



promax lipo

Inch Loss

Cellulite Reduction

Skin Tightening

**Aesthetics
Awards**
WINNER



ProMax Lipo

With the ProMax Lipo we can offer treatments for:

- Inch loss
- Body contouring
- Cellulite
- Face and body skin tightening
- Dermal volumising

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment of the face and body



ProMax Lipo is a clinically proven procedure which breaks down fat cells, smooths cellulite and improves general skin laxity.

This non-surgical alternative to liposuction is designed to tackle any areas of stubborn fat, especially those abdominal areas unresponsive to exercise, helping you to achieve a slimmer waistline whilst improving the general tightness and appearance of your skin.

Unlike laser lipo and other body contouring treatments, the ProMax Lipo uses a mixture of 3 different technologies to penetrate deep into the target area, sending shock waves to disturb the fat cells, making them easier to remove and break down.

5 Benefits of the Lynton ProMax Lipo

1. The power of 3 – three revolutionary technologies come together to deliver unrivalled body shaping and fat reduction treatments.

2. Non-invasive treatment – ProMax Lipo doesn't require any anaesthetic and has no associated downtime; you can even pop in for treatment on a lunch break or on your way home from work.

3. Pain free – most people are worried about the pain associated with fat reduction. Don't worry, this is an entirely pain free treatment with only a mild heating sensation experienced.

4. Award-winning – the ProMax Lipo is supplied by the multi-award-winning technology brand, Lynton, who have won numerous awards for their innovative aesthetic equipment and clinical results.

5. Instant results – the ProMax Lipo can treat all skin types and has also been shown to provide instant results and circumferential inch loss.



Cellulite

*With the ProMax
Lipo smoother skin
is on its way...*

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment sessions are fast and comfortable



How does the ProMax Lipo target cellulite?

In this treatment, multipolar radiofrequency and vacuum massage technology are utilised. Using controlled waves of energy to heat the fat cells boosts circulation, reduces the appearance of cellulite and increases the metabolism of fat cells.

The thermal energy also results in instant collagen contraction and creates long-term improvement to collagen fibres for firmer, tighter skin. Vacuum massage technology provides powerful lymphatic drainage to process the lipids released during cavitation and remove toxins to improve the appearance of cellulite.

How does the treatment feel?

Treatment is not considered painful, most people find a warm, tingling sensation is felt. A high-pitched sound is also heard.

How many sessions will I need?

Generally, a course 8-10 treatments for the reduction of cellulite is recommended. Treatments are carried out every 4 weeks. Thereafter, top-up sessions are performed as required, but usually once or twice a year.

Who is suitable for treatment?

Most people are suitable for treatment. We recommend a consultation with your clinician to ascertain if the treatment will be successful for you.

How long will it take for me to see results?

Most patients see an improvement 2 to 3 weeks after the first treatment. Results will continue to get better over time, peaking at 12 weeks following the final treatment. A course of treatments is recommended for optimum results.



Fat Loss

Perfect for stubborn areas of fat that prove unresponsive to exercise, including that on the abdomen, upper arms and outer thighs.

- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment sessions are fast and comfortable
- Results include inch loss



How does ProMax Lipo work for fat loss?

Ultrasonic cavitation technology is utilised for fat reduction treatments. Sound waves penetrate deep into the fat layer causing vibrations and the formation of micro bubbles within the interstitial fluid. As these bubbles collapse, the resulting shock wave leads to a temporary change in the fat cell membrane. This allows lipids to escape the cell and be ejected from the body.

How does the treatment feel?

Treatment is not considered painful, most people find a warm, tingling sensation is felt.

How many sessions will I need?

Generally, a course of 6-8 sessions is recommended for facial skin tightening and a series of 8-10 treatments for the reduction of cellulite or slimming.

Who is suitable for treatment?

ProMax Lipo is aimed at people who are looking to reduce small areas of stubborn fat, this treatment is not a weight loss treatment. This treatment works best for individuals on a weight loss programme and who are in need of a boost to shift excess fat in certain areas.

A course of treatments is recommended for optimum results.

How long will it take for me see results?

Improvement is often noticed after only a few sessions, but best results are seen after a full course of treatments.



Facial Skin Tightening

An effective treatment for a wide range of facial concerns, such as fine lines, lower face slackness and overall skin tightening.

- Regenerates collagen
- Remodels and tightens lax skin
- Plumps the skin
- Treatment sessions are fast and comfortable



How does the Promax Lipo treatment for facial skin tightening and dermal volumising work?

