



TREATMENT PROTOCOLS

ZEMITS ABIGON PRO

HOW TO PERFORM CUSTOMIZED THERAPY WITH YOUR ZEMITS ABIGON PRO



ANTI-AGING VESTAMI FACIAL TREATMENT PROTOCOL

Products to use:

- Zemits SonoSilk Skin Scrubber
- Zemits FirmingGenius Collagen Boosting Conductive Gel
- WrinkleGone MyoRelaxant Serum

Series of 6-8 treatments is recommended



ANTI-AGING ABIGON PRO FACIAL TREATMENT PROTOCOL

1. Start with Double cleansing the skin on the face
2. Follow up with the gentle superficial skin exfoliation using Zemits SonoSilk Skin Scrubber.

The smart portable system Zemits SonoSilk uses high-frequency ultrasound vibrations to penetrate the skin and exfoliate the upper layer of dead skin cells. 28,000 vibrations per second create high-speed oscillations, helping to extract extra sebum and exfoliate dry skin cells. Gentle ultrasound vibrations cleanse skin thoroughly leaving skin fresh and smooth, completely prepared for cryo skin toning.

3. Follow up with the Facial RF Skin Tightening Treatment.

Topically apply Zemits FirmingGenius Peptide Conductive Gel on the treated skin areas and use slow massage motions with the RF facial Bi- or Tripolar wand.

Follow the lymphatic flow directions. Adjust the RF intensity based on the skin type and hydration. Perform a step-by-step treatment all over the target areas on the face, for about 10-15 minutes.

4. Topically apply WrinkleGone onto the areas with wrinkles.

The Zemits WrinkleGone works effectively in targeting wrinkles caused by muscle activity, such as around the corners of eyes and mouth area, helps promote skin reparation, and dramatically stimulates antioxidant production giving skin deep and intensive hydration.

5. Follow with the sunscreen application.

**Recommended price per treatment:
\$200-250 per 30-45 minute facial.**

DOUBLE CHIN REDUCTION TREATMENT PROTOCOL

Products to use:

- Zemits SonoSilk Skin Scrubber
- Zemits FirmingGenius Conductive Gel

Series of 5-7 treatments are recommended



DOUBLE CHIN REDUCTION TREATMENT PROTOCOL

1. Start with Double cleansing the skin on neck and décolleté

2. Follow up with the gentle superficial skin exfoliation using Zemits SonoSilk Skin Scrubber.

The smart portable system Zemits SonoSilk uses high-frequency ultrasound vibrations to penetrate the skin and exfoliate the upper layer of dead skin cells. 28,000 vibrations per second create high-speed oscillations, helping to extract extra sebum and exfoliate dry skin cells. Gentle ultrasound vibrations cleanse skin thoroughly leaving skin fresh and smooth, completely prepared for cryo skin toning.

3. Perform the RF Skin Tightening Treatment.

Topically apply Zemits FirmingGenius Peptide Conductive Gel on the treated skin areas and use slow circular massage motions with the RF wand.

Follow the lymphatic flow directions. Adjust the RF intensity based on the skin type and hydration. Perform a step-by-step treatment all over the target areas for about 10-15 minutes.

*Avoid treating the projection of the thyroid gland

3. Follow with the sunscreen application.

Recommended price per treatment:
\$150-200 per 15-20 minute treatment.

BODY SLIMMING TREATMENT PROTOCOL

Products to use:

- Zemits FreshPeel Body Scrub
- Zemits FirmingGenius Conductive Gel
- Zemits SilkEuphoria Revitalizing Lotion

Series of 6-12 treatments is recommended



BODY SLIMMING TREATMENT PROTOCOL

1. Start with a photo before the treatment in order to track the effectiveness through the therapy sessions.
2. Cleanse the skin with a hot towel. Using the white make-up pencil- mark the area of treatment to ensure it is symmetrical from both sides of the body.
3. Apply a small amount of Zemits FreshPeel on the dry skin of the treated area and perform massaging circular motions while exfoliating skin from the dead skin cells and skin sebum for 3-4 minutes. Remove the remaining of the scrub with a hot towel.

Zemits FreshPeel was created with the vision in mind to transform your treatments into a wellness routine and achieve great results while creating an unforgettable experience during your services. The natural body scrub helps to restore skin's natural glow with a refreshing blend of Jojoba Oil, Aloe Vera Gel, and Cucumber Extract. Clean and simple formula for amazing results.

4. Follow up with Cavitation Step.
Topically apply Zemits FirmingGenius Conductive Gel and use very slow circular motions with the Cavitation Handpiece.

