

# Tried & Tested: Exilis Elite

The Cosmetic Surgery Guide's editor steps up to test out Exilis Elite: A revolutionary non-invasive form of treatment for the reduction and reshaping of targeted fat deposits.

## What is Exilis Elite?

Exilis Elite is an Award winning FDA approved device that offers a revolutionary non-invasive form of treatment for the reduction of wrinkles, reshaping of the body and reduction of targeted fat deposits, with long-lasting results.

The treatment uses safe thermal energy in a controlled fashion with a unique cooling feature to provide a comfortable but effective treatment. The Exilis can be used on virtually any area of the body and face. It can postpone or eliminate the need for invasive surgery particularly for patients with mild to moderate fat deposits and who may not be candidates for lipoplasty.

The Exilis treatment has been clinically tested and scientifically proven to treat laxity and melt fat within several painless treatment sessions. It has been cleared by the FDA for use in dermatologic and aesthetic procedures with indications for non-invasive treatment of wrinkles and rhytids.

## How does it work?

The Exilis procedure uses a combination of high energy, mono polar, radio frequency and ultrasound to deliver deep thermal heat into the skin, resulting in collagen remodeling, skin tightening, and fat loss. It delivers accurate heating and cooling, plus real-time monitoring of skin temperature, combined with the beneficial effects of mechanical waves.

This constant detection and control of RF flow allows the treatment to reach temperature in the shortest amount of time, providing a comfortable treatment for the client with the added bonus of outstanding results. Using safe thermal energy, patients experience a comfortable deep heating sensation with each short treatment session.

## How does it work?

The Exilis device is guided over the treatment area. You feel a warming sensation as the energy is delivered to the deeper layers of skin. Exilis focuses the energy on the specific treatment areas at the targeted depth of penetration either to target fatty deposits or to causing the collagen supporting tissues to remodel, stimulating

and strengthening the collagen network to improve skin laxity and texture.

Some pinkness on the treated area may show and last for about 15-30 minutes after the Exilis treatment. It is recommended that you drink more water on the day of the treatment and on the following day, and engage in light exercise to enhance results.

Exilis is recommended for any patient between the ages of 25 and 70+ who desires cosmetic improvement without surgery.

Two to six sessions at a rate of one every one to two weeks are usually recommended. You can have additional treatments if desired. Patients usually show continues results for at least six months after the Exilis treatment.

## EXILIS ELITE™

## Gallery:



# Exilis

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“Exilis fills the gap in my treatment portfolio for exceptional non invasive body sculpting and skin tightening procedures. With results as good as the Exilis system can achieve, it is no surprise this product is establishing itself as a brand leader in radio frequency and ultrasound.”

Dr Raj Acquilla



# Tester: Exilis Elite 4 Week Treatment

**NAME:** Laura Casewell  
**AGE:** 28

**PROBLEM AREAS:** Abdomen, inner thighs, saddle bags  
**TREATMENT TESTED:** Exilis Elite from BTL Industries

## Background

After losing a stone and half after Christmas I have dropped from a size 12/14 to a size 10. While I'm proud of my weight loss and happy with my new shape, I can't help but feel I need a little bit of help in feeling body-confident.

Like many women approaching 30, I have started to recognise the signs that my diet and exercise habits (or lack of) I implemented my 20s have not been kind to me. While I don't have children as yet, my days of eating like I was still at university caught up with me, and while I'm by no means chubby anymore, I do have some stubborn

areas of fat that no amount of salad or hours on the treadmill seem to shift. I have pinchable fat on my tummy, some jiggle on my upper inner thighs and, like many women, saddle bags.

Having heard of the benefits of Exilis, a non-invasive fat removal treatment, I'm keen to try the system first hand to see if it lives up to its glowing reputation. I'm not expecting miracles, but having booked four sessions with aesthetic practitioner, Dr Claire Oliver of The Air Aesthetics Clinic, I'm hopeful to see a visible change over the next month.

## Week 1:

Arriving at the clinic in Henley, Warwickshire I was greeted by a warm, friendly team and a clean, bright waiting area. On meeting Dr Oliver and explaining my problem areas to her, I could tell she more than understood the body hang-ups women like me complain about. After filling in a patient assessment form I underwent a thorough consultation in her relaxing treatment room. Dr Oliver asked me about

my medical history and asked me to point out which areas I was unhappy with, before telling me what she hoped Exilis could do for me individually. She explained what the fat reduction treatment involved and showed me before and after photographs, as well as explaining the science behind the machine. I was also shown the Exilis system itself so I was aware of how the procedure would work; including the treatment times. I was made aware that while treatment with Exilis is not painful- it requires no anaesthetic, needles or knives- it can be mildly uncomfortable due to the high levels of heat used to attack the fat cells. The team told me to tell them if the heat became too much, and that they would take regular breaks to allow my skin to cool slightly.

After making sure I was happy to continue, the areas for treatment were marked up and I was introduced to Jo - highly-trained in using Exilis- who would be helping to perform my treatment. I was asked to remove all jewellery before having a grounding pad attached to my back, and a mineral rich gel rubbed into my treatment areas; this helps the head of the device glide smoothly over the skin. The first area to be treated was my abdomen, and the Exilis was run over my skin in circular motions. Surprisingly, the process felt really pleasant; warm but relaxing just like a massage. My saddle bags were treated next, followed by my inner thighs, taking me up to around 60 minutes of treatment time. The inner thigh area was a little more uncomfortable than my belly and



I noticed the heat more quickly, but being that I had less fat in that area this wasn't surprising. Dr Oliver kept an eye on me and my skin, making sure I wasn't in pain during the treatment.

