

Body Blend Method – Integrated Electrotherapy Approach for Body Harmonization in 30 Days

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Abstract: Localized fat is one of the main complaints in body aesthetics. For more effective clinical results, it is essential to understand the properties and mechanisms of action of each available technology, allowing for strategic and personalized therapeutic combinations.

The Body Blend Method consists of an integrated body harmonization protocol, focusing on the treatment of tissue sagging, cellulite, and localized fat. It combines several technologies in a multifunctional device that simultaneously combines mechanical massage, vacuum therapy, radiofrequency, and phototherapy, promoting efficacy and optimizing treatment time.

Objective: This case study aimed to demonstrate the effectiveness of a combined therapy methodology with effective results in 30 days. It was conducted with two female volunteers complaining of localized fat in the abdomen and flanks. Inclusion criteria included: no restrictive diet, maintenance of a physical exercise routine, and no other aesthetic treatments during the study period. Eight sessions were conducted, distributed in two weekly sessions over 30 days.

Results: The results demonstrated a measurable reduction in adiposity in the treated regions, confirmed by ultrasound images and perimeter reduction.

Conclusion: The combination of technologies in aesthetic body treatments allows for faster and more effective results, with fewer sessions and greater therapeutic safety. The Body Blend Method has proven effective in reducing localized adiposity and body circumference, using accessible technologies supported by scientific evidence. Personalized, physiology-based protocols promote individualized care and enhance results in clinical aesthetic practice.

Key Word: Key words: Body harmonization, dermal sagging, cellulite, localized fat, radiofrequency, vacuum therapy, electrolipolysis, red LED, infrared LED, electrostimulation, aesthetics

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I. Introduction

Localized fat is one of the main complaints in body aesthetics. Various therapeutic approaches have been proposed, from nutritional interventions and alternative techniques to surgical procedures. However, there is a growing demand for non-invasive technologies, especially in the field of electrotherapy, which includes resources such as ultrasound, cryolipolysis, laser, and radiofrequency (Silva et al., 2018).

For more effective clinical results, it is essential to understand the properties and mechanisms of action of each available technology, allowing for strategic and personalized therapeutic combinations. A careful assessment of the patient, based on physiology and individual needs, enables more assertive protocols and results from the first session.

The Body Blend Method consists of an integrated body harmonization protocol, focusing on the treatment of tissue sagging, cellulite, and localized fat. It combines radiofrequency, vacuum therapy, electrolipolysis, red and infrared LEDs, and low-frequency electrical current for muscle stimulation. One of its distinguishing features is the use of a multifunctional tip that combines mechanical massage, super pulsed vacuum, bipolar radiofrequency and therapeutic lights simultaneously, promoting effectiveness and optimizing therapeutic time.

II. Material And Methods

This case study was conducted with two female volunteers complaining of localized fat in the abdomen and flanks. Inclusion criteria included: no restrictive diet, maintenance of a physical exercise routine, and no other aesthetic treatments during the study period.

The protocol was implemented at a beauty center in the city of Caxias do Sul, for a total of 8 sessions, spread over two weekly sessions over 30 days. In one of the weekly sessions, bipolar radiofrequency, pulsed vacuum therapy, and red and infrared LEDs (using an integrated handle) were applied for 20 minutes, followed by subcutaneous electrolipolysis for 40 minutes and low-frequency current for muscle stimulation. In the second weekly session, percutaneous electrolipolysis and low-frequency current were applied.

The clinical evaluation was carried out before the first session and at the end of the eighth session, using an anamnesis form, photographic records, ultrasound and perimetry in three regions: waist, umbilical line and below the navel.

III. Results

The results demonstrated a measurable reduction in adiposity in the treated regions, confirmed by ultrasound images and perimeter reduction.

Patient 1:



Figure 1: photographic result, A: before the first session, B: after the eighth session.

