

'truBody™

REDUCE FAT +
BUILD MUSCLE

Discover
the world of
**BODY
CONTOURING**

AT SYDNEYWEST AESTHETICS

'truSculpt™ | 'truFlex™

EXPERIENCE A NEW YOU

Revolutionary body contouring has arrived at SydneyWest Aesthetics.

SydneyWest Aesthetics is proud to offer the exclusive, non-invasive body contouring treatments, truSculpt and truFlex.

With body contouring, you can smooth out bulges, eliminate fat cells, or build and tone muscles. Designed to target areas resistant to diet and lifestyle or to support those who cannot exercise due to pain, surgery, or postpartum healing.

Our body contouring treatments are designed to deliver results.

truSculpt is a clinically proven fat-burning & skin-tightening treatment that targets stubborn fat without any downtime and an average of 24% fat reduction in the treated area in one session.

Radiofrequency (RF) energy works by heating the subcutaneous fat layer to a temperature that destroys the fat cells.

During a truSculpt treatment, RF energy is delivered to the targeted area through a handpiece, causing the fat cells to heat up and break down. The destroyed fat cells then release their contents, which are gradually eliminated from the

body over about 3 months through the lymphatic system, improving shape and body contours.

The heat generated by the RF energy also stimulates the production of collagen. This protein helps to tighten and firm the skin. As a result, the treatment not only reduces unwanted fat but can also improve the appearance of the treated area by making the skin look smoother and tighter.

truFlex is a clinically proven muscle-building & toning treatment that can increase muscle mass in the treated area by up to 30% in as few as 4 treatments!

The multi-directional stimulation (MDS) technology used in truFlex is designed to target multiple muscle fibres simultaneously, resulting in a more effective workout and improved muscle tone. The treatment is performed in a comfortable, non-invasive manner and typically lasts about 15 minutes per session.

During the treatment, electrical impulses are delivered through multiple electrodes placed on the skin at varying frequencies and intensities to simulate a resistance training workout. The muscles

respond to the stimulation by contracting and relaxing, building strength and improving definition. In addition, different contraction patterns stimulate various forms of exercise, such as intensified twisting, squatting, and crunching. truFlex generates thousands of muscle contractions per session, much more than you can achieve in an intense workout session.

- ✓ **Personalised to you**
- ✓ **Fast treatments**
- ✓ **No Downtime**
- ✓ **Clinically proven**
- ✓ **TGA approved**

At SydneyWest Aesthetics, we believe in thorough individual patient assessment. We pride ourselves on our process, craft, and attention to detail. Minimally invasive treatments are preferred. We want our patients to return to their normal lifestyle at the earliest possible time.

Led by Dr Ho, a Specialist General Practitioner, Cosmetic Physician, and an Aptos Thread Lifting Trainer.

SydneyWest Aesthetics invites you to book in for a consultation to kick start your journey to the body you have always wanted.



REDUCE TIGHTEN BUILD TONE

With no downtime

'truBody™

'truSculpt™

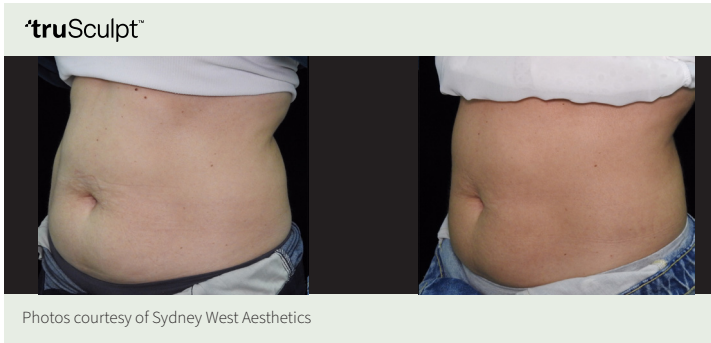
Clinically proven
average of
24% fat reduction