Leaving the clinic the areas treated with the Exilis are a little pink but don't hurt, and I'm advised to drink lots of water over the next few days to help flush my system and advance the effects further. I'm told I might not see any changes from the initial treatment, but I cross my fingers and hope I notice results quickly.

## Week 2:

It's been a week since my initial visit to Air Aesthetics and I've already noticed my skin feels firmer and my abdomen is looking slightly slimmer. I attended my second session and found the treatment to feel much more comfortable this time- I'm sure in large part this can be attributed to knowing what to expect the next time around. The slight redness I experienced after my first session reappeared, but lasted just a few hours before fading. It occurred to me that Exilis treatments require no downtime, meaning I can head back to work as soon as my appointment is complete.

As advised by Dr Oliver, I drank lots of water to flush my system and aid the body in removing the waste cells. Within 2 days of my follow up treatment, my partner commented on the changes to my shape, notably on my upper thighs- a positive boost which comes as a welcome surprise.

## Week 3:

A few days after my third treatment I am really starting to feel the difference Exilis Elite is making to the overall tone of my skin. My stomach area in particular feels silky soft, and the area feels tighter. In coming days I notice my abdominal area appears much flatter,

and the quality of the skin that has been treated is outstanding. I'm surprised and delighted!

By the end of the third week I notice an obvious difference to my saddle bag area, particularly when I wear a pair of skinny jeans. My partner and friends comment on how trim I'm looking which makes me feel excited to see what my last treatment will have in store for me.

## Week 4:

My last hour long treatment with Exilis Elite is complete and this time the redness I usually experience in the 2 hours after treatment is practically gone within 20 minutes. Having had the procedure now four times, my heat tolerance levels have increased, and I managed to comfortably sit through the session with an average temperature of 42 degrees. As Jo and Claire explained to me in previous sessions, the warmer you can keep the treatment area the better the results will be, so I leave my appointment feeling confident I'll see further results this week.

Two days after my final treatment and the effects are really starting to show on my inner thighs. I hadn't seen much change in this area after three treatments, but after the fourth round of treatment I can see the difference. My upper inner thighs no longer meet; I haven't been able to say that since my mid-teens!

## After Exilis Elite...

In the week after my last session at Air Aesthetics I'm astounded with the results. While I wasn't 'big' to start with I can see a visible change to the tone, texture and quality of the skin across my target areas. Not only that, but I can see my body shape changing, and I notice how different I actually now look in my clothes. I saw an old school friend during the week who told me I looked in great shape and asked me for my secret: I gleefully told her all about Exilis Elite.

While it can't be used as a weight loss tool, it can certainly help shape and tone, and I now have a tummy I can happily show off in a bikini again.

With no needles, knives or down time Exilis Elite deserves the recognition it's getting across the UK as a leading system for body contouring without surgery.

**Exilis Elite** is supplied by **BTL Aesthetics**. You can find out more information about this device and others by visiting [www.btlaesthetics.com/uk](http://www.btlaesthetics.com/uk)

## Gallery:



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## Meet Dr Claire Oliver

*“ I pride myself in taking the very best care of each and every individual patient ”*

The same applies to energy-assisted body sculpting, with Air Aesthetics exclusively offering body contouring using the best devices on the market like Exilis and CoolSculpting- all of which have met strict safety regulations.

“I would always advise patients to ask their doctor/practitioner specifically which products they use and why. Unfortunately very few ask me such questions,” she says.

Dr Oliver highlights the importance of asking a practitioner about their background and how much experience they have. Some practitioners provide non-surgical cosmetic treatments very infrequently as a 'side-line' to their regular job after completing a day's course in facial aesthetics. Others come from a background with little or no experience of injecting or anatomy of the head and neck area, both of which Dr Oliver says are far from ideal when experience is key to great results.

“During the five years degree to become a Dental Surgeon, we focused heavily on head & neck anatomy and injection techniques. I found non-surgical aesthetic treatments were a natural progression on from this. I went on to complete my advanced training in Facial Aesthetics 9 years ago and now practice full-time as a cosmetic practitioner. So you can rest assured you're in safe hands,” she concludes.

**Dr Claire Oliver** is a Gold member of the International Academy of Advanced Facial Aesthetics (IAAFA) and her medley of contemporary treatments allow patients to swap invasive procedures in favour of the latest revolutionary non-surgical.

For more information on **Dr Oliver** and the treatments available at **Air Aesthetics** visit [www.airaesthetics.co.uk](http://www.airaesthetics.co.uk) or **0845 519 5377**

Dr Claire Oliver qualified in 1995 as a Dental Surgeon before completing her advanced training as a Cosmetic Practitioner in 2003. Her years of experience in non-surgical body contouring and facial rejuvenation encompass an array of advanced treatments including upper and lower face Botulinum Toxin techniques as well as the advanced use of dermal fillers and volumisers such as Juvederm Voluma. Dr Oliver skilfully recontours, freshens and brightens your look with a commitment to natural-looking results.

“The vast majority of my patients come to me via a recommendation from friends & family. I pride myself in taking the very best care of each and every individual patient,” she explains.

“For most of us, getting older isn't easy. It is upsetting when you can no longer look in the mirror, because you don't like what you see. I believe aesthetic treatments should simply enhance the way you look, giving a fresher well-rested appearance. I always emphasise to my patients the importance of looking natural and feel it is also my responsibility not to allow someone to 'overdo it'. Less is definitely more.”

Air Aesthetics Clinic insist on using FDA approved products such as Juvederm, Botox and Obagi. Dr. Claire believes it is imperative to use the highest quality products as they not only last longer, but are beautifully smooth and natural, having the highest record of safety.