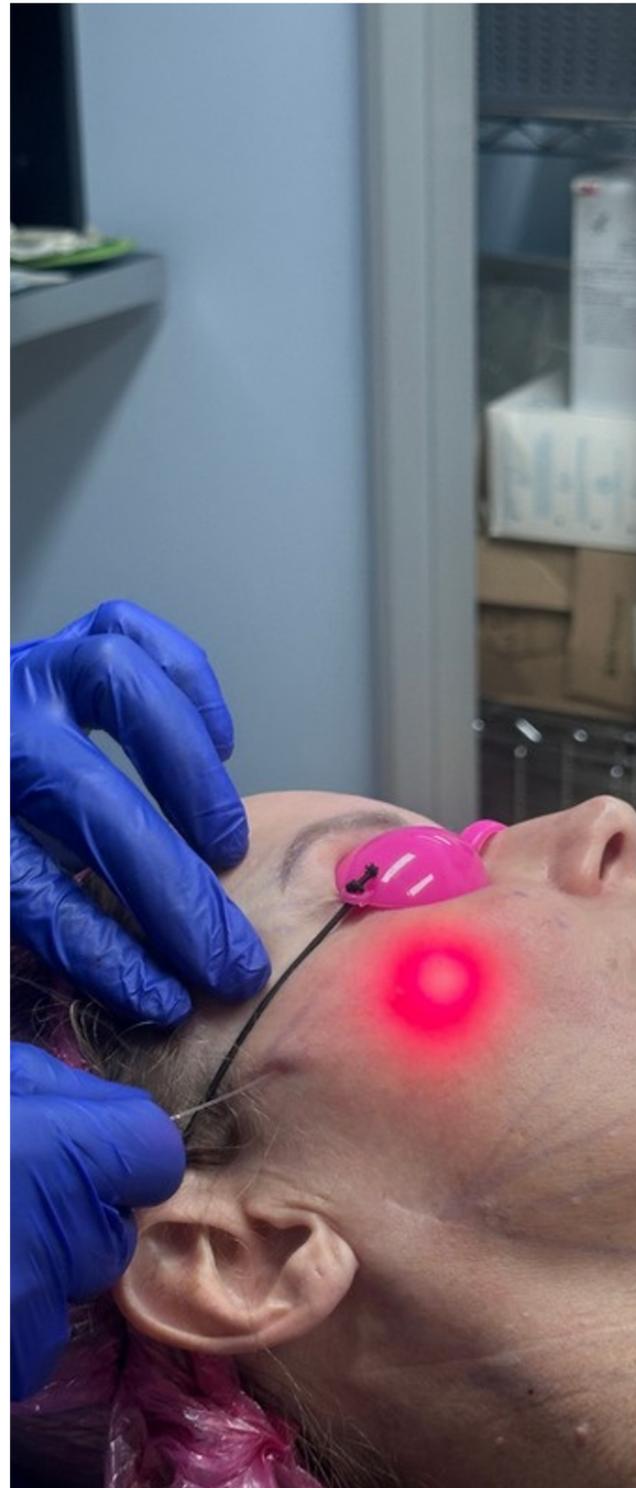


The procedure

2. Preparation:

Local anaesthesia is typically applied to the treatment area to ensure the patient is comfortable during the procedure.

The targeted area may be marked with a marker to help guide the placement of the laser Fiber.





The procedure

3. Laser Insertion:

A very fine laser fibre (less than 1mm in diameter) is inserted into the skin through a tiny incision or needle entry point.

The laser energy is delivered to the skin and fat cells, resulting in two key effects:

1. **Skin Tightening:** The heat from the laser causes the collagen fibers in the dermis to contract, tightening the skin.
2. **Fat Reduction:** The heat breaks down fat cells, which are subsequently flushed out by the body's lymphatic system.





The procedure



Post-Treatment:

The treatment usually takes between 1 to 2 hours, depending on the areas being treated. However if it combined with other treatments will need more time.

There is typically minimal downtime, with most patients able to return to their daily activities immediately afterward, though mild swelling or redness may occur. Sometimes with little to no bruising

Results can be seen right away and better results begin to appear within a few weeks but continue to improve over the next several months as the body naturally produces new collagen.