CAVITATION TREATMENT PROTOCOL

1. Position your client comfortably on a flat massage table.
 2. You may place a cushion or any type of support under his/her knees to reduce the tension of the abdominal muscles.
 3. Be sure to mark the desired treatment area with a body marker or make-up pencil.
 4. Apply a thick even layer of the conductive gel.
Tip for better service: warm up the gel in hot water prior to applying to avoid any uncomfortable or cold sensations when applying cold gel on sensitive skin areas.
 5. Remember: Cavitation can only be performed on areas with unwanted fatty layers.
 6. Perform the cavitation treatment using slow, circular massage motions. Use both of your hands, where one hand holds the handpiece directed into the fatty fold and the other hand pushes the skin fold towards the handpiece.
 7. Reapply the gel during the treatment when needed. It should always be comfortable and easy to glide the handpiece.
 8. Perform the treatment for 20-30 minutes depending on the size of the treatment area and the depth of the fatty layer.
 - 9. Important: do not point the cavitation handpiece directly to the stomach cavity - always point it into the fatty fold, stay on the marked treatment area.**
- Always take extra precautions to be gentle and careful on the upper body area. Do not work under the rib cage, stay focused on the fatty fold.
10. At the end of the treatment, wipe away any remaining gel.
 11. Always follow up with a lymphatic drainage massage right after the cavitation treatment.

5. After each Cavitation Session ALWAYS follow up with Lymphatic Stimulation Massage using Vacuum RF Unique Abigon Pro Handpiece.

Apply a thin layer of Zemits Dazzle Skin Massage Oil on a treated area.

This lightweight, deeply hydrating, blend of natural oils includes cold-pressed grapeseed oil, sweet almond oil, avocado oil, and other pure oils providing powerful antioxidant protection. Pure plant-based DazzleSkin Body Oil with vitamins and nutrients helps create a smooth and comfortable massage experience and promotes healthy-looking skin while leaving skin noticeably softer and smoother with a naturally vibrant glow.

Please note: for better Vacuum RF conductivity add a small amount of Zemits FirmingGenius Peptide Conductive Gel on top of the skin with a slight oil layer. The combination of oil with gel allows smooth gliding and RF conductivity.

Follow the lymphatic flow directions. Adjust the vacuum pattern and vacuum suction to a comfortable level. Adjust the RF intensity based on the skin type and the client's age. Perform a step-by-step treatment over the treated area, for about 15-25 minutes.

Please note: the longer the vacuum suction pattern, the deeper RF energy goes and the more intense treatment is.

6. Follow with a topical application of the Zemits SilkEuphoria Revitalizing Lotion using circular massaging motions.

Improves skin's water retention, combines 8 Essential oils to soothe and soften skin after a massage session.

RECOMMENDED TREATMENT TIME FOR BODY SLIMMING:

30-60 minutes on the area.

Recommended price per treatment:

\$200-350 per 30-60 minute treatment.

TOP CAVITATION SECRETS THAT MAKE YOU STAND OUT FROM YOUR COMPETITORS

1. Always use the proper technique: direct the handpiece in towards the skin fold

A lot of providers perform incorrect techniques by simply gliding the cavitation probe over the skin; this technique could potentially be unsafe for the abdomen area.

The proper technique is to hold the skin fold using one hand and focusing the cavitation handpiece into this fatty fold; this technique helps to accumulate the power of ultrasound waves inside the hypodermal fatty layer and prevents the ultrasound from going through into the abdomen area.

2. Perform targeted treatments instead of covering a large area within one treatment

Another mistake that several providers make is treating a large skin area at once combined with moving the handpiece over the skin too quickly. This technique doesn't allow the handpiece to stay over the treated area long enough, and ultrasound vibration cannot be forced on the targeted fatty cells - resulting in a less effective treatment.

The most effective way is to focus on a small skin area about 4" x 4" or 6" x 6" for the entirety of the treatment of 20-30 minutes depending on the location. You should use slow motions giving time for the energy to penetrate the skin and effectively work with the adipocytes.

Always ensure to reapply conductive gel during the treatment to allow ultrasound to penetrate evenly into the skin.

3. Perform deep tissue massage on the treated areas right after cavitation

Right after the cavitation session, perform a deep and intense massage:

- manual deep tissue massage
- vacuum cupping
- vacuum RadioFrequency

With this step you can mechanically massage the hypodermal layer to help dissolve the remaining parts of the collapsed adipocyte. A focused massage on the treated area can drastically boost lymphatic drainage of the fatty acids and triglycerides from the interstitial.

Vacuum with RF can additionally help to firm the skin with its thermal effect.