'truFlex™

Clinically proven
average increase of
**muscle mass by
up to 30%**

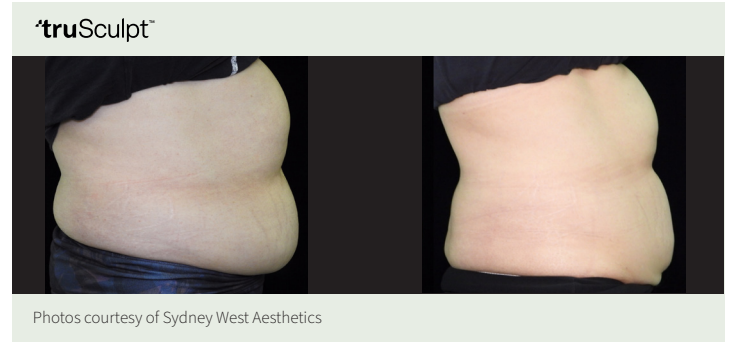
REAL RESULTS

TUMMY TRANSFORMATION



TREATMENTS 1 x treatment of truSculpt
TARGETING Abdomen

MUM TRANSFORMATION



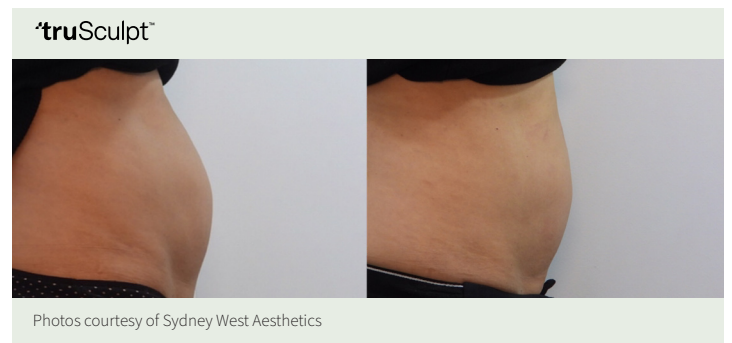
TREATMENTS 1 x treatment of truSculpt
TARGETING Abdomen

AB ENHANCEMENT



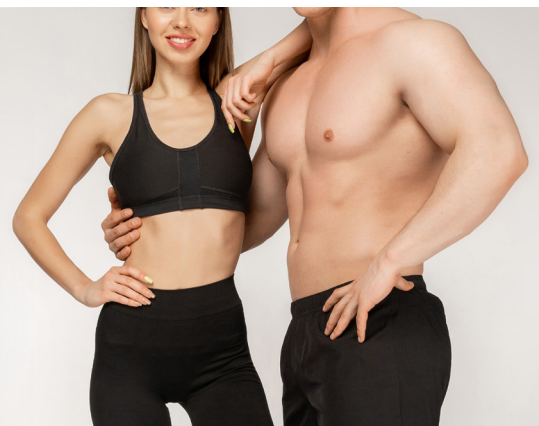
TREATMENTS 1 x treatment of truSculpt
TARGETING Abdomen & Flanks

GOODBYE STUBBORN FAT



TREATMENTS 1 x treatment of truSculpt
TARGETING Abdomen

FOR *every* BODY.



LOVE HANDLES AND BACK

'truSculpt™

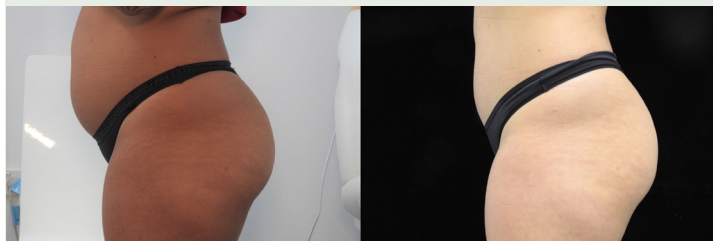


Photos courtesy of Cutera

TREATMENTS 1 x treatment of truSculpt®
TARGETING Back fat and flanks

TONE & SCULPT

'truFlex™



Photos courtesy of Sydney West Aesthetics

TREATMENTS 4 x treatment of truFlex
TARGETING Abdomen, Buttocks & Hamstrings

GOODBYE DOUBLE CHIN

'truSculpt™



Photos courtesy of Cutera

TREATMENTS 1 x treatment of truSculpt®
TARGETING Double chin

GO SLEEVELESS

'truFlex™



Photos courtesy of Sydney West Aesthetics

TREATMENTS 6 x treatment of truFlex
TARGETING Arms

SCULPT YOUR BEST BODY WITH *us.*

TO BOOK A COMPLIMENTARY CONSULT CALL 02 9897 7007

BETTER TOGETHER

truBody / This synergistic pairing delivers an average of **24% fat reduction** with **truSculpt** and up to a **30% increase in muscle mass** with **truFlex** for a personalised treatment experience with superior results. It's the complete body sculpting solution to remove fat, rebuild muscle, and renew skin!

