



 ULTRATONE®

The *Ultratone*
Health &
Beauty
Guide



Welcome

Welcome to the **Ultratone Health & Beauty Guide**. Within its pages you will find a host of interesting and practical information relating to the attainment and maintenance of a beautiful face and body through the extensive range of Ultratone treatments. Tightly edited, we have collected what we believe to be the essential information regarding Ultratone, and laced these with tips and advice on maximizing natural feminine beauty without recourse to the surgeon's scalpel or beautician's Botox needle.



We have created the Ultratone Health & Beauty Guide because we believe women are constantly bombarded with a confusing array of information relating to beauty - magical lotions and potions together with the latest wonder ingredients compete with surgical procedures to seduce women with a promise of easily attainable, ageless beauty.

This guide aims to put the attainment of natural beauty in a sensible, achievable context whilst demonstrating how Ultratone's own **Bioenergy** technology and specialized therapies (**Biostimulation**, **Microcurrent**, **Electroporation**, **Ultrasound**, **Cavitation** and **Chromotherapy** to name but a few), tried and tested over four decades, have something very real to offer those seeking safe, non-intrusive health and beauty solutions and are a welcome addition

to any improvement regime whatever the age of the woman and whatever part of the face or body is being targeted.

Please enjoy and disseminate these valuable tips.

**“Love of Beauty is Taste.
The creation of Beauty is Art”
Ralph Waldo Emerson**

How it works:

Every chapter of the Ultratone Health & Beauty Guide highlights the issues relevant to a particular part of the body or covers a pertinent beauty topic. Regimens, advice, tips and treatments are all included in an easy-to-absorb and follow format. We hope you'll benefit from our approach to a totally beautiful you.

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The Body

Today we're more aware of our bodies than we've ever been. Diet, exercise and wellbeing are daily considerations that impact everything we do in our lifestyles. As such, we need to know what works and what doesn't in terms of our entire body, how to hone and enhance our body parts to the image goals we desire.

Now it's possible to develop specific parts of the body – whether that be enhancing areas of strength, or working on problem areas, which for many women include the upper thighs, hips, bottom and waist. Through modelling and sculpting Programs like those offered by Ultratone, the body you desire can be achieved in days rather than weeks.

But it's not simply about vanity, it's about health and fitness too. The great thing about Ultratone treatments is that they not only enhance your appearance but are actually good for you! That flatter tummy, curved bottom, tighter skin, lifted bust and those slim, shapelier legs are all achieved with health enhancing impulses that improve circulation, rejuvenate and re-activate the sagging skin, tone, tighten and strengthen muscles while also allow for full relaxation in a single 30-minute session. **Looking after your body is not a luxury, it is a must.**

**“Our bodies are our gardens –
our wills are our gardeners”
William Shakespeare**



Ultrafast Slimming

Ultratone's Slimming Programs are the ultimate in total bodyshaping. Many specifically targeted Programs are available, covering all aspects of natural body aesthetics and enhancements: **Instant Inchloss via Ultrafast; Slimming & Weight Loss; Anti Cellulite; Fat to Muscle;** and **Postnatal Slimming** are some of them.

With these individual Programs, any aspect of body shaping can be achieved. Centimetre reduction, accelerated metabolism, tightening of loose skin, firming of saggy muscles, cellulite breakdown and toning of soft areas of fat – all have been programmed into the Ultratone devices. It is the perfect way to create a beautifully sculpted body!

**“The body is meant to be seen, not all covered up”
Marilyn Monroe**



Effortless Inchloss

No other bioenergy treatment offers the same levels of effective and effortless inchloss and fat reduction capability as Ultratone. First the cavitation effects of the Ultrasound break down the fat molecules, then a high frequency wide pulse width in a deep signal pumps the fat towards the lymphatic system and provides some of it to the muscles as extra calories to be consumed in a vigorous set of workout impulses. Then energetic Biostimulation contractions produce a strong tightening of the muscles, compressing the area and eliminating extra fluids.

In short, the benefits of **Ultratone's Slimming Programs** are quick, easy and efficient; just what you need when time to stay trim and look great is of the essence.

“Her body
calculated to a
millimeter to
suggest a bud,
yet guarantee
a flower”

F. Scott Fitzgerald



Beautiful Bottom

Many women have different opinions about what makes a female bottom sexy – is it big and round like Jennifer Lopez or small and shapely like Eva Longoria? Regardless of how big or small you may want it to be, all women can agree that they want it to look pert and lifted.

To shape the bottom you will need a series of **Ultratone Lift & Slim** sessions that will help define your bottom shape, making you feel sexy, feminine and confident!

The **Ultratone Hips, Thighs & Buttocks Lift & Slim Program** is a vigorous and energising sequence of deep pulses with anti-cellulite ultrasound signals to give the bottom a firm and shapely outline – ideal for reducing the 'pear shape' effect and smoothing out dimply fatty deposits!

“Cultivate your curves –they may be dangerous but they won’t be avoided”
Mae West

Did You Know?

Dr. David Holmes, a psychology lecturer at Manchester Metropolitan University devised a formula for the perfect derriere:

- $(\text{Shape} + \text{Circularity}) \times (\text{Bounciness} + \text{Firmness}) / (\text{Texture} - \text{Ratio to one's hips})$
- The target score is approximately 80 – Kylie Minogue would come closest to achieving this score through sphericity and symmetry!
- A 2000 poll of men and women across England found women preferred a bottom like Jennifer Lopez, while men preferred Kylie Minogue's posterior.



