

## Q HOW DOES PHYSIQ 360 WORK?

PHYSIQ 360 delivers two types of energy to the body: laser energy (LZR) to melt fat and electric muscle stimulation (EMS) to re-educate muscles.

PHYSIQ 360 is able to deliver both of these energies in one session thanks to STEP technology - which stands for Sequential Thermal & Electrical Pulse. STEP alternates between laser and EMS in a single session to maximize your results while still keeping the treatment short and comfortable.

## Q WHO IS A GOOD CANDIDATE FOR PHYSIQ 360?

PHYSIQ 360 is truly for EVERY body. No matter your starting point, PHYSIQ can help you reach your goals.

Because PHYSIQ 360 is fully customizable, our specialist will work with you to understand your goals and craft your treatment plan (the average recommended treatment plan is 5 sessions spaced 7-10 days apart).

## Q WHICH PARTS OF THE BODY CAN I TREAT?

PHYSIQ 360 can be used to target a variety of areas on the body. You can even treat two areas at once thanks to four independent applicators. Treatable areas include:

abdomen  
love handles & waist  
inner & outer thighs  
calves & ankles

arms  
above the knees  
glutes

## Q IF I'M USING A WEIGHT LOSS MEDICATION, CAN I STILL GET PHYSIQ 360 TREATMENTS?

PHYSIQ 360 is a great complement to weight loss medications. It can help you contour areas that were not affected by the medication, it can also help you maintain and build muscles, which can be depleted due to rapid weight loss.

If you're on a weight loss program, speak to our provider about how PHYSIQ 360 can help before, during, and after your program.

## **ARE PHYSIQ 360 TREATMENTS PAINFUL?**

PHYSIQ 360 treatments are completely comfortable. The laser energy is delivered directly to the deeper layers of fat without overheating the skin. This portion of the treatment feels like a hot stone massage. The electrical muscle stimulation feels like painless muscle contractions (although it may feel a bit strange!).

PHYSIQ 360 is safe and approved for all skin types.

## **HOW LONG DOES A TREATMENT TAKE?**

PHYSIQ 360 treatments vary in time depending on the body areas being treated as well as the energy being used. On average, treatments are 30 minutes long.

## **IS THERE ANYTHING I NEED TO DO BEFORE OR AFTER THE TREATMENT?**

Your PHYSIQ 360 provider will discuss with you the proper pre- and post-treatment protocol. Some medications and topical products may need to be paused before your treatment begins.

Proper hydration is recommended before and after your treatment to aid with recovery. Sun exposure and intense exercise should be avoided post-treatment. There's no downtime time from a PHYSIQ 360 treatment and you can continue with the rest of your day.

Ask our front desk for a printed pre- and post-treatment protocol you can take home!

## **WHAT IS PLUS AND HOW DOES IT HELP WITH MY RECOVERY?**

PLUS is a pain-free lymphatic drainage treatment available with PHYSIQ 360. PLUS increases blood and lymphatic circulation to help promote healing, so you can realize your final body contouring results sooner. After fat destruction, your body will naturally remove any remaining damaged fat cells through your lymphatic system, and the PLUS technology helps expedite this process.

Speak to our provider to learn more about how PLUS complements your PHYSIQ 360 treatment.