



PERLIS WELLNESS CENTER

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Synergie® Elite AMS by Dynatronics™ Non-Invasive Body Contouring and Cellulite Reduction

Description of treatment:

The non-invasive body contouring and cellulite reduction option offered at Perlis Wellness Center is an excellent non-surgical alternative treatment to create firmer skin. This treatment is most often performed on the thighs, hips, buttocks, abdomen and arms to reduce the appearance of cellulite, smooth and tighten the skin, and improve circulation while losing inches. There is no downtime and minimal discomfort and risk. It is the perfect treatment for those wanting a more contoured appearance while still enjoying their regular daily activities.

What equipment/product do you use?

At Perlis Wellness Center we use Synergie® Elite AMS by Dynatronics™. The AMS (aesthetic massage system) technology gently combines suction and pressure to release the fluids in the fat cells that cause cellulite.

What is the treatment like? How does it feel?

Treatments are generally 40-60 minutes, depending on the size of the treatment area. The treatment is delivered by a licensed esthetician utilizing a device that combines suction and pressure, and generally feels like a vigorous deep tissue massage. To ensure your comfort and preserve modesty clients wear a Synergie® bodysuit during the treatments.

How does the treatment work?

This FDA-cleared therapeutic massage device provides optimal stimulation, stretching and pressure to subcutaneous tissues, not easily achieved through traditional massage techniques. The process increases lymphatic drainage and blood circulation to flush the fat cell fluids and reduce overall water retention. Additional benefits of this treatment include the boosting of the immune system and stimulation of collagen production, which reduces stretch marks and scarring. Over the course of treatments, the skin will gradually appear brighter and firmer, reflecting more light due to its tighter surface.

What areas can I have treated?

Synergie® can be performed on common problem areas such as hips, thighs, abdomen, arms and buttocks.

Can anyone have Synergie® treatments?

Both men and women can benefit from the detoxifying and fluid elimination processes of Synergie® treatments. However, there are certain medical conditions that may preclude treatment. An initial consultation includes a careful medical history and evaluation to determine your needs and any possible contraindications for Synergie®.

What is the pre-treatment care?

Please follow the recommended skincare regimen as directed by your Consultation Coordinator or Provider.



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What is the post-treatment care?

Please follow the recommended skincare regimen as directed by your Consultation Coordinator or Provider. Although many clients do experience some weight loss, this treatment program is **not** recommended for weight loss, and is most effective in losing inches and smoothing the skin. A healthy lifestyle is encouraged for optimal results. Remember, excess sun exposure is one of the greatest causes of collagen breakdown in the tissue.

Who are the best candidates?

Synergie® provides a proven non-invasive option for those individuals who want to lose inches and smooth skin without the risks, pain or high cost of radical surgical methods. Good candidates lead a healthy and active lifestyle, including diet and exercise, and do not smoke. Those candidates should also have realistic expectations and be committed to improving their skin and maintaining results under the direction of a skincare professional.

Can all skin types be treated?

***All skin types can be treated with this technology.

What results are expected?

With a series of 8-16 treatments followed by monthly maintenance treatments, as directed by your Consultation Coordinator or Provider, a healthy lifestyle, proper sun exposure, and skin care, one should expect an overall improvement in the appearance of their skin, including a more contoured area, smoother texture, with a bright, firm appearance. Clients generally feel a noticeable difference in the fit of their clothes. It is important to know not everyone is a candidate for Synergie® treatments, and those that do participate in the series must also follow strict at-home instructions to receive optimal results.

A typical treatment program consists of a series of twice-weekly sessions, followed by monthly maintenance sessions. Some clients may require more treatments.

When can you expect the results?

Synergie™ is cumulative and effective. Results gradually develop with each treatment, and are usually seen within 6 treatments, although results do vary with each individual.

There are many variables that predetermine one's propensity for cellulite, including genes, lifestyle, diet, and other intrinsic and extrinsic factors. The Synergie® system is effective in reducing the appearance of cellulite and inches in the treated areas, however due to aging and other variables, is not a permanent solution. Incorporating Synergie® into your lifestyle regimen is an important component for ongoing success. It is important to follow a healthy skin care regimen to prevent new damage, in addition to receiving maintenance treatments to maintain results. Please consult with your Consultation Coordinator or Provider for the best effective plan for your skin care goals.

We measure results based on the goals of the consultation and with clinical photography. Your Consultation Coordinator or Provider will assess your results throughout your treatment program. Photos of the treatment area will be taken prior to your first treatment and at the completion of the program. Additional photographs may be taken as needed.



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What happens if I begin Synergie® and for some reason have to stop for a few weeks? Do I have to start over again?

No, Synergie® is cumulative and effective. Noticeable outward changes can usually be seen within 6 treatments, although results do vary with each client. Even sporadic visits can yield results. To gain optimal results, Synergie® should be performed as recommended, which is twice weekly for 8 weeks with ongoing maintenance visits.

Is Synergie™ the comparable to liposuction?

No, there is no comparison. Synergie™ is non-invasive, and is a non-surgical alternative for temporary cellulite reduction in appearance and circumferential body measurements.

What are things to consider in choosing to have this treatment? Are there potential risks or side effects?

Many clients describe the treatment as a vigorous, deep tissue massage. The feel of the treatment is dependent on the individual, and although many find it relaxing, some may find there to be slight discomfort. There is generally no downtime with each treatment, however side effects and some downtime are possible.

Side effects can include:

- edema (mild swelling)
- textural irregularities
- mild bruising

Why should I receive this treatment from Perlis Wellness Center?

You should receive treatments from Perlis Wellness Center for multiple reasons. We have highly skilled professionals with excellent client satisfaction. We are very cautious with treatments taking all necessary steps to ensure safety and efficacy. We pride ourselves in our client services, creating relationships that make our clients our number one referral source. We are under the medical direction of Dr. Cheryl Perlis.

How much does the treatment cost?

The cost of Body Contouring and Cellulite Reduction varies depending on treatment area. Treatment packages are available for additional treatment savings. A specific cost will be provided to you in your one-on-one Cosmetic Consultation.

We incentivize our esthetic clients with our Client Referral Program where you will gain credits to use towards esthetic treatments. Refer to our Client Referral Program to learn more about how you can earn greater rewards.