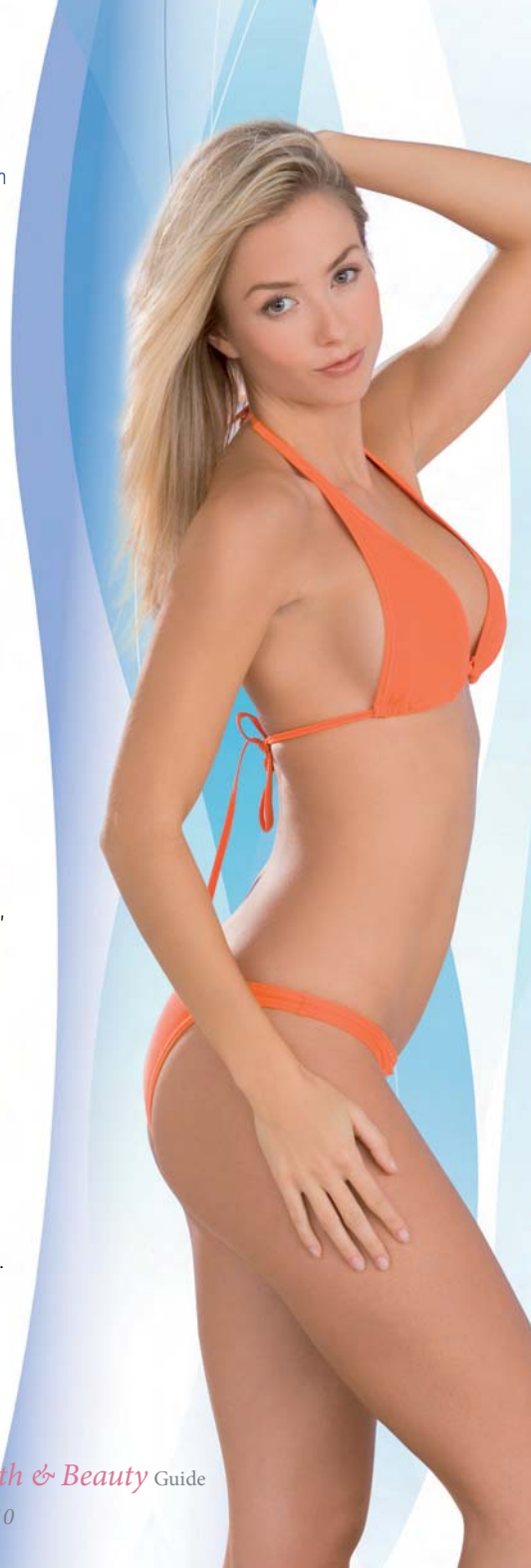
Anti-Cellulite

The dreaded 'orange-peel' effect can happen to any woman after puberty, making it an altogether normal occurrence. As the female body cultivates oestrogen, it initiates and aggravates the production of cellulite. In tandem with other hormones like adrenaline, thyroids and insulin, as well as simple genetics, cellulite is produced and placed at areas of fatty disposition like the bottom and backs of the legs.

Cellulite happens to many, even gorgeous celebrities, like:

- Mischa Barton
- Kylie Minogue
- Sarah Harding
- Paris Hilton

It has been discovered recently that some fat cells refuse to be processed by the body even when there is a decrease in calorie consumption and a general increase in physical activity. In women, these fat cells are generally to be found around the thighs, leading to cellulite, and in men around the abdomen giving the classic beer belly. In recent scientific studies carried out at the Rangueil Medical Research Centre in Toulouse, it has been shown that you either need to undertake an intensive and quite daunting exercise and diet regime to metabolise these fat cells, or to specifically target these particular areas and activate the fat, circulation, lymphatic system and muscles in the femoral or abdominal region. With **Ultratone Bioenergy** therapies you may instantly target these areas and get working on these hard to reach fat cells by focalising the treatment immediately.



Ultratone's Anti-Cellulite

treatment combines a unique Ultrawave signal along with the fast acting Cavitation & Lipolysis process where high frequency Ultrasound waves liquify the fat cells, breaking them down and allowing them to be flushed out of the body. An intensive deep rotation of frequencies helps penetrate anti-cellulite and skin moisturising products to intensify results whilst also tightening, toning and lifting the muscles in the treated area. The hard and soft cellulite is evacuated through the blood and Lymph system and made available for muscular consumption. Thus you will soon be able to control and smooth out the cellulite.

There are other ways of helping to counter the adverse onset of cellulite – excessive amounts of fat, carbohydrates, salt, alcohol and too little fibre all contribute to the build up of those horrible fatty deposits, so a sensible diet is a must. Also avoiding smoking and a high stress lifestyle can reduce the risk of cellulite.

“Self esteem isn't everything; it's just that there is nothing without it”

Gloria Steinem



Get a Bikini Body with Ultratone

Thanks to Ultratone, the ultimate bikini body is a genuine possibility. Ultratone has a number of **Bodyshaping Programs** that are designed to deliver the results you need and want!

“The bikini made me a success”
Ursula Andress

For the hips, try the body sculpting **Ultrasound** combined with the **Slim & Tighten Programs**, which will give you results from your first treatment. Maintain the results with a course of 12 sessions.

For the bottom, go for the **Lipolysis, Lift & Shape Programs**, which reduce fat, tone and shape the muscles and improve circulation in the treated area.

Your waist can be refined and shaped with the **Ultrafast Inchloss & Slimming Programs**, providing tightening, firming and slimming signals to reduce waist measurements and cellulite for a superb figure.

Thighs can be treated with the **Anti Cellulite, Ultrasound Cavitation, Fat to Muscle, Dermal Revive** with the soothing gentle **Microcurrent and the Lift, Tighten & Tone Programs** – they can all be combined to provide total leg therapy.

Ultratone offers further unique Programs to achieve your bikini body aims: **Multi Body** gives up to six separate body areas simultaneous treatments; **Holistic Fitness** incorporates Programs that will strengthen, build and tone muscles faster than ordinary exercise; while the **Lymphatic Drainage** and **Detox** Programs provide a soothing massage and flush out extra fluids containing free radical and other toxins to reduce puffiness, restore the body's balance and enhance health and well-being.

So there you have it – Ultratone's complete package for the ultimate bikini body! Getting into summer shape has never been as easy!



Diet

To enhance the effects of Ultratone, it is always advised to follow a realistic diet. At a time when information on diet and the importance of healthy foods is everywhere, it can be difficult to get the right information. We know the simple facts, that fatty and processed foods are bad for your health and fresh fruit, vegetables and lean meat are good for you. But what about taking it further, to know which foods are good for what purposes?

For the general health, these foods are superb!

- Black beans (dried)
- Plums
- Black plums
- Sweet cherries
- Pecans
- Strawberries
- Oily fish
- Raspberries
- Prunes
- Cranberries
- Apples
- Pinto beans
- Kidney beans

For your skin try these superfoods!

- Carrots
- Spinach
- A daily fruit smoothie
- Broccoli
- Peaches and apricots
- Mango
- Papaya
- Multi-fruit juice drinks

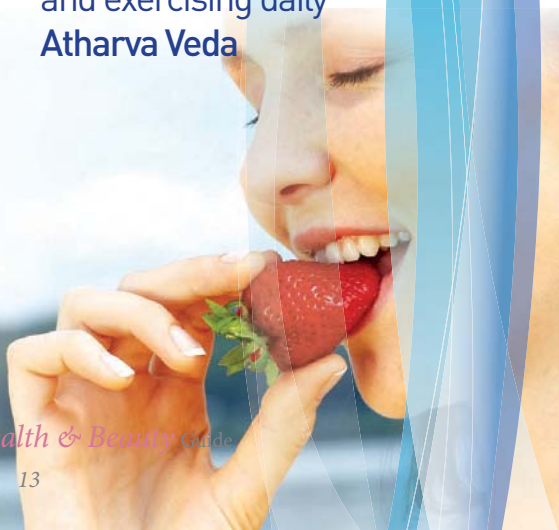
Stay away from, or at least drastically limit these foods.

