



# Exilis Elite™

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A non-invasive alternative  
to cosmetic surgery

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# EXILIS ELITE™ AND HOW IT WORKS

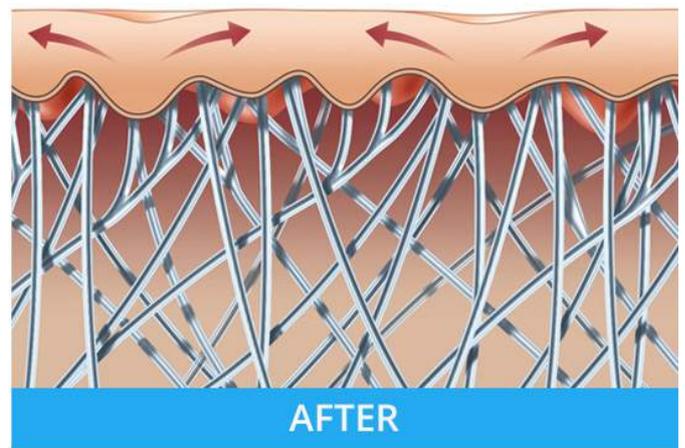
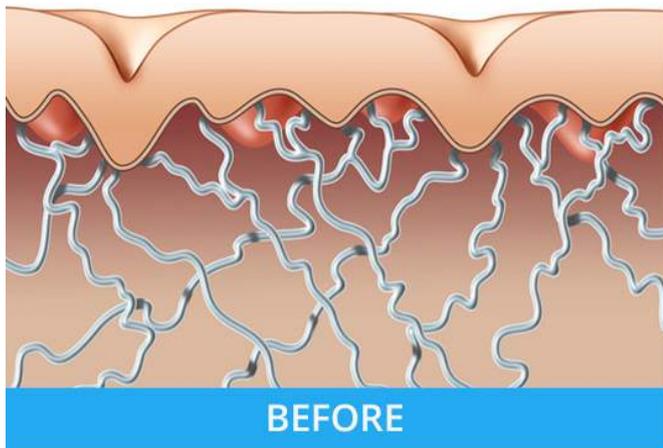
## What is Exilis Elite Skin Tightening?

In our youth our facial fat pads sit in their correct position under the skin. The result is high looking cheeks and taut jaw lines. A natural part of the ageing process is gravity leaving the skin slacker, jaw lines undefined and brows drooping.

Collagen and elastin production which holds the skin taut and younger looking, shuts down gradually from our late twenty's. Our fat pads move downwards in the facial area leaving us with heaviness around the brow and jaw line. Our skin also becomes more lax.

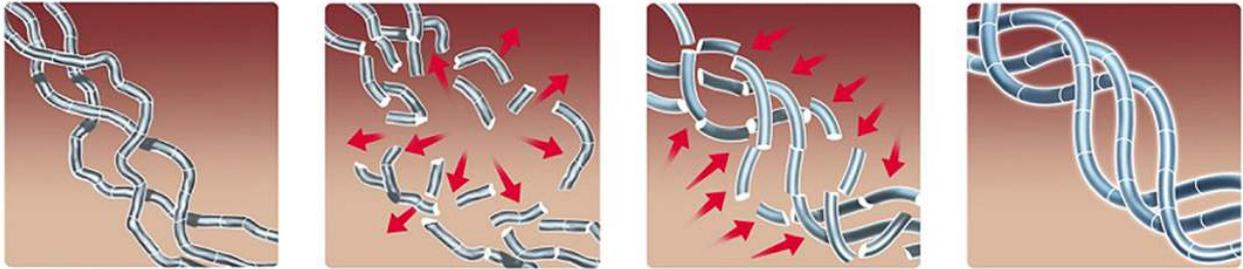
The beauty of Exilis Elite is that it works to actually stimulate your collagen and elastin to wake up and act as in your youth. The result is a gradual tightening of the skin minimising and preventing laxity so you look fresher and more youthful.

## Collagen Triple-Helix Structure



# HOW DOES IT WORK?

Using state of the art patented technology, it combines ultrasound with radio frequency energy to initiate the body's natural response, known as neocollagenesis, to produce fresh, new collagen and elastin.



# WHAT CAN I EXPECT?

## During Your Treatment...

After cleansing the skin and identifying the specific areas to be treated, your Exilis Elite practitioner will apply the ultrasound gel and place the smooth treatment applicator against your skin. Next, she will use the Exilis Elite probe to precisely place and deliver the focused energy beneath the skin's surface in the area where you most need it.

During the treatment delivery, you will feel energy build, often described as similar to a hot stone massage. Comfort levels vary from person to person, but the heat sensation only lasts while the energy is being delivered in that area. Your Exilis Elite practitioner will monitor your comfort ongoing and adjust accordingly.

## After Your Treatment...

With Exilis Elite, there is no downtime! You can return to your normal activities immediately after your procedure without any post-treatment restrictions or requirements.

Your skin might appear flushed at first, but the redness should disappear within a few hours. Some patients experience slight swelling, tingling or tenderness to the touch, but these are mild and temporary in nature.