ProMax utilises safe and effective Radiofrequency technology. The Radiofrequency energy is applied to the skin, causing gentle heating. This stimulates a process often referred to as 'wound healing'. The heat is recognised by the brain which then signals cells in the deeper layers of your skin to produce collagen and elastin.

Over time, collagen and elastin grows and your skin will start to tighten, looking fresher and smoother. ProMax is particularly effective on fine lines, lower face slackness and for overall skin tightening. We can also target areas of concern such as around the eyes, mouth or jawline.

How does the treatment feel?

Treatment is not considered painful, most people actually comment on how pleasurable and relaxing the heating sensation is due to the Radiofrequency technology.

How many sessions will I need?

Generally, a course of 6 to 8 treatments is recommended at 2-3 weekly intervals. After a course of treatments, results are expected

to last 1 to 2 years, however we do recommend maintenance sessions once every 1-3 months.

How long will it take for me to see results?

Results can usually be seen immediately, but get better and better post-treatment as your collagen is renewed.

Who is suitable for treatment?

Most people are suitable for treatment. We recommend a consultation with your clinician to ascertain if the treatment will be successful for you.





ProMax Lipo Fitness Guide



Get the
best results
from your
ProMax Lipo
journey...

Congratulations on starting your ProMax Lipo Journey

ProMax Lipo utilises a combination of 3 world-leading technologies, clinically proven to smooth cellulite, encourage fat loss and tighten the skin. To experience the full benefits of this treatment we recommend you maintain a healthy, balanced diet and exercise regularly.

The following HIIT workout has been designed for use before, during and after your course of treatments and can be done anywhere, without any equipment.

If you are concerned about the following, please consult with your doctor:

- You have a chronic or unstable health condition such as heart disease
- Asthma or another respiratory ailment
- High blood pressure
- Osteoporosis
- You have diabetes
- You have dizzy spells or are taking medication which makes you feel dizzy or drowsy

Regular exercise in the lead-up to your treatment will help you to achieve the best results, as this will allow you to reduce body fat as much as possible naturally, whilst building a healthy exercise routine.

Exercising throughout and after your course of treatment encourages lipids (fats) to leave the fat cells and be released from the body through the body's natural detoxification process. Regular exercise alongside a balanced diet throughout and post your ProMax Lipo journey increases the maintenance of your results.

“ Success is the sum of small efforts— repeated day-in and day-out.”

Robert Collier



The Benefits of HIIT Exercise

5 Benefits of
Integrating
Exercise into
your ProMax
Lipo journey...

The benefits of exercise aren't just about losing weight. In fact, there are dozens of reasons to get active, and with a simple shift in your mindset you, too, can learn to love keeping fit! Here are some of the best benefits of exercising, to help you back on your way to a fitter you.

1. Psychological Benefits

When you exercise your body produces natural feelgood chemicals called endorphins, which make you feel happy, energised and act as natural stress busters, leaving you better equipped to face life's challenges. 20-30 minutes of exercise a day is all you need to get a natural buzz.

2. Sleep better

Exercising during the day is known to help you get a good night's sleep. It helps you to release the tension you carry in your body, lets you de-stress and leaves you feeling relaxed when it comes to bedtime.

3. Look good and feel good

If you want to look your best, keeping active is key. A regular gym workout, run, cycle or walk will help you to look and feel more 'toned'. To increase fat

loss, exercise is key as it builds lean muscle, improves bone density and strength, boosts your metabolism and helps to lower the risk of disease.

4. Get a healthier mind

Exercise isn't just about improving how your body looks and feels. It's also a well-known way to keep your mind in shape. Keeping active as part of a healthy lifestyle can make you mentally sharper and less prone to conditions such as depression, anxiety and stress. It can also lower your risk of dementia later in life.

5. Improve your health

Any exercise that raises your heart rate and increases your circulation improves your respiratory and circulatory systems whilst also boosting your metabolism.