- Hamburgers
- Chips
- Pizza
- Fried Chicken
- High sugar cereals
- Excessive chocolate
- Savoury biscuits
- Soft 'fizzy' drinks
- Alcohol
- Crisps

It pays to have a balanced approach to your diet, to enjoy fresh and natural produce, to feel energised and healthy when eating. Consult your local health food shop or a registered nutritionist for more information on how food can make a difference to your appearance and wellbeing.

“One should strive to maintain good health by taking a balanced diet and exercising daily”

Atharva Veda



Fab Abs

A sure sign of good health is a smooth and lifted abdomen. It can often be a trouble area for many women, especially when they've had children, but there are ways to make it flat and sexy!

A combination of proper diet, good cardiovascular exercise and a targeted **Biostimulation Program** can help make your stomach toned and taut!

As part of **Ultratone's Deep Muscle Tone** and **Ultrafast Slimming Program**, strategically placed signal pads are placed on the stomach and abdomen area, sending a specific, deep impulse penetration, which helps define and shape the area, providing even greater incentive for the user to eat well and enjoy regular exercise.

In fact, **Ultratone's Ultrafast Program** drastically reduces the time required to tone the abdomen area, which can be a problem for many people. As leading neuroscientist Professor Gerta Vrbova says, "The abdomen has a series of muscles that require specific, tiring and difficult exercises. The wrong muscles can be targeted and the rate of return on effort is slow and dissatisfying. With **Ultratone's Biostimulation Programs**, muscles can be targeted individually and are activated instantly and directly providing concentrated exercise without the fatigue of gym sessions."



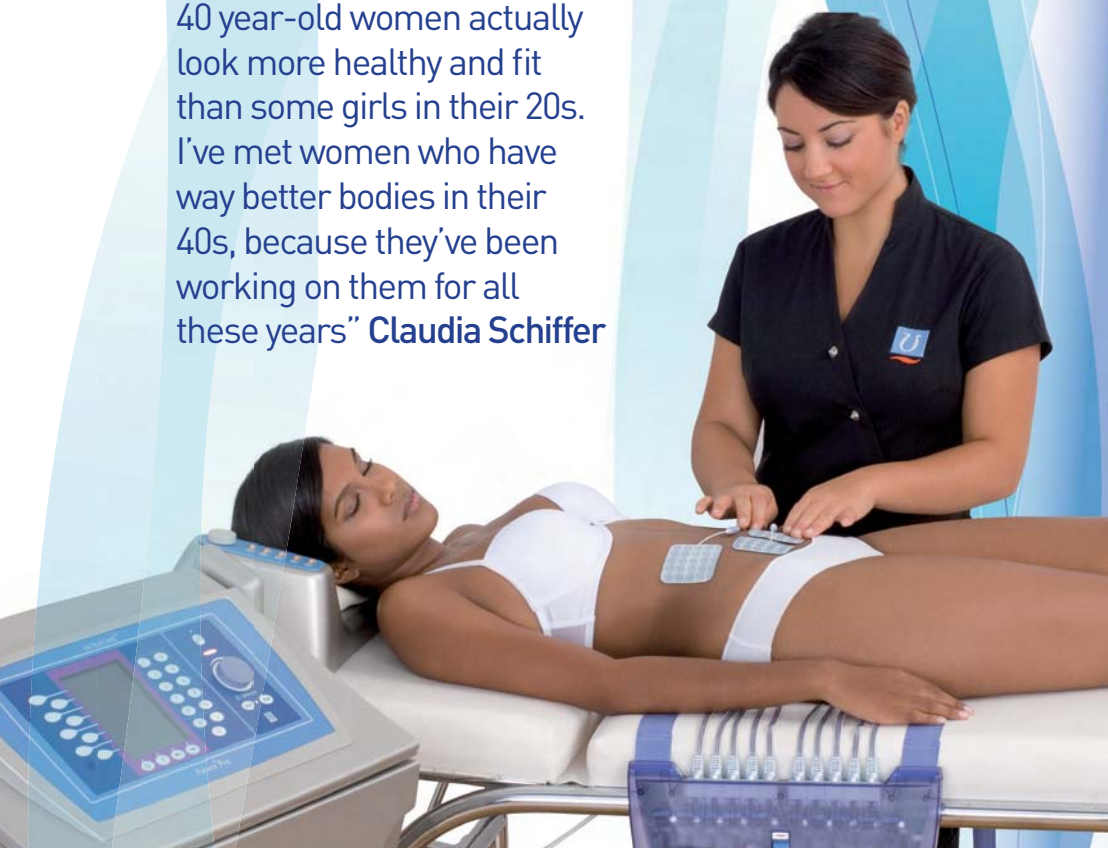
In addition, **Ultratone's Skin Lift & Tone Program** helps stimulate the dermal layers to restore elasticity, encourage collagen and elastin formation and provide healthy, firm skin around the stomach area. In conjunction with your abdominal exercise regime, you'll have a sexy tummy in no time.

Dieting will help reduce the amount of fat around the stomach area, but without any toning, skin and muscles can be left saggy and undefined. That's why a common sense approach to

dieting needs to be employed! Obviously cut down on fatty and carbohydrate-heavy foods, but remember to incorporate greater amounts of protein in your diet. Chicken and oily fish are your best bets; both have high protein levels, which helps fire your metabolism, and both are low in fat. They are the ultimate muscle foods!

When it comes to exercise, a good cardiovascular session combined with Ultratone will help burn fat by using a large amount of calories.

“I know one day I will be considered too old. I think 40 year-old women actually look more healthy and fit than some girls in their 20s. I've met women who have way better bodies in their 40s, because they've been working on them for all these years” **Claudia Schiffer**



The Secret To Great Legs

Sleek and sexy legs aren't purely the domain of supermodels. Every woman can enhance their legs easily enough – it just takes a little work and a regular routine to make gorgeous legs flow out of a miniskirt, or be subtly sneak-peaked through a slit in a sassy skirt. Great legs can be achieved by proper maintenance of the skin, toning with special treatments and regular exercise.