TOP CAVITATION SECRETS THAT MAKE YOU STAND OUT FROM YOUR COMPETITORS

4. Perform the lymphatic drainage treatment for the entire body after each cavitation session

If you have an opportunity to perform a full body lymph drainage massage, such as Pressotherapy, LPG, or EMS muscle stimulation, always offer these treatments in a package with your cavitation treatments. An additional full body massage can help to keep healthy liquid circulation, reduce edema, and drastically enhance skin oxygenation which leads to firmer skin and less cellulite appearance.

5. Explain to your client why it is so important to drink water during a cavitation treatment series

Mandatory water consumption: 1.5-2 liters of water per day throughout the entire cavitation course of 5-10 sessions.

Increased water consumption will also facilitate quick replacement of fluids in the organism. All processed liquids then leave the organism through natural excretory pathways: urination, defecation, and sweating.

To help you better understand the process, let's look at an analogy:

In case of a fever, doctors recommend patients to drink lots of warm fluids to prevent dehydration and stimulate liquid renovation. This way the processed liquid with cell dissolution products is excreted, and new clean liquid refills the body.

If during the cavitation course there is consistent water intake, healthy water consumption becomes a habit and a person transitions their diet to be more beneficial. This can improve metabolism, and most importantly – reduce appetite! Thirst often masks hunger, so if one drinks water regularly throughout the day, the urge to eat will occur less frequently and less severely. Consequently, decreasing the amount of consumed food will positively contribute to the client's metabolism acceleration and weight loss goals.

6. Explain to your client why it is so important to keep a healthy diet

For the best results it is highly recommended avoiding meals or at least avoiding carbs two hours before and two hours after the cavitation treatment. This strategy can help your clients maintain optimal calorie intake throughout the day. Besides that, you can explain to your clients that during "fat burning" procedures, such as cavitation, your clients may experience even more hunger than usual. This is a natural reaction of the body that can appear in order to protect itself and prevent quick loss of the fatty tissue, as fat is recognized by the body as a mainly supportive and protective organ.

TOP CAVITATION SECRETS THAT MAKE YOU STAND OUT FROM YOUR COMPETITORS

7. Encourage your client to add exercises to complete their successful cavitation treatment course

Minimal physical activity during the day is a very important factor to achieve desirable sculpting results. Cardio or a 30-minute walk per day helps to accelerate metabolism, reduce edema, and enhances effective excretion of collapsed adipocytes after cavitation treatment. Exercises also help to restore muscle tone which additionally improves body contour and skin elasticity.

8. Perform combined and customized treatment protocols to target specific areas of concern

The combination of treatment methods helps to enhance the results of body sculpting. For example, cavitation can reduce the amount of fatty cells, and an additionally applied laserlipo treatment can shrink the other fatty cells, or additionally applied EMS treatment can tone muscles and visually improve the body's silhouette, etc.

9. Always be sure to take before and after photos

Always take before and after photos to manage the progress of the treatment. This will motivate your clients to continue their efforts towards results, and create additional content (of course if you will have permission from your clients to use it) that can help bring you more leads.

BODY SKIN TIGHTENING RF TREATMENT PROTOCOL

Products to use:

- Zemits FirmingGenius Conductive Gel

Series of 6-12 treatments is recommended



BODY SKIN TIGHTENING RF TREATMENT PROTOCOL

1. Have the client read and sign the treatment consent form.
2. Be sure to take the before photos of the treated skin area.
3. Ensure your client removes any jewelry or piercings, as RF is an electrical current technique; any metal items need to be removed from the client's body.
4. Place your client on the treatment table comfortably.
5. Ensure the desired treatment area is marked with a body marker or make-up pencil. The size of each treatment area should not exceed the size of an A4 page.
6. Do not treat more than 4 areas in a single session.
7. Apply ultrasound gel to the treatment area.
8. Turn on the device and start the treatment.
9. Start with very slow motions and keep the RF applicator in constant motion within the target selected area.
10. Use circular motions.
11. Never stop moving the applicator during the treatment.
12. Ensure that there is enough gel throughout the entire treatment. Reapply gel when needed.
13. Please remember: the slower you move the Rf handpiece, the deeper the heat goes.

BODY SKIN TIGHTENING RF TREATMENT PROTOCOL

14. Always start your session with slow motions and ask your clients what their sensitivity to the heat is on a scale of 1-10 as you increase between levels. As soon as your client starts feeling about level 7-8, you should start moving faster and expand the area you are working in. This way you will be able to achieve the desired high skin temperature (about 100-110F) and hold the treatment temperature high, but safe, for the next 2 minutes in the same area.

15. Ensure that all of the RF electrodes stay in contact with the skin during the entire session.

16. Make sure the pressure of the applicator on the skin is sufficient.

17. Maintain good skin contact throughout the session.