## CONFUSED ABOUT TREATMENTS...

It's not surprising it's difficult to decide whether a treatment is the right one for you. There is so much information available but very rarely 'how treatments work' are compared for you. Here is the key information to help you:

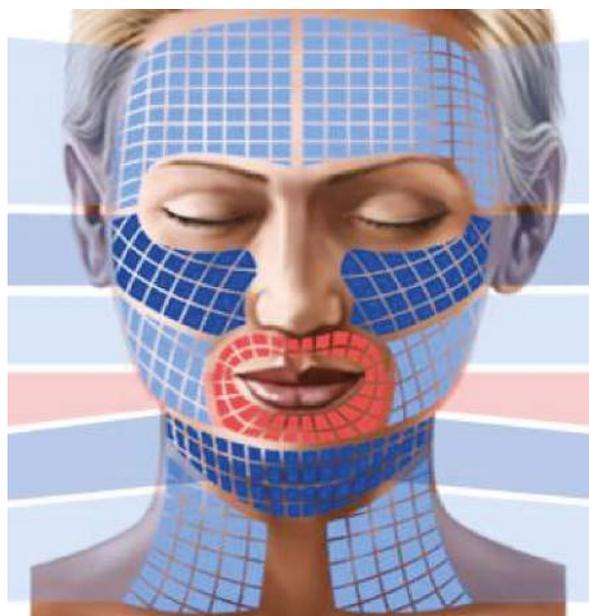
**Skin Tightening with Exilis Elite.** Uses a combination of radio frequency and ultrasound energy to bypass the surface of the skin to treat depths of up to 3cm. It is FDA cleared to tighten skin. Results are seen from 2-3 months.

**Skin Lifting with Ultherapy.** Uses sound energy ultrasound which has unique properties that allow it to bypass the surface of the skin to treat depths not matched by any other non-invasive cosmetic device. Ultherapy ultrasound stimulates collagen production in the skin's foundation, resulting in a clinically significant lift of tissue over 2-3 months with full results at 9 months.

Since the two technologies often treat different types of skin issues, they're actually very compatible and may be both recommended in your personal treatment plan.

## Areas Suitable For Treatment With Exilis Elite...

Exilis Elite is ideal for skin that is showing the early signs of ageing. Typical treatment areas are brows, cheek area, eyes, jaw line, neck, décolletage. It can also be used to lift the skin on the arms, over the knees, over the breasts and to lift the bum



Most clients only need one course of treatment. However based on the degree of skin laxity, the biological response to radio frequency and ultrasound energy and the individual's collagen-building process, some patients benefit from additional treatments. Because skin continues to age, future touch-up treatments can help you keep pace with the body's natural ageing process

# WHAT RESULTS CAN I EXPECT?

As a multi-award winning treatment this non-invasive alternative to surgical skin tightening treatments to the face, neck and body, Exilis Elite involves no needles or scalpels; there's no downtime and, best of all, no scarring.

The procedure takes between one and two hours and results can be seen in 2-3 months with the most dramatic results evident at 9 months. A course of 4 weekly treatments is recommended for best results.

Exilis Elite is FDA\* cleared for skin tightening with 30+ clinical papers supporting its efficacy.  
\*(US Food & Drug Administration).

While Exilis Elite won't duplicate the results of a facelift, it's a clinically proven non-invasive alternative for those not ready for surgery—and can even be an option for patients who wish to extend the effects of cosmetic surgery.



BEFORE

AFTER

# WHAT ARE THE NEXT STEPS?

If you're interested in this procedure, we recommend you research Exilis Elite clinics near to you or contact a centre that has been recommended to you by a friend who has undergone the treatment.

Ensure the clinic uses Exilis Elite as this is a FDA-cleared skin tightening treatment (Food & Drug Administration) so you can be confident you will achieve the results you want.

Check the practitioner who will carry out your procedure is highly trained and experienced. Clarify they have received training through BTL Aesthetics the medical technology company behind the Exilis Elite device.

Don't be afraid to enquire about their experience, ask them to share their results and discuss how many procedures they have carried out. It is vital that you feel you are in safe hands before, during and after your treatment.

During your consultation you should be asked to discuss your medical history, talk about the areas you would like to have treated and your expectations, and understand your suitability for treatment.

Once you are satisfied you have all the information you need and are feeling confident to move ahead, you should be given a treatment date 14 days after your consultation. This 'cooling off period' is a recommended industry standard and provides you sufficient time to digest the information and ask further questions should you need to.

# EXILIS

# WHY WE RECOMMEND DR CLAIRE OLIVER...

As Medical Director of Air Aesthetics Clinics, Dr Oliver is one of the UK's leading Exilis Elite practitioners.

With clinics in Henley in Arden, Warwickshire, and The Cube, Birmingham City Centre, we are able to offer you a personalised, professional customer experience in the location that suits you.

We understand that you may feel nervous and we invite you to visit an Air Aesthetics Clinic and watch a treatment taking place. You are more than welcome to speak to some of our clients and meet with Dr Oliver to informally discuss Exilis Elite prior to a consultation. We do not charge for this time with us.

Call **0845 519 5377** and speak to Sue Harbour, our Clinic Co-ordinator, and discover how your exciting journey will lead to a new you.

Email: **hello@airaesthetics.co.uk**



*Dr Claire Oliver*



AESTHETICS & WELLNESS

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