To enhance the appearance of your shapely legs, **Ultratone's Deep Muscle Tone, Lipolysis and Fat to Muscle Programs** go to the limit, accessing muscles in your legs that cannot normally be reached through active exercise. At the same time they disperse unwanted fat by flushing it out through the Lymphatic system and also providing it as extra energy to the muscles which are then actively involved in consuming the released fat as available calories rather than unsightly cellulite deposits. The instant recruitment of these body shaping muscles helps to give you superb results in record time, all without the stress of fatigue or intense training sessions.

As Ultratone Biostimulation works, it will encourage you to do more exercise, rather than reduce it. Most people would actually love to practice a sport but simply do not have the leisure time to exercise. Ultratone has the perfect relaxing training regime to get you back into a healthy activity. Combining Ultratone with Pilates, swimming, country rambles, etc, is the ideal way to keep the body healthy and also happy as the release of endorphins will make the activity a pleasure rather than a chore.

“My legs are insured for \$1.2 million and \$1 million. They are different values because I have a little scar on my left leg”
Heidi Klum

“I will not retire while
I’ve still got my legs
and my make-up box”
Bette Davis



The Final Touches to Perfect Pins

In order to keep your legs shapely and sexy a proper toning treatment is essential. **Ultratone's Slimming & Weight Loss treatment** on the legs helps lift and define problem areas such as the thighs by applying a micro-electrical pulse to help firm and tone. In tandem with regular exercise, including walking, jogging, fitness classes or swimming, your legs will appear contoured and sexy.



Bust Lift

Breasts consist of fat and glands, containing no muscle, so with the onset of age and the decrease in skin elasticity, breasts invariably head due south, regardless of size. There are some ways to win the battle, if not the war, against gravity.

Ultratone's Bust Lift Program is the perfect choice. It includes a bioptic stimulation, which lifts, tones and strengthens the pectoral muscles which hold up the breasts. A sequenced pulse then follows to rejuvenate the skin around the bust, providing firm sculpted breasts and an attractive cleavage. As Professor Gerta Vrbova says, "Biostimulation is a far safer and healthier way of reducing unwanted flabbiness than cosmetic surgery."

In addition, you should also invest in a well-fitting bra. In fact you should update your bras every six months – this helps with any fluctuation of body or breast size and ensures you help ward off any back problems or rapid breast descents!

"My breasts are beautiful and I gotta tell you, they've gotten a lot of attention for what is relatively a short screen time"
Cindy Crawford



Get Rid of Flabby Arms – No More Bingo Wings!

Well-formed, shapely arms add a distinctive air of femininity, but it can often take a little bit of work to keep them looking healthy and attractive. There are many ways to achieve this and they're all simple, easy and highly effective!

Ultratone helps define arms quickly and easily through its **Toning, Workout and Dermal Revive Programs**. The "Workout" section includes intensive sequential stimulation, which rapidly transforms muscles, improving tone, fitness and strength to produce a sleek shape and healthy appearance. If the 'bingo wing' appearance is proving hard to shift, Ultratone's "Slimming" sequence provides centimetre reduction while firming the surrounding connective tissue. The rotating waveforms and signals remove extra fluid, compress fat and tighten

muscles. You'll see the results almost straight away and in combination with a regular exercise routine, you'll have the arms you've always wanted!

For gym exercises, the best arm workout is the one that isolates the main muscles groups of the arm (the biceps and triceps), but can also work the shoulders and forearms for general balance and overall toning.

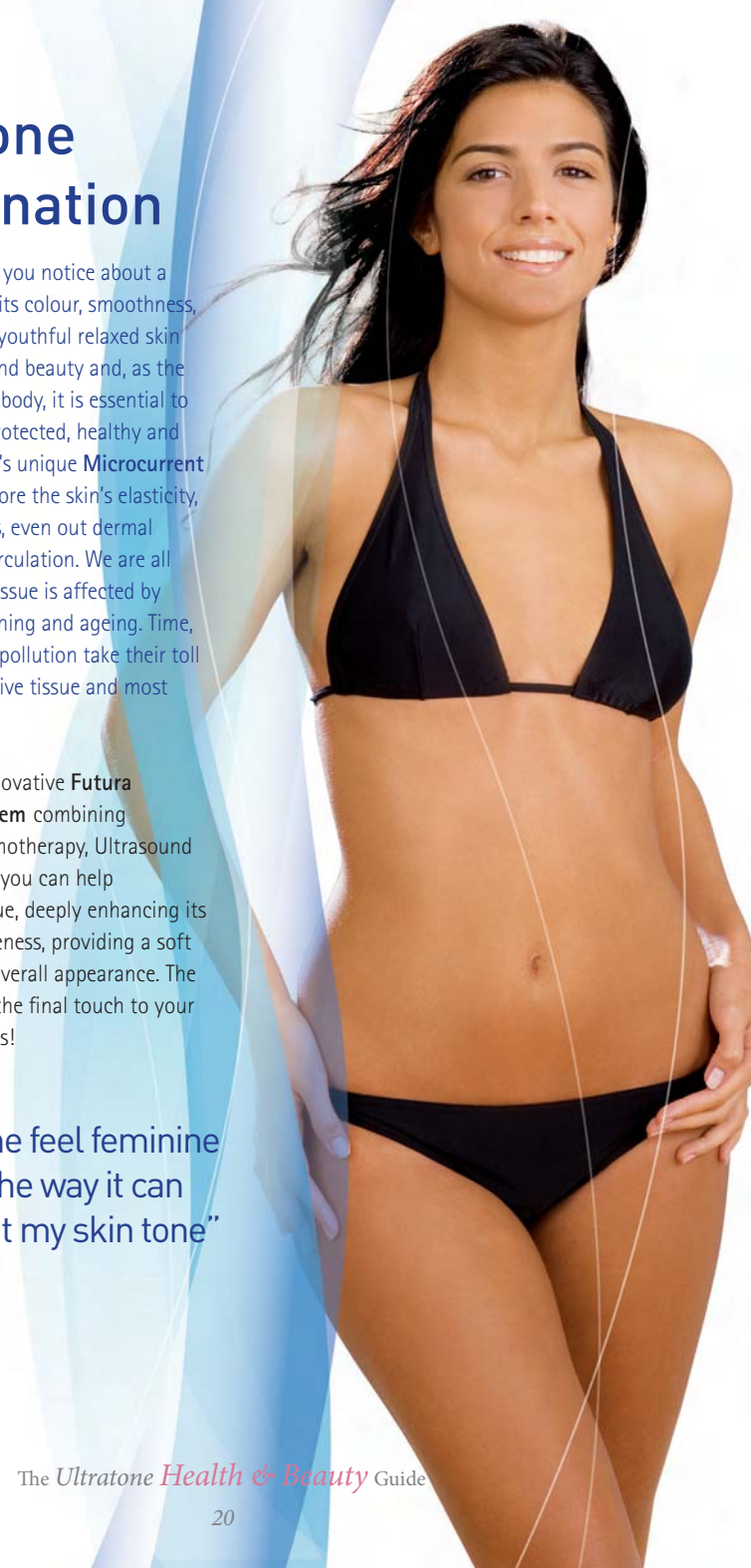
"I don't know what to do with my arms. It just makes me feel weird and I feel like people are looking at me and that makes me nervous"
Tyra Banks

