



VelaSmooth at Vitalia Medspa

Nearly 80% of women over the age of 20 have cellulite. If you saw the Today Show recently they compared devices and felt only one was effective—VelaSmooth. It is an FDA cleared device for cellulite treatment that is a non-invasive medical solution which works by combining Bi-Polar Radio Frequency and light energies—known as elos™ technology—plus gentle suction and massaging action, to precisely target and safely heat problem fat chambers within the skin. The result is a smoother appearance of the skin's surface.

Jaime Jones is a physician's assistant who performs VelaSmooth at Vitalia Medspa. Tracey is a client who is halfway through her treatments.

Jamie, what areas of the body respond best to VelaSmooth?

The thighs, buttocks, abdomen, bra-line, upper arms, chin and neck can all benefit from the treatments. Men as well as women will get results.

How many treatments would someone have to have to see results?

Twice weekly treatments for 8 weeks is optimum for a total of 16 treatments. After that if you maintain your diet and exercise schedule you should only need once a month treatments for maintenance.

Can you lose weight from VelaSmooth?

You won't necessarily lose weight but you will lose inches and your skin will be smoother and more taut. It does not remove fat cells—only liposuction or more invasive procedures can do that. But it can shrink

individual fat cells and removes the fluid which contributes to the lumpy, dimpled look of cellulite and that is taken out by the lymphatic system.

Tracey, what made you decide to get Velasmooth?

I made an offhand comment to Vitalia's director Cathy Hill about reducing my "assets" so to speak and she said they actually had a treatment for that part of the body. I also thought it would be an incentive to stick with my diet and exercise plan by seeing my progress.

So are you seeing results yet?

Definitely—my clothes are looser and my skin is feeling more taut. My husband commented recently on how my skin looked tighter.

How does the treatment feel?

It feels like a warm suction cup that pulses as it goes over the area. Jaime does about 30 minutes on one leg and then 30 minutes on the other leg since each treatment lasts for an hour. It doesn't hurt but it can feel a little tender sometimes, but as long as you communicate with the person administering it they can adjust the temperature and pressure.

Are you happy with your experience at Vitalia?

Absolutely. I'm most impressed with the caring atmosphere and the fact that they take their services seriously. I feel like I'm getting true, medical treatments by a professional that have measurable results as opposed to a temporary indulgence.

Vitalia Medspa is at 7506 Leesburg Pike in Falls Church, VA (near Trader Joe's) Their number is 703-356-SKIN (7546). Online at www.vitaliamedspava.com. For the month of March they are offering 50% off Velasmooth packages along with skin and hair removal packages.