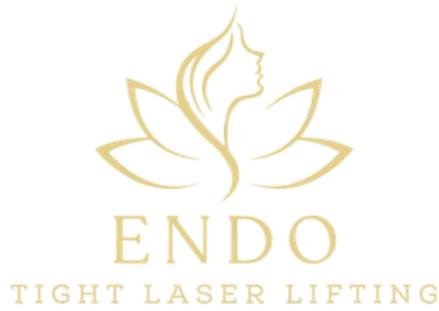
Areas of Treatment:

Endolift is highly versatile and can be used for both facial and body treatments:

Facial Areas:

- **Under the chin (submental area):** For tightening sagging skin and reducing a double chin.
- **Jowls and lower face:** For lifting and tightening sagging skin in the jawline area.
- **Nasolabial folds:** To smooth deep lines from the nose to the mouth.
- **Neck:** For skin tightening and improvement of the neck contour.
- **Cheeks:** To lift and tighten the cheek area.





Body Areas:

- **Abdomen:** For localized fat reduction and skin tightening.
- **Arms:** For sagging skin and fat reduction, particularly in the upper arms.
- **Thighs:** To address cellulite and excess fat in the thighs.
- **Flanks and back:** For contouring the waistline and reducing excess fat.
- **Hands** for skin tightening & rejuvenation





The procedure



How it Works:

Laser Technology: The Endolift laser uses laser energy to target the subcutaneous fat and the skin simultaneously. The laser stimulates the collagen and elastin fibers in the dermis, which are responsible for skin elasticity and firmness.

The laser also selectively heats fat cells, causing them to break down. These fat cells are then naturally processed and eliminated by the lymphatic system.

Immediate Effects: The skin will start to feel firmer and tighter after the procedure due to the collagen contraction, and fat reduction begins to show over time as the body removes the broken-down fat cells.



Advantages of Endolift:

1. **Non-Surgical:** It doesn't require incisions or stitches, and there is no need for general anesthesia.
2. **Minimal Downtime:** Most patients can return to normal activities immediately or within a day or two.
3. **Natural-Looking Results:** Gradual improvement in skin tone and texture without the risk of overly "tight" or artificial-looking results.
4. **Long-Lasting:** Results are durable, with continued improvement over several months, and can last up to 18-24 months, depending on the individual.
5. **No Scarring:** Because the procedure involves micro-instruments, there are no visible scars.
6. **Can Be Combined with Other Treatments:** Endolift can be combined with other procedures like dermal fillers or Botox for enhanced facial rejuvenation.



The procedure

Risks and Side Effects:

Swelling: Some mild swelling or redness is common immediately after treatment and may last a few hours to a few days.

Bruising: Minor bruising is possible in some cases but usually resolves quickly.

Infection: As with any procedure that involves a break in the skin, there is a small risk of infection.

Numbness: Temporary numbness may occur, though it generally resolves after a few days/weeks



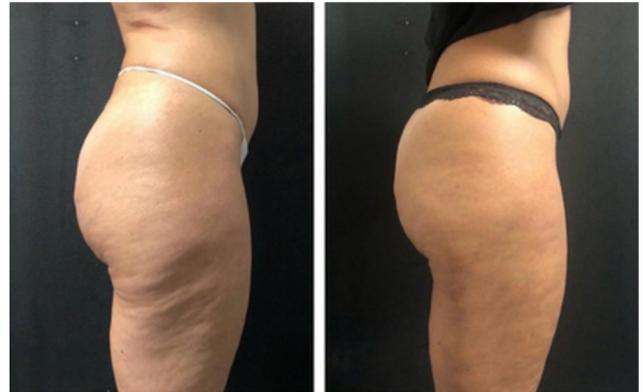


The procedure

Recovery

The recovery time for Endolift laser skin tightening is typically minimal, which is one of the key advantages of the procedure.