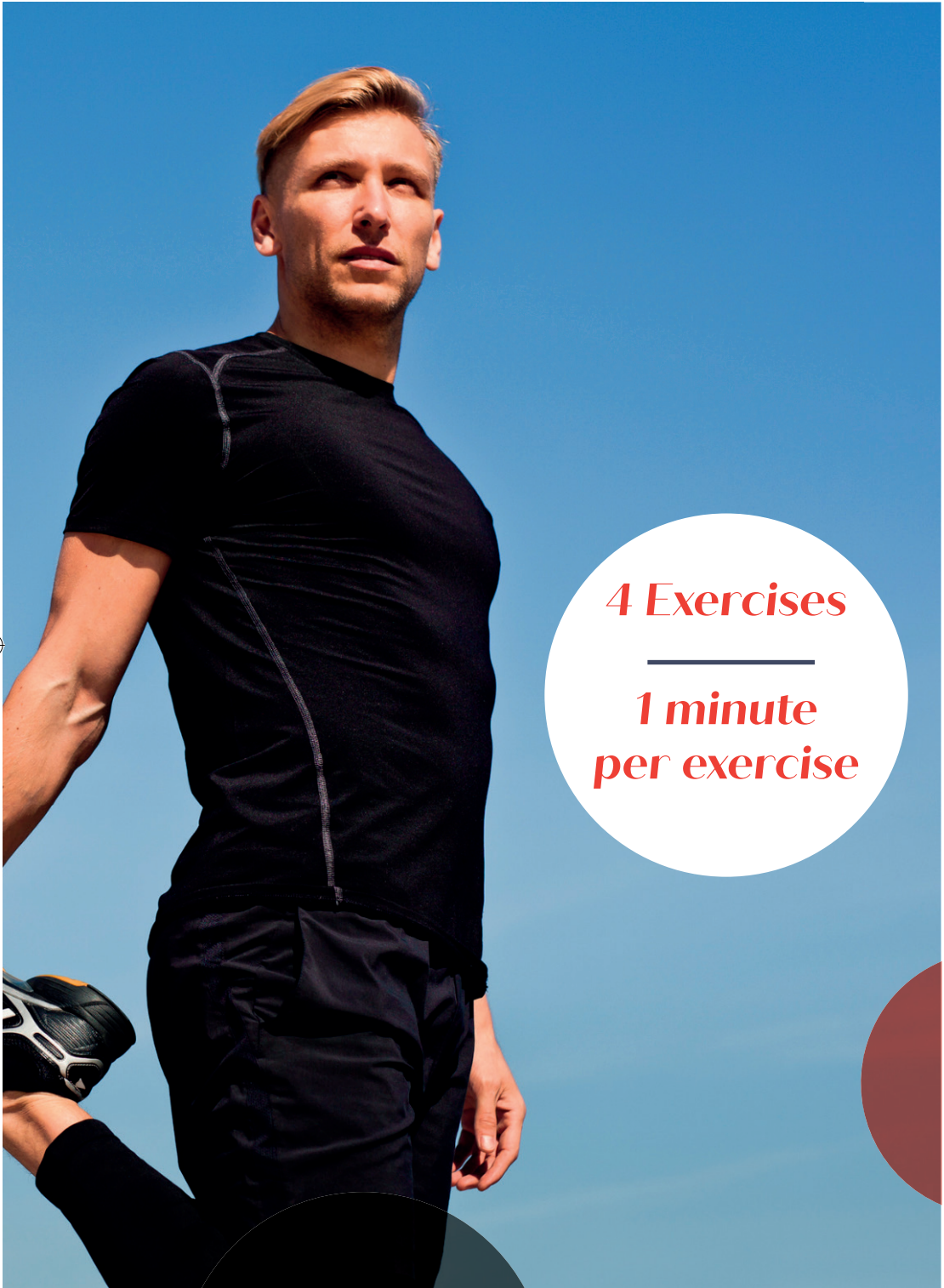
According to the National Health Service, exercise can boost your immune system. For example, those who exercise as part of their normal routine can reduce the risk of heart disease, stroke, diabetes and cancer by up to 50%. This is a massive bonus when you consider all the other great benefits to exercising!

Before you get started

The Warm UP

Warming up activates your muscles, mobilises the joints and prepares your body to stabilise itself during movement. This reduces the risk of injury and allows you to perform the exercises in a better way.





4 Exercises

*1 minute
per exercise*

Exercise 1 | 1 Minute Per Exercise

Bear Crawls



1. Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the ground...
2. Move one hand and the opposite foot forward an equal distance while staying low to the ground.
3. Switch sides moving the opposite hand and foot.
4. Repeat the movement while alternating sides.

Exercise 2 | 1 Minute Per Exercise

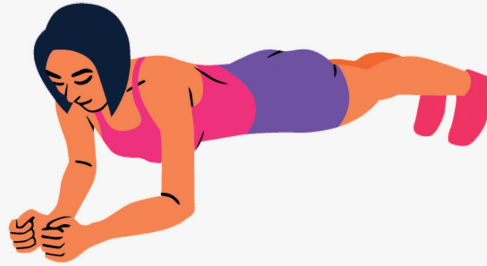
Jumping Jacks



1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.