Skin Tone Rejuvenation

Often the first thing you notice about a person is their skin: its colour, smoothness, texture and glow. A youthful relaxed skin gives its own aura and beauty and, as the largest organ in our body, it is essential to keep it nourished, protected, healthy and energised. Ultratone's unique **Microcurrent treatments** can restore the skin's elasticity, smooth out wrinkles, even out dermal tone and improve circulation. We are all aware of how skin tissue is affected by sun exposure, stretching and ageing. Time, nature's course and pollution take their toll on muscles, connective tissue and most especially skin.

With Ultratone's innovative **Futura Pro Bioenergy System** combining Microcurrent, Chromotherapy, Ultrasound and Biostimulation, you can help regenerate skin tissue, deeply enhancing its elasticity and suppleness, providing a soft touch and healthy overall appearance. The perfect way to add the final touch to your Ultratone treatments!

“It makes me feel feminine and sexy... the way it can complement my skin tone”
Mya



Beautiful Hands and Feet

It's not just a manicure that will give you princess hands. A youthful unblemished and supple skin is the real key to beautiful hands and feet.

Ultratone's special re-balancing **Chromotherapy**, moisture infusion **Microcurrent (electroporation)**, dermal revive **Ultrasound** and the sequenced **Biostimulation** for anti-ageing and improved circulation will ensure that you always have the youthful hands and feet to match your slim and shapely figure.

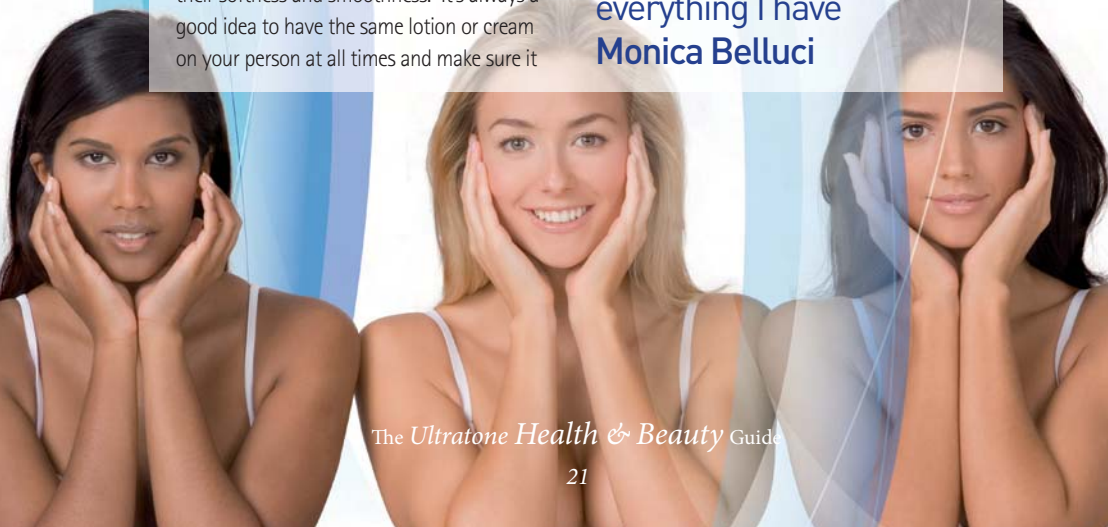
Of course there are some simple steps you can follow to further enhance the fantastic work undertaken by your Ultratone treatment.

For your hands, you should always keep them moisturised, soft and supple, to slow the ageing process of the skin. Just as you would cleanse, tone and moisturise the skin on your face, you should follow a similar process for your hands. The hands are regularly exposed to soap, water and other elements, so you need to select a good hand lotion to maintain their softness and smoothness. It's always a good idea to have the same lotion or cream on your person at all times and make sure it

has UVA and UVB protection to prevent sun damage on the skin.

Wearing open-toed shoes, especially during the summer, exposes the feet to wear and tear. Due to constant exposure, the feet will harden – this can be alleviated by exfoliating the calluses on your feet with a pumice stone. This is done during showering – just remember to soften your feet in the shower before starting to exfoliate! A generous amount of foot moisturiser applied before bed will ensure you wake up with lovely soft feet. Of course, ensuring your toenails are well-groomed is essential to topping off your beautiful feet. Additionally, consider a regular pedicure and foot massage to keep the skin and foot muscles supple and looking fabulous.

“My body is so important to me...my face, my arms, my legs, my feet, my hands, my eyes, everything. I use everything I have”
Monica Bellucci





The Face

Our face tends to be the first point of contact with other people – it provides the focus and initial impression which is hugely influential in terms of how other people consider and judge us. The make up of the face as well as the individual components, the eyes, the complexion, the smile, all have an important role in determining how attractive we are perceived to be.

All over the world and during different times in our evolution, human beings have been involved in trying to improve on nature, to refine and embellish the female body and face in the search for perfection.

Consequently, humans love to look at beautiful faces; in fact, in spite of cultural and racial differences 97% of humans aged 4 – 80 from around the world agree on the rules of beauty! A beautiful face is easily

identified; full lips, a clean and clear face, high cheekbones and forehead, a winning smile and symmetrical features.

Obviously our genes have a huge influence on whether we are perceived as beautiful or not, and cultures in each country will add different criteria onto the generally accepted perception of beauty itself. However there are many things we can do to ensure the individual components of our face are given the best chance to shine and together improve the overall impression of attractiveness.