ABS TRANSFORMATION

truSculpt™ truFlex™



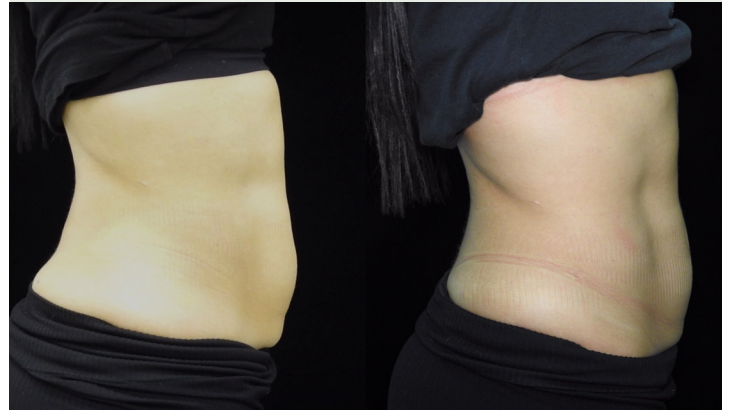
Photos courtesy of Cutera

TREATMENTS 1 x treatment of truSculpt®
4 x treatments of truFlex®

TARGETING Upper and lower Abdomen

TRIM & TIGHTEN

truSculpt™ truFlex™



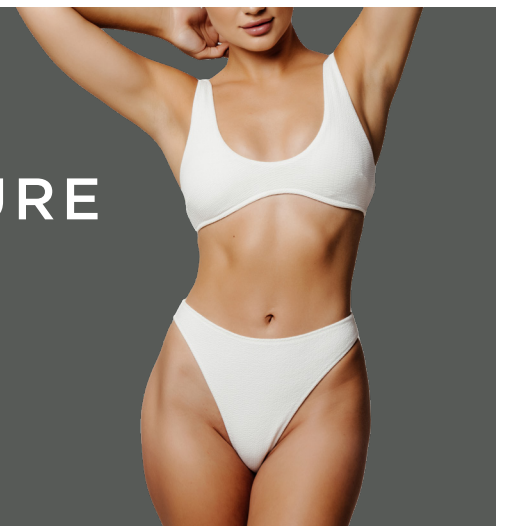
Photos courtesy of Sydney West Aesthetics

TREATMENTS 1 x treatment of truSculpt®
4 x treatments of truFlex®

TARGETING Abdomen

SCULPT YOUR *dream* FIGURE
AND *restore* CONFIDENCE.

TO BOOK AN APPOINTMENT CALL 02 9897 7007



Q & A 's

truSculpt™

Body contouring
Fat reduction
Skin tightening

truFlex™

Strengthen, firm, tone
& build muscle

What areas does truSculpt treat?

This treatment can be used on multiple body areas, including the abdomen, love handles, bra rolls, thighs, banana rolls, arms, chin and more!

Who is a suitable candidate for truSculpt?

truSculpt is a customised procedure tailored to the patient's specific needs, making it ideal for most men and women. The best candidates for truSculpt are patient's that require body contouring and have stubborn pockets of fat in problem areas.

Dr Ho and our team will evaluate your individual situation during your consultation and determine if truSculpt is right for you.

Is there any downtime?

Radio-frequency is non-ablative, meaning it will not damage the skin. Post-treatment, patients may notice redness, tingling and slight tenderness in the areas that have been treated. Most patients can return to work and normal activities after their treatment.

How many treatments do I need?

Usually, one treatment is needed per area of the body (excluding Submentum). However, more may be required to achieve desired results.

Subsequent treatments on the previously treated areas may be done 3 months after.

For the Submentum (under the chin), 2-4 treatments are suggested and spaced 4-6 weeks apart.

What areas does truFlex treat?

Common treatment areas include the abdomen, obliques, arms, calves, thighs (front & back), and buttocks.

How does the treatment feel?

A truFlex treatment is non-invasive. You will feel your muscles contracting, with the sensation increasing in intensity.

What can I expect after a truFlex treatment? What is the recovery time?

You can resume normal activities immediately after treatment. However, some people report mild soreness, similar to that after an intense workout.

When will I see the results?

Within 3-6 weeks, patients will begin to see changes in their muscles. An average of 30% increase in muscle mass is achieved 8 weeks after the final treatment.

How many treatments do I need?

The initial package at Sydney West Aesthetics includes 4 treatments. These treatments should be spaced between 2 to 5 days apart.

Maintenance sessions are recommended every 2-3 months.

Have more questions? Get in touch.

CALL 02 9897 7007



25 MEMORIAL AVE
MERRYLANDS
NSW AUSTRALIA 2160

WWW.SYDNEYWESTBEAUTY.COM.AU

CALL 02 9897 7007
OR 0478 807 007