Exercise 3 | 1 Minute Per Exercise

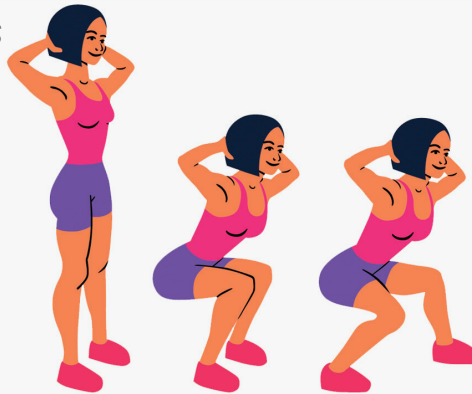
Plank



1. Assume a push-up position but bend your arms at your elbows so your weight rests on your forearms.
2. Tighten your abs, clench your glutes and keep your body straight from head to heels.
3. Hold as long as you can.

Exercise 4 | 1 Minute Per Exercise

Duck Walks



1. Start standing with feet slightly wider than shoulder-width apart.
2. Crouch into a squat, as close to parallel with the floor as you can.
3. Keep your weight in your heels as you take small steps forward.
4. Make sure your knees don't bow inward or outward.



Let's get started

The Workout

There are **4** exercises which you will complete in **5** rounds. Each exercise lasts **40 seconds** followed by a **20 second** recovery time, so you will need a timer to hand. After each round, take **30-60 seconds'** recovery time. Your heart rate should still be raised when you start the next round. If you don't feel like you need this much rest, feel free to continue straight to the next round with minimal recovery.

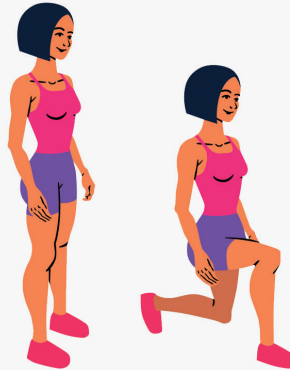


4 Exercises
—
**40 seconds per
exercise
6 rounds**



40 Seconds Per Exercise - 20 Seconds Rest

Exercise 1 Lunges



1. Stand upright with a strong posture, feet shoulder-width apart and your core tight.
2. Breathing in, take a long step forward. Plant your foot and bend your knees to lower yourself down towards the floor. Keep your body upright and your front knee back behind your toe.
3. Breathing out, press up through your heel and move back to the start point, standing with an upright posture.
4. Repeat steps 2 and 3 on the other leg.
5. Continue to alternate legs until you have completed the set.

Exercise 2 Burpee



1. The burpee begins from a standing position. From the standing position, move into a squat, moving your hands down with your hips as you prepare to jump back into a plank.
2. Shoot your legs back and enter into a plank. From the plank, you'll complete a full push-up then extend back up into a plank.
3. Modification: Instead of jumping down into the plank and push-up position, simply take a step back and lower yourself down with control.
4. Jump your feet back in toward your hands. Then, press yourself back up into a full squat jump with your arms overhead. Focus on a soft landing.
5. Modification: Instead of jumping your feet in toward your hands, step your feet in. You can also skip the squat jump and press yourself up to standing.

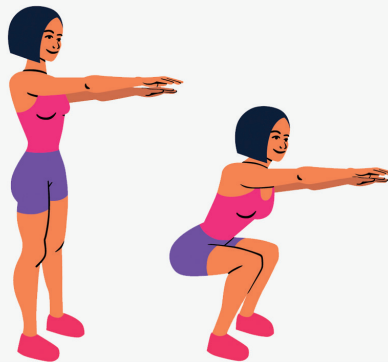
40 Seconds Per Exercise - 20 Seconds Rest