**“God has given you one face, and you make yourself another”
William Shakespeare**

Non-Surgical Facelift

Non-surgical facelifts have grown in popularity in recent years, with celebrities, socialites and now ordinary women opting not to go under the knife, but instead experience **Bioenergy stimulation** on the facial skin and muscles to reduce the visible signs of ageing, **Microcurrents** for Electroporation, **Ultrasound** for Tissue Regeneration and **Biostimulation** for Muscle Lifting and Toning.

Pioneered by Ultratone, the specific **Non-Surgical Facelift Bioenergy Program** combines dermal rejuvenation toning with perfect muscle lifting sequences to tighten and firm the contours of the face.

No need for expensive cosmetic surgery when there are a number of extra benefits to Ultratone's natural non-surgical facelifts. From improving overall complexion by stimulating an even blood flow to the subcutaneous tissue, smoothing out wrinkles, reducing impurities and puffiness with a detox lymphatic drainage, to tightening and lifting muscles, Ultratone's fast acting Facial treatment will achieve a total lift in all the sagging areas.



“Cosmetic surgery is terrifying. It never looks good. Those women look weird. They look in the mirror and think they look great, but they don't see what we see. I think it is hideous. They scare small children”
Jerry Hall

Anti-Ageing

We all know that as we age, our skin loses its ability to retain moisture, becoming drier, losing elasticity and showing the impact of the sun and the environment. Genetics also plays a large part in the standard of our skin, and in tandem with environmental factors, our natural defences against ageing are minimised. Most women are concerned with wrinkles, uneven tone and texture of the skin, a dull appearance, age spots and blotches, visible pores and dry skin.

The recent scientific advances in topical cosmetics mean that instead of empty promises, we now have a fabulous choice of effective daily anti-ageing smoothing and toning products. You can slow the rate of ageing and make skin appear firm, radiant and full of moisture. Most anti-ageing products feature a combination of vitamins, collagen and elastin to provide the skin with vital rejuvenating energies and help win the battle against ageing!

In tandem with your daily routine, a series of **Ultratone Facial Plus Programs** at home, or **Futura Pro® Facial Programs** at your Salon or Spa, will ensure your face stays healthy and youthful for longer. The Facial Plus is an easy to use, stylish hand-held unit with four built-in Programs and a one touch Program Selector. The device brings together the four different high performing Programs for a youthful, toned and rejuvenated face all at the click of a button.



Included in the Facial Plus are:

- **Microcurrent Electroporation Skin Rejuvenation Program**
- **Non-surgical Muscle & Skin Facelift Program**
- **Lymphatic Drainage & Toxin Reduction Program**
- **Anti-Ageing & Maintenance Program**

Defying the years isn't as difficult as it is often made out to be – there are simple steps all women can take to reduce the onset of time on their face and Ultratone Programs are a must in an anti-ageing routine.

“I am not interested in age. People who tell me their age are silly. You are as old as your face”
Elizabeth Arden

Morning Facial Ritual

Every woman should be aware of the ritual of daily facial maintenance. It's a simple, three-step process that we've laid out here for you:

Cleanse

Cleanse your skin twice a day with mild cleansing lotion or milk. With a damp cotton wool pad, apply a quality cleanser on your face, using the cotton wool pad again to wipe off the lotion.

Tone

Toners remove leftover cleanser and oils. Toners with astringent, which has alcohol content, are excellent for greasy skin but can ravage sensitive skin, so make sure you test it first!

Apply your toner with a damp cotton pad using light strokes in an upward fashion.

Moisturise

To protect and hydrate your skin, a moisturiser is essential. It also provides an excellent base to apply make up.

Apply small dots to the face and neck, using light, upward strokes. Spread the moisturiser evenly across the face, massaging into the skin.

In addition, regular sessions at your Salon using **Ultratone's Bioenergy Futura Pro® System Programs** will provide ideal facial lifting and rejuvenating with long lasting results and easy maintenance. At just the touch of a button, a wide variety of facial treatments are selected. Biologically sequenced impulses are sent to 20 specific treatment points via conductive micropads. The intensity and impulses are then balanced perfectly for each individual point, maximising the effectiveness of the rejuvenation, specifically targeting problem areas and ensuring a perfectly even lift and tone.





This unique feature of Ultratone guarantees a fast, intensive yet totally natural facelift to keep the face looking fresh and youthful!

The Salon Therapist will also offer you:

The **Futura Pro® Microcurrent Ultracell** treatments to enhance the absorption of active ingredients (Electroporation) and rejuvenate superficial dermal cells.

The deep penetrating **Ultrasound** treatment to tackle rough, scaly and uneven problem skin as well as smooth out deep lines by stimulating the pumping action of the fibroblasts which produce elastin and collagen.

The **'Magic Touch'** pleasurable glove treatments to manually smooth and massage the entire face, easing away any remaining wrinkles and totally relaxing the body and mind.

“It matters more what is in a woman’s face than what’s on it”
Claudette Colbert

Wrinkle Reduction

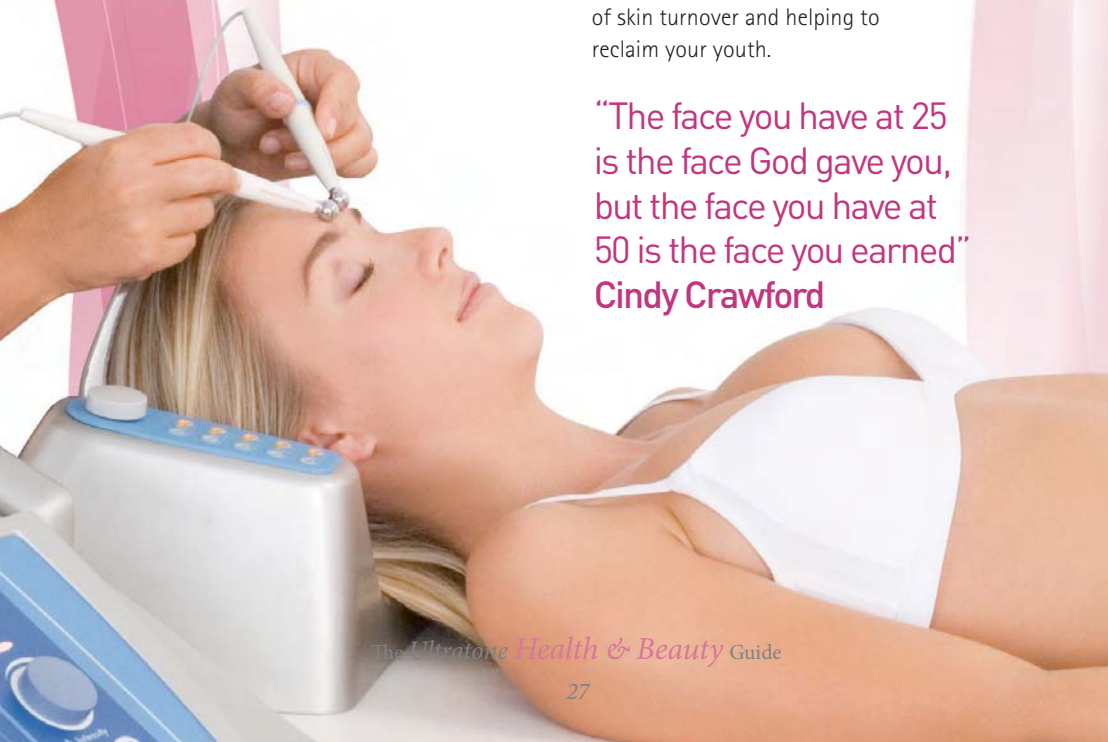
Wrinkles are a fact of life for everyone; the older we get, the more wrinkles appear. There are ways, however, of slowing the visible process, giving you a youthful and radiant appearance.