Here's a breakdown of what you can expect during the recovery period:

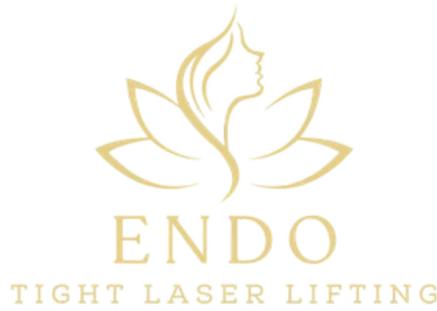




Immediate Post-Treatment (First 24-48 hours):

- **Mild Redness and Swelling:** It's common to experience mild redness, swelling, or slight bruising around the treatment area right after the procedure. These effects typically subside within a few hours to a couple of days.
- **Discomfort:** Any discomfort should be minimal. Some people describe it as a mild tingling or warmth in the treated areas.
- **No Downtime:** Most patients can return to their normal daily activities immediately after the procedure, although you may be advised to avoid intense physical activity for the first 24-48 hours.





Short-Term Recovery (First Week):

- **Swelling and Bruising:** Any residual swelling or bruising, if present, will gradually resolve over the course of the first week.
- **Mild Sensitivity:** The treated area may feel a little sensitive or tight during this time.

Aftercare:

You may be advised to:

- Avoid heat exposure (e.g., hot showers, saunas, or direct sun exposure).
- Use gentle skincare products and avoid any harsh exfoliation or treatments.
- Keep the area moisturized if necessary and apply sunscreen regularly.



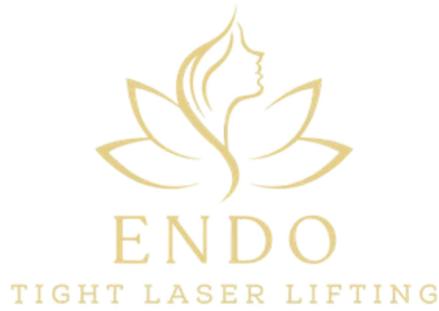


Long-Term Recovery (1-2 Weeks):

Full Healing: Any minor redness or swelling should completely disappear by the second week, leaving you with smoother, tighter skin.

Noticeable Results: Some patients start to notice improvements in skin tightness and contour around this time, though the full effect continues to develop over the following months as collagen production ramps up.





General Guidelines for Recovery:

Return to Regular Activities: Most patients can resume normal activities immediately. However, avoid strenuous exercises and intense physical activities for the first 3-5 days to allow the body to heal properly.

No Significant Downtime: There is no need for extended rest or time off work, making Endolift an attractive option for people with busy schedules.





Full Results Timeline:

- **3-6 Months:** Collagen production continues to improve, leading to visible tightening and rejuvenation.
- **6-12 Months:** Full skin tightening and fat reduction results can be seen, and improvements may continue for up to **18-24 months** after treatment, depending on the individual.
- In some cases, clients may want to maximise their results with another treatment 6 to 12 months after the initial treatment





Overall, Endolift has a very short recovery time, with most people experiencing only mild temporary swelling, redness, or bruising. The procedure is designed to have minimal downtime, allowing patients to quickly return to their normal routines. Full recovery, with the most significant improvements, is typically seen within 1-2 weeks, with long-lasting results becoming fully visible in the months following the treatment.

Post-Treatment Care: There are typically no specific aftercare instructions beyond the usual care for any minor swelling or redness. However, the following are generally recommended:

- Gentle massage or lymphatic drainage may be suggested to promote fat metabolism.
- Avoid strenuous exercise for the first few days post-treatment to reduce inflammation.
- Use of sunscreen is essential to protect the treated skin from UV damage.



Cost:

The cost of an Endolift procedure can vary widely depending on the size of the treatment area, eg. Face or body and size, quality of skin, the laxity of skin, if there is scar tissue as a result of previous treatments and if we need to combine it with other treatment modalities to maximise results..
treatments start at \$2000

Ideal Candidates:

Endolift is ideal for people with mild to moderate skin laxity and localized fat deposits, particularly those who are not ready or willing to undergo invasive surgery like a facelift or liposuction.

The procedure is effective for both men and women, though it is typically recommended for individuals between the ages of 30 and 70 who are generally healthy and have realistic expectations about the results.

Results Timeline:

Immediate: Some skin tightening can be seen right after the procedure.

1-2 Weeks: Swelling and redness subside, and results begin to show more visibly.

3-6 Months: Collagen production continues to improve, and fat reduction becomes more apparent.

Long-term: Full results can be seen within 6-12 months, with results lasting up to 5 plus years, depending on lifestyle and age.