Exercise 3 Bicycle Crunches



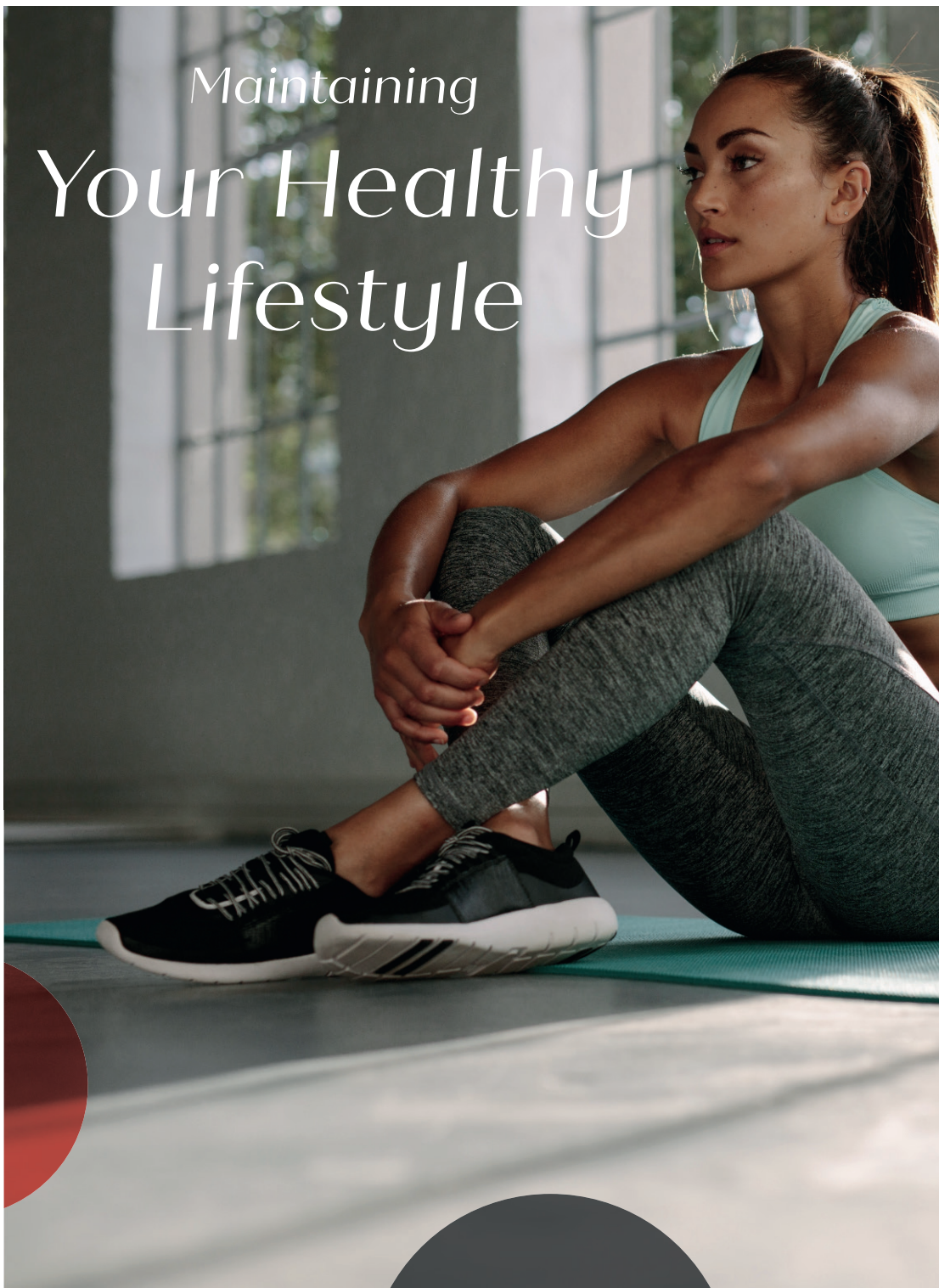
1. Lie flat on the floor with your lower back pressed to the ground (pull your navel in to also target your deep abs).
2. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck.
3. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee. Make sure your rib cage is moving and not just your elbows.
4. Now switch sides and do the same motion on the other side to complete one rep.


Exercise 4 Squats



1. Stand with your head facing forward and your chest held up and out.
2. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also bend the elbows or clasp the fingers.
3. Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend.
4. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels.
5. Keep your body tight, and push through your heels to bring yourself back to the starting position.

Maintaining
*Your Healthy
Lifestyle*





***6 tips to help
you stay on
track and fit***

Tips on maintaining your fitness



Plan ahead

Without a plan, it's easy to miss a workout or two. Creating a monthly plan allows you to build exercise into your daily routine. Decide what you are going to do in advance, get into your workout gear and do it, whether it's a walk, run or workout. If you haven't planned a workout in advance, it's much easier to procrastinate.



Exercise anywhere

You don't need to hit the gym to achieve a great workout, a reasonable goal to set is 30 minutes of movement everyday. That could mean going for a walk, practising yoga or doing a home workout instead of watching TV.



