

MSR<sub>X</sub> PROPER PROCEDURES

A woman with blonde hair tied back, wearing a white bikini, is running away from the camera into the ocean. Her arms are raised high in the air, and she is splashing water. The background is a clear blue sky and a vast blue ocean.

# free at last

Esthetician Beth Parker shows you how to liberate your clients from the painful needles of traditional mesotherapy.

With the rise in demand of traditional mesotherapy, which includes the injection of a special cocktail of vitamins, minerals, and medications directly into the layer of fat located just beneath the skin, it was only a matter of time before a non-invasive alternative was developed for clients looking to reduce the appearance of cellulite without any pain. At **Smooth Synergy Cosmedical Spa** (New York City), we offer clients FDA-approved non-needle mesotherapy. Using the same solution utilized in traditional

and electric current, the solution is applied to the skin. The esthetician moves the modular over the skin to penetrate the cocktail. At Smooth Synergy, we believe it is most effective to keep a steady pace when moving the modular, as it is more comfortable for the client and is the most accurate absorption method. When using the fat-burning cocktail, the esthetician needs to move the modular at a faster pace to force the liquid to penetrate deeper into the skin in order to break up the fatty tissue. During the treatment, the

**“Using the same solution utilized in traditional mesotherapy and delivering the same results, non-needle mesotherapy is a painless option for clients.”**

mesotherapy and delivering the same results, non-needle mesotherapy is a painless option for clients who are unhappy with cellulite, excess fat, wrinkles, and sagging skin. It can be performed on any part of the body to create a smoother appearance, with the most popular regions being the neck, abdomen, hips, and thighs.

The treatment, which is akin to a spa treatment rather than a medical procedure, pairs the solution cocktail that is utilized in traditional mesotherapy with microdermabrasion and Dermoelectroporation, an innovative technology that allows the fat- and cellulite-reducing cocktail to enter the skin through low-energy electrical pulses, as opposed to needles. On the day of the procedure, the area being treated must not be moisturized because the emollients in common moisturizers will not allow the cocktail to penetrate the skin. Microdermabrasion is performed to improve the surface of the skin and free it of impurities. Once it is healthy and balanced, the skin is ready to receive the smoothing cocktail.

There are two options that can be offered for the non-needle mesotherapy solution. Depending on the desired appearance, patients can opt for either a fat-burning cocktail or cellulite-reducing cocktail. The cocktail of choice is then put into a syringe that is connected to a device. The device carries the liquid through the tubing, into the unit, and, with slight vibration

client feels no pain, only a vibration over the treated area of the body. The vibration is caused by the modular's electric current, which penetrates the liquid into the skin. Once the treatment is complete, there is no discomfort, and the client can immediately return to normal activities.

Although results can vary, we have seen fantastic outcomes on our clients thus far. The circumstance and condition of the area being treated determines the number of treatments required to achieve the desired results. For example, the reduction of cellulite requires more treatments than fat reduction. During the consultation, the number and frequency of treatments should be discussed. In regard to how long the results will last, many factors come into play, such as the client's lifestyle. As with invasive procedures such as liposuction, good dietary habits and exercise are necessary to prevent fat from returning. The treated areas will experience a tightening and toning effect due to the penetration of the solution, which will enhance the production of collagen and elastin. The most valuable benefit of non-needle mesotherapy is improving the way your clients feel about their bodies.—**Beth Parker**

Beth Parker is the head esthetician at Smooth Synergy Cosmedical Spa in New York City. For information, visit [www.smoothsynergy.com](http://www.smoothsynergy.com).