

## Frequently Asked Questions

### What does a Contour Light treatment feel like?

Patients lie on a treatment bed and the Contour Light pads, which resemble large heating pads, are placed over the area to be treated. You will feel a slight warming sensation, but no pain or discomfort. Most patients can read or use their phone/portable device, while some will even take a short nap.

### What type of results can be expected?

The recommended Contour Light treatment protocol involves 10 treatments in a series, delivered every other day or every 3 days. Patients see a noticeable improvement within the first 2 or 3 treatments, many as early as the 1st treatment. The full series of 10 treatments should address most patient expectations, but some patients may want to continue with additional treatments.

### How long will the results last?

Results will vary from patient to patient, primarily due to the commitment by the patient to their goals. If a patient maintains a healthy lifestyle of a diet and exercise program that promotes weight control, their results can be long term.

### Can anyone be treated?

A Contour Light treatment is safe and effective for anyone who is in generally good health. There are some restrictions, but your clinician can answer any questions you may have. Patients are recommended to consult their physician before starting any type of diet or exercise program.

## What do our patients say?

*"I used the Contour Light 3 times a week for a month. After the first week, I noticed my clothing was getting loose. After my final visit, I was down 18 inches. I needed new clothing because all my clothes were sagging. I would recommend it to anyone desiring a change in their shape and willing to follow the protocols. It's been well worth it!"*

– Chris M.

*"I received 12 treatments with the Contour Light over the course of about 6 weeks. Not only did I lose inches to the point where my clothes were loose, the best thing was how it improved my cellulite. I can wear a bathing suit again without feeling self conscious about my legs!"*

– Melanie D.

*"The Contour Light system is amazing. Within the first two treatments, I could notice that my skin was becoming more firm and smooth. The light helped me lose inches and also tightened my skin, making me look much younger!"*

– Catherine G.

## Anderson Wellness Center

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**CONTOUR  
LIGHT**



**Non-Invasive  
Body Contouring  
Technology**

**Measurable results from the first  
treatment No Pain, No Surgery, No  
Discomfort**

# No Pain, No Surgery, No Discomfort! Improve all areas of the body

## Safe and Clinically Proven

### Photobiostimulation

Clinical studies show that when a fat cell is exposed to mid-600nm red light, the cell will release 99% of its



contents within just a few minutes, leaving the cell deflated much like when a balloon releases its air. The light stimulates the mitochondria of the fat cell in a process called photobiostimulation, causing the cell wall to open and allow the cell contents to escape.

Additional clinical studies show that patients experienced significant inch loss caused by exposure to this light alone.

### How does this cause inch loss?

After exposure to the light, the fat is released from the cell into the interstitial space (just below the deepest layers of your skin) and is evacuated from this area by the lymphatic system. By eating right, getting some exercise and drinking plenty of water, the lymphatic system will be much more efficient in the removal of this fat. The liver and kidneys play an important role in eliminating the waste from your body, so living healthy is vital for enhanced results and overall wellbeing.

## Non-Invasive Body Contouring

LED-based light therapy has been effectively used for decades to improve appearance.

Contour Light is the most innovative design available, delivering more light energy than any other system in this category.



### Measurable results from the first treatment

Patients typically experience a reduction from 2 to 5 inches, with some patients seeing an even greater change. The larger the patient, the more measurable the results will be.

### No Pain, No Surgery, No Discomfort

The treatment is totally non-invasive; no surgery or downtime. Contour Light's red and infrared LEDs deliver energy at a very high volume, but there is no heat involved due to the system's proprietary "heat-sink" technology, which draws the heat away from the patient's skin. There is no pain or discomfort.

### Improve all areas of the body

The Contour Light pads are large, soft and flexible and can be safely used on virtually every part of the body: neck, back, arms, chest, abdomen, buttocks and thighs.