Make exercise fun

Another way to make exercise more enjoyable is to make it a social affair. If you're looking for motivation, getting someone else involved can give you something to look forward to, with friends you have made a commitment with. Exercising with friends, you can give each other support, guidance, motivation, swap ideas and keep each on track to reach your goals.

g your new lifestyle



Keep things interesting

If you get bored easily, make sure to keep your workouts varied and try something new. Book into a new class at the gym or find a free workout on YouTube. Having variety keeps your mind engaged, focused on something new and interesting. A challenge also keeps your body guessing, focused on completing the task.



Map out your goals

If you're leading a busy life, it can be hard to keep focused on your reasons for exercising. This is where goals play an important role. If you're not focused on your reasons to exercise, the chances are you'll lose interest and struggle to keep consistency. Map out your goals (there are lots of good templates online), make sure they matter to you, then try to be consistent in reaching them every day.



Exercise doesn't have to be expensive

You can achieve your goals on a low budget, there are plenty of free or low-cost exercise options. YouTube is just one fantastic free resource available online. Swimming, running, cycling and walking all require little or no equipment and are easily accessible for most people. Local leisure centres often offer cheap one-off sessions, classes and memberships. Check out the facilities in your local area.

A top-down view of a white bowl filled with a variety of fresh ingredients. The bowl contains a base of cooked quinoa, topped with fresh spinach leaves, sliced radishes, chickpeas, and roasted red bell peppers. A slice of avocado with black seeds is also visible. The bowl is set on a light-colored surface, and a small plate of whole radishes is visible in the upper left corner. The overall aesthetic is clean and healthy.

ProMax Lipo Nutrition Guide

Eat well to get the
best results from
your Pro Max Lipo
journey...

Nutrition plays a big role in helping you transform your body

– 80% to be exact.

Eating well and exercising regularly will boost the success of your ProMax treatments. Here's just a few tips on how you can integrate a healthy, balanced diet into your lifestyle.

Fruit and Vegetables

Forget processed foods and choose fruits and vegetables. They are low in fat but high in fibre, vitamins and minerals. These qualities make them an ideal choice for living a healthy lifestyle. **Integrate at least five servings into your day.**

Recommended Serving Sizes:

One serving of fruit and vegetables should be 80g (roughly one piece of fruit)

30g serving of dried fruit, one heaped tablespoon.

Starchy Carbs

Carbohydrates have a bad reputation, but eating the right carbs in the right quantities is crucial to staying healthy. Starchy foods like potatoes, wholemeal pasta, brown rice, wholegrain bread and cereals should make up a third of your diet. **They'll keep you fuller for longer (putting a stop to extra snacking), contain very little fat, are low-calorie and bursting with fibre.** Eat them three times a day - 3 heaped tablespoons of brown rice, cous cous or wholemeal pasta is just right. Wholegrains such as

wholemeal bread and wholemeal pasta retain most of their fibre, vitamins and minerals. The fibre in starchy carbs helps keep our digestive systems healthy.

Recommended Serving Sizes:

One serving should be 150g of cooked pasta, rice, noodles, couscous or other grains

30g wholegrain breakfast cereal

180g potato

1 or 2 slices of wholegrain bread.

If you are prioritising losing weight, make your portions a little smaller still and make up the space on your plate with extra veg.

Alternatively, eat one portion of carbs after your daily exercise, keeping your other two main meals low in carbs.

Dairy and Alternatives

Dairy foods such as milk, cheese, yoghurts and plant-based dairy alternatives, are rich in many nutrients, including bone-friendly calcium and protein. It is protein which helps us feel fuller for longer. For a healthy diet, choose low-fat or reduced fat versions of food. Products high in saturated fat are linked to high cholesterol and heart disease. **You should also opt for natural yoghurt or unsweetened dairy-free yoghurt rather than flavoured or sweetened varieties containing added sugar.** Add fresh fruit for sweetness and to boost fibre.

Recommended Serving Sizes:

Have two to three servings a day, one serving is 200ml.

Boost Omega-3 Fats

Open your plate up to oily fish, rapeseed, walnut oil, walnuts, flaxseed and chia seeds to boost Omega-3 fats. These items are loaded with Omega-3 fatty acids, which are good for your brain, heart and skin. However, if you don't eat many of these foods and think you may be lacking in Omega-3, consider taking Omega-3 supplements.

Recommended Serving Sizes:

Aim to get around a 140g portion of oily fish per week.