So how do we actually get wrinkles? Firstly, through ageing. Skin cells divide more slowly and elastin and collagen fibres loosen and unravel, causing depressions in the surface of the skin. The skin also loses elasticity, so it's less able to retain moisture and takes longer to heal. Gravity will inevitably pull down the weakened tissue.

Facial expression is caused by muscle contractions including smiling, frowning, squinting and other habitual facial movements. Over time the facial tissue is unable to spring smoothly back into place and we develop smile lines, frown lines and crows' feet. Pollution and too much sun add further damaging elements that contribute to the ageing effect.

Ultratone's **"Face"** Program is devised to battle against the onset of ageing and modern lifestyle problems with a specific **"Wrinkle Reduction"** protocol, which helps revitalise skin, muscle and connective tissue to reduce fine lines, sagging and wrinkles. It encourages the renewal of dermal cells, bringing them to the surface through gentle **Biostimulation** and massage treatments on the face, hastening the process of skin turnover and helping to reclaim your youth.

"The face you have at 25 is the face God gave you, but the face you have at 50 is the face you earned"
Cindy Crawford



The Party Face

For the total facial treatment, where you can obtain the complete facial improvement you desire, think Ultratone. In just thirty minutes you can receive:

A **Non Surgical Facelift**, with Programs that exercise and lift the facial muscles away from the facial expression movements, reduce fine lines and tone saggy skin.

The **Anti-Ageing Smooth and Tone Program**, which tones and lifts deep facial muscles and enhances the production of collagen and elastin to rejuvenate skin and muscle cells.

The **Wrinkle Reduction** treatment which makes you appear visibly and instantly younger through electroporation moisture infusion, tightening sagging facial skin and smoothing out superficial and deep lines.

A **Smile Again Program** to vastly improve the area around your mouth, making your smile radiant and young again, confident that those expression wrinkles can be erased with regular Ultratone sessions.



Magic Touch Gloves

The **Microcurrent Ultracell** treatment which energises the active ingredients in creams and gels to rejuvenate and tone the skin, is ideal for improving texture and elasticity.

An **Ultrasound Repair & Restore** treatment to penetrate the active ingredients in treating problem skin such as acne conditions, rosacea, scaly dry patches and sun damaged cutis.

Then add a '**Futura Pro® Magic Touch' Glove** treatment for its pampering effect and wonderful results: "It feels as though the therapist is literally lifting away the lines and wrinkles with her fingertips whilst also soothing away stress from your face in the most gentle and pleasurable way," says a satisfied customer from a London Ultratone salon.

Finally, **Maintenance** Programs will ensure that all benefits and results achieved are sustained. It really is the perfect way to look healthier, younger and more radiant!

"Beauty, to me, is about being comfortable in your own skin. That, or a kick-ass red lipstick"
Gwyneth Paltrow





Smile Again

Nothing beats a killer smile, impacting the way we are perceived and judged. Since smiling uses fewer muscles than frowning, it's easier too! And with the facial muscles being pulled up, you get an instant facelift!

Ultratone's Facial Plus is the perfect way to enhance your beautiful smile. This simple-to-use unit features four built-in Programs and a one touch Program Selector, combining four high performing Programs for an ideal way to rejuvenate the face by just the click of a button.

It's no surprise that regular oral hygiene is the linchpin to a beautiful smile. The steps to maintaining a beautiful smile are simple: regular flossing, brushing day and night and avoiding sugary drinks and

foods will help keep your teeth in great shape. Don't forget to brush the top of your tongue to prevent plaque build up and bad breath. Yuck!

“A woman whose smile is open and whose expression is glad has a kind of beauty no matter what she wears”
Anne Roiphe

Face Skincare Do's and Don'ts

DO consider a "Skin Tone" treatment from Ultratone – it tones and rejuvenates the skin to restore youthful elasticity to the dermis of the face.

DO stop smoking – nicotine in cigarettes constricts blood vessels and decreases the flow of oxygen to the skin.

DO exfoliate regularly. Choose a formulation that suits your skin – chemical exfoliators are better suited to oily or combination skins. Scrubs found in microdermabrasives are best for sensitive skin.

DO use a daily eye cream. The eyes are one of the first places to demonstrate the effects of ageing. Make sure the eye cream has an SPF to protect from the sun.

DO ingest antioxidants, the best defence against free-radical damage. Either in pill form or found in green tea, ensure you include some in your diet.

DON'T forget to moisturise! Daily moisturising improves the appearance of lines by temporarily plumping them up.

DON'T ever forget your sunscreen. We're all totally aware of the damage of the sun on our skin these days, but even during the colder months, 20 minutes of unprotected sun exposure can reap damage on the skin. Ensure you wear a minimum of SPF15.

DON'T over do the tanning. Exposing yourself too much to the sun is the best way to increase your chance of wrinkles. There are so many "tan in a bottle" options available these days, you have no excuses if your skin is damaged from sunbeds and long days of tanning during summer!

DON'T stop your anti-ageing regimen! Keep up your daily moisturising routine and your Ultratone sessions and you'll hang on to your good looks for longer, looking youthful and feeling fantastic!

DON'T succumb to pressure from the injection lobby or the scalpel brigade. Listen to Kate Winslet: "I'd like to grow old with my face moving."

DON'T spend a fortune on unnatural solutions. "It wasn't a fortune. It cost me the price of one and a half Hermes handbags," says Anne Robinson.