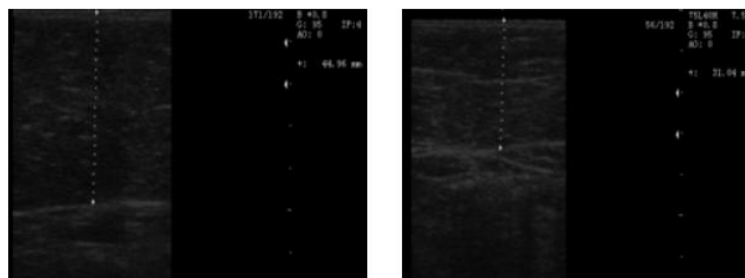


Figure 2: Ultrasound recording – A: before the first session (44.95 mm), B: after eight sessions (31.04 mm)

Ultrasound reduction: from 44.95 mm to 31.04 mm

Perimeter reduction:

Waist: 92 cm → 86 cm

Umbilical: 97.5 cm → 94 cm

Below the navel: 98 cm → 95 cm

Patient 2:

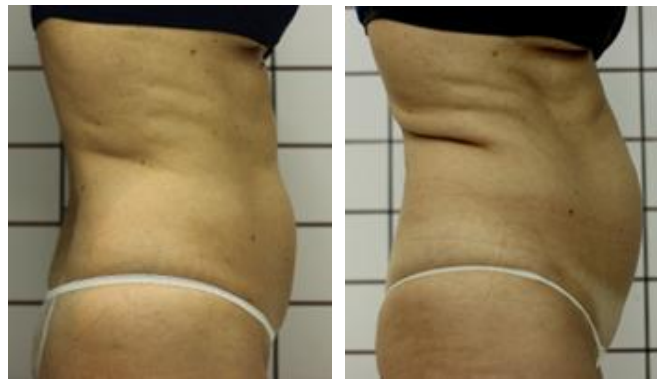


Figure 3: photographic result, A: before the first session, B: after the eighth session

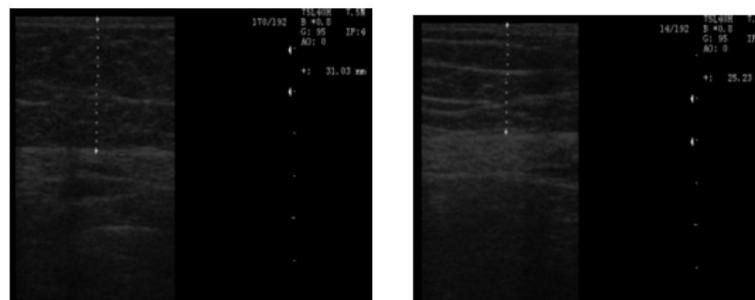


Figure 4: Ultrasound recording – A: before the first session (31,03mm), B: after eight sessions (25,23mm)

Ultrasound reduction: from 31.03 mm to 25.23 mm

Perimeter reduction:

Waist: 84 cm → 81 cm

Umbilical: 98 cm → 92 cm

Below the navel: 103 cm → 99 cm

IV. Discussion

The findings of this study demonstrate the effectiveness of the Body Blend Method in body harmonization, with emphasis on reducing the circumference and thickness of subcutaneous adipose tissue.

According to Adatto et al. (2014), the combination of radiofrequency with photobiomodulation and mechanical massage is effective in reducing localized fat and improving skin texture. Radiofrequency, widely used for sagging and body contouring, promotes tissue heating, denaturing collagen and stimulating neocollagenesis, improving skin firmness (Elsaie, 2009; Weiss, 2013). Histological studies by Trelles et al. (2009) demonstrated changes in adipocytes after radiofrequency application, such as membrane degeneration and induction of apoptosis.

Low-level photobiomodulation stimulates lipolysis by activating cytochrome c oxidase and increasing cAMP production, resulting in the breakdown of triglycerides into fatty acids and glycerol (Nestor et al., 2012).

Vacuum therapy, in turn, uses negative pressure for deep tissue mobilization, promoting hyperoxygenation, activating local circulation, and improving lymphatic drainage (Guirro & Guirro, 2004; Filipo & Salomão, 2012).

Electrolipolysis, applied subcutaneously or epicutaneously, stimulates circulation and the sympathetic nervous system, promoting the release of catecholamines that activate lipolytic receptors in adipocytes (Campos & Ferreira, 2016; Ruiz-Silva & Moleiro, 2024;2024;2024).

Finally, low-frequency electrostimulation promotes selective muscle contraction, with functional and aesthetic benefits. Laufer & Elboim (2008) demonstrated greater effectiveness and comfort of low-frequency alternating current compared to medium-frequency currents.

V. Conclusion

The combination of technologies in aesthetic body treatments allows for faster and more effective results, with fewer sessions and greater therapeutic safety. The Body Blend Method has proven effective in reducing localized adiposity and body circumference, using accessible technologies supported by scientific evidence. Personalized, physiology-based protocols promote individualized care and enhance results in clinical aesthetic practice.

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