Good Fats

Proceed with caution with saturated fats (found in foods like hard cheese, butter, pastry and cream). Unsaturated fats from nuts, seeds, coconut oil, olive oil and avocado are high in nutritional benefits such as improving cholesterol and keeping you trim. High-fat foods are those that contain 20g unsaturated fat or more per 100g. With saturated fats, avoid anything with more than 5g per 100g.

Serving Sizes:

1-tablespoon serving size providing 120 calories and 14g of fat

Hydrate

Make sure you're staying hydrated by drinking eight glasses of water a day.

Not only will this help avoid headaches and general fatigue, you may sometimes mistake hunger for thirst and find yourself consuming more calories than you need.

Tea and coffee in moderation are fine – but stick to a maximum of two cups a day.

Recommended Serving Sizes:

8 glasses of water a day

Two cups of tea or coffee

When hunger hits, try one of these healthy snacks:

1. Mixed nuts
2. Greek yogurt and mixed berries
3. Apple slices with peanut butter
4. Celery sticks with cream cheese
5. Cucumber slices with hummus
6. A piece of fruit
7. Hard-boiled eggs
8. Whey protein shake
9. Protein balls
10. Caprese avocado toast
11. Carrots and avocado dip
12. Sweet trail mix
13. Healthy granola
14. Egg on toast
15. Edamame with sea salt
16. Avocado chocolate mousse
17. Popcorn
18. Fruit salad
19. Crunchy mixed salad
20. Chunky vegetable soup

How to get started on your food journey...

1. Keep a food diary

Write down the food or beverage as soon as you consume it. Don't wait until the end of the day because your recollection is likely to be less accurate.

Be sure to include any alcoholic beverages you consume.

A smart phone app like MyFitnessPal can support your efforts. These apps also offer information on calories and other nutrients.

2. Be SMART about your goals

Specific. Rather than simply saying, "I'm going to exercise more," you've got to specify how much exercise you are going to do each week and the type of exercise.

Measurable. Put a measurement next to your goal e.g. "I want to lose 1 stone.

Attainable. Set a measurable goal for exercise and healthy eating. E.g. Exercise a minimum of 4 days a week and follow a balanced diet 7 days a week.

Relevant. Exercising 4 days a week is conducive to weight loss and maintaining a healthy lifestyle! So exercising more or increasing the intensity of your workouts fits into your larger weight loss plan.

Time-bound. This is your goal for this week. It's easier to commit to a goal and be successful if you do it for a set amount of time.

3. Ditch the 'diet' mentality

Forget going on a diet and shift this mentality into living a healthy lifestyle you are able to maintain for the long-term to achieve greater success in your ProMax Lipo journey.

4. Eat Mindfully

Studies show that we consume more calories when we eat mindlessly. Pay attention to every mouthful, sit at a table, use a plate, cutlery, avoid screens and chew your food.

5. Move away from 'all or nothing' thinking

If you slip up on your healthy eating and exercise, don't dwell on it. Instead, think of what you have achieved and get back on track.

6. Think positively

Don't think about all the food you can't have but rather the food you can enjoy. Make your eating more exciting and delicious by adding spices, trying something new or by simply adding more of your favourite fruits and vegetables into your daily meals.

7. Avoid missing meals

Studies show that when we skip meals we can end up overeating and it's also harder to absorb all the nutrients we need.

8. Exercise

To improve the success of healthy eating, a combination of cardio and strengthening exercises are effective for boosting your metabolism, so that you burn more calories even when resting.

9. Eat mindfully, Don't smoke

As well as increasing the risk of numerous health problems, smoking is estimated to age the skin by up to 20 years. Speak to your GP for help in quitting.



Breakfast Recipe...

This easy Strawberry Banana Smoothie Bowl is a simple and sweet treat! It's a healthy vegan breakfast or snack made with only a few ingredients, and you can add whichever toppings your heart desires. This recipe serves 1.

Ingredients

For the smoothie bowl

1 banana, frozen

1½ cups frozen strawberries

½ cup Silk Unsweetened Coconut Milk

For the toppings

Fresh bananas, sliced

Chia seeds



Lunch Recipe...

This homemade Buddha bowl is highly nutritious: It is packed with nutrition because of the balanced proportions of food groups in it. This example combines Thai grilled chicken, spinach, quinoa, chickpeas, cucumber, tomatoes and avocado with the option to add a simple Greek yoghurt dressing. This recipe serves 1.

Ingredients

Thai Chicken Marinade

4 cloves garlic, minced
2 tablespoons chilli paste
2 tablespoons rice vinegar
2 tablespoons olive oil
1 teaspoon sesame oil
1 tablespoon fresh grated ginger
2 tablespoons lime juice
2 tablespoons honey
1 chicken breast

Bowl Contents

1 cup baby spinach
4 cherry tomatoes
1/4 avocado

1 tablespoon - chickpeas
and edamame beans
2 tablespoons cucumber chunks
35g of quinoa

The Dressing

1 clove garlic, minced
1/3 cup Greek yoghurt or a
dairy-free alternative
2 tablespoons olive oil
1 tablespoon lime juice
1/2 teaspoon dried dill
Pinch of fresh cracked black pepper



Dinner Recipe...

Instead of calling the Indian takeaway, make your own easy chicken jalfrezi. This curry features 2 of your 5-a-day and a dose of vitamin C. This recipe serves 4.

Ingredients

For the Sauce

½ large onion, roughly chopped
2 garlic cloves, chopped
1 green chilli, finely chopped
Vegetable oil, for frying
400g can plum tomatoes
1 tbsp. ground coriander
1 tbsp. ground cumin
1 tsp turmeric

For the Meat & Vegetables

2-3 chicken breasts, diced
1 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

½ large onion, sliced

1 red pepper, chopped

2 red chillies, finely chopped (optional)

2 tsp garam masala

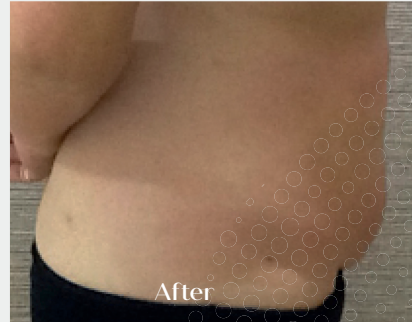
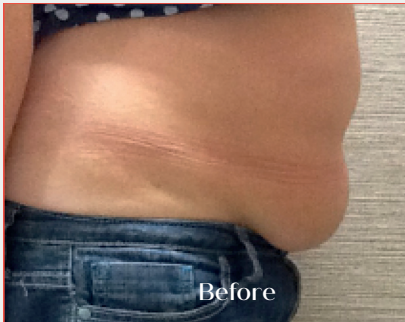
Handful of fresh, chopped coriander leaves

200g cooked basmati rice portioned into 50g servings for 4 people.

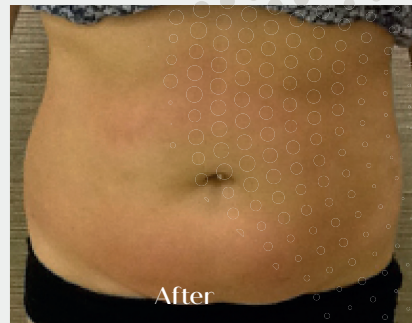
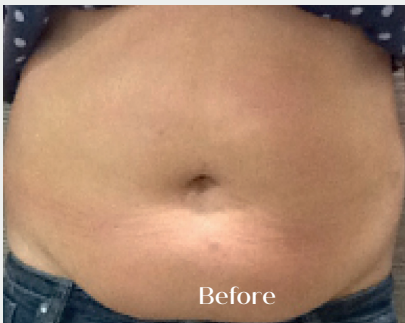
ProMax Lipo- The results



After 8 ProMax Treatments | Courtesy of Luciderm Aesthetics



After 8 ProMax Treatments | Courtesy of Ruth Jones



After 8 ProMax Treatments | Courtesy of Ruth Jones



Before & After Gallery



After 2 ProMax Treatments | Courtesy of The Lynton Clinic



After 2 ProMax Treatments | Courtesy of Luxe Lounge Beauty Clinic



Courtesy of Lynton Lasers



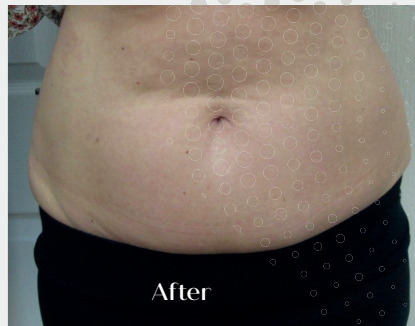
Before & After Gallery



Courtesy of Lynton Lasers



Courtesy of Ruth Jones



After 5 ProMax Treatments | Courtesy of The Laser Clinic North Wales



As Seen In...

Daily Mail

Wendy Rowe

aesthetic
MEDICINE

PROFESSIONAL
beauty

Lynton