Dermal Revive

“I live in my house as I live inside my skin: I know more beautiful, more ample, more sturdy and more picturesque skins: but it would seem to me unnatural to exchange them for mine.”

Primo Levi

Race, genetics and cultural environment will shape our face from the day we are born. Our own self criticism will make us scrutinise every flaw and defect and yet we know that we judge others far less harshly. The lines and asymmetry of a loved one's face seem to us charming and special rather than defective. In our search for self beauty we need to balance the desire for perfection with an appreciation of our own personal "look" which makes us attractive and unique. Enhancing that attractiveness and uniqueness with a clear and youthful skin and complexion is the optimum solution to ageless beauty.

With the complete **Ultratone Facial Bioenergy Dermal Revive** system you can ensure that your skin remains radiant and youthful with the minimum effort. Just 10 minutes of Ultratone treatments a day can keep dermal ageing at bay.

To effectively revive and rejuvenate the skin you need to access all the layers of the dermis. The Ultratone **Total Rejuvenation Treatment** includes:

A deep Ultrasound Program to penetrate nourishing ingredients into the dermis and encourage the fibroblast to increase their production of elastin for cell flexibility and collagen for cell structure and strength.

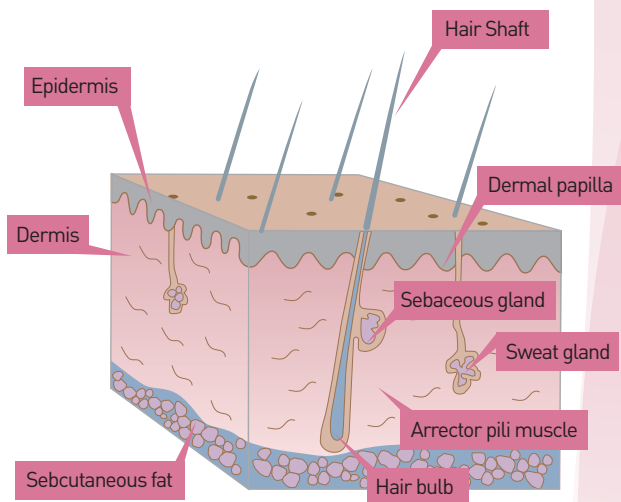
A sequenced **Biostimulation Program** where pre-set phases:

- Increase blood flow and microcirculation
- Strengthen, lift and tone the entire range of facial muscles

- Access the lymphatic system for detox and drainage through a gentle pumping action
- Tighten and firm the skin

A gentle **Microcurrent Program** to penetrate hydrating, nourishing and protective anti-ageing products to the epidermis for an instant visible reduction of fine lines and a radiant complexion.

A rebalancing **Chromotherapy Treatment** where, according to Ayurvedic science, gentle yellow and blue light will encourage the body to energise and find its natural equilibrium.



“I don't understand how a woman can leave the house without fixing herself up a little, if only out of politeness. And then you never know, maybe that's the day she has a date with destiny. And it's best to be as pretty as possible for destiny”

Coco Chanel

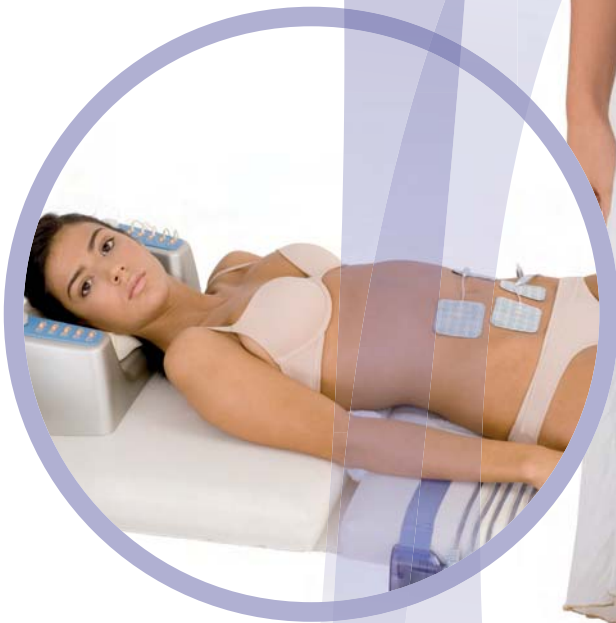
Everything Ultratone Can Do For Your Face

- Tighten the forehead and improve eyebrow shape
- Enhance complexion and tissue elasticity
- Reduce bags under the eyes
- Smooth away fine lines and wrinkles
- Erase smile lines
- Lift and tone sagging facial muscles
- Shape and define the jawline
- Dramatic improvement to the neck and chin
- Enhance circulation and purify subcutaneous tissues
- Reduce puffiness and increase toxin elimination
- Give the skin a youthful appearance
- Slow down the visible ageing process
- Keep the smile without the wrinkles
- Encourage healthy muscle and skin activity



Special Treatments

Ultratone understands that some people have special requirements when it comes to treatments. The body or face shaping may alter according to need: a particular event they wish to attend, post natal recuperation, a specific therapeutic necessity, recovery after effort, or simply the desire for a total detox. No matter, Ultratone's special treatments provide specific Programs to tone, tighten, shape, rejuvenate and rehabilitate without pain or stress.



Drop a Dress Size

Urgent physical changes can often be required, whether it's the special occasion like a wedding, an anniversary or fabulous summer holiday, but the change itself can often take significant time. That's where Ultratone comes into play by combining a range of super fast, super effective and super concentrated treatments from **Ultratone's Slimming and Toning Programs**.

Your therapist will be well trained on how to utilise the best of Ultratone's treatments, and after keying in your measurements on the unique **Futura Pro®** system, let it create the right range of treatments to suit your specific needs. When dropping a dress size is the prime goal, the **Futura Pro®** comes into its own.

Ultrafast Instant Inchloss Programs provide rapid centimetre reduction, thereby creating instant results. Rotating waveforms and signals evacuate extra fluid, compress fat and tighten muscles instantly. Add to this the **Ultrasound Cavitation** treatments which break down fat, and follow it with the **Fat to Muscle Program**, which increases muscle tone and fitness in all areas that have accumulated fat, before adding the **Deep Muscle Tone Program** as the final touch to make sure the transformation is long lasting.

These superb treatments access muscles that cannot normally be reached with active exercise, helping to give fast, superb body slimming results in record time. These four combinations are just a small selection of what your Ultratone therapist can offer – dropping a dress size is a reality with the **Futura Pro®**.

“A woman is closest to being naked when she is well dressed”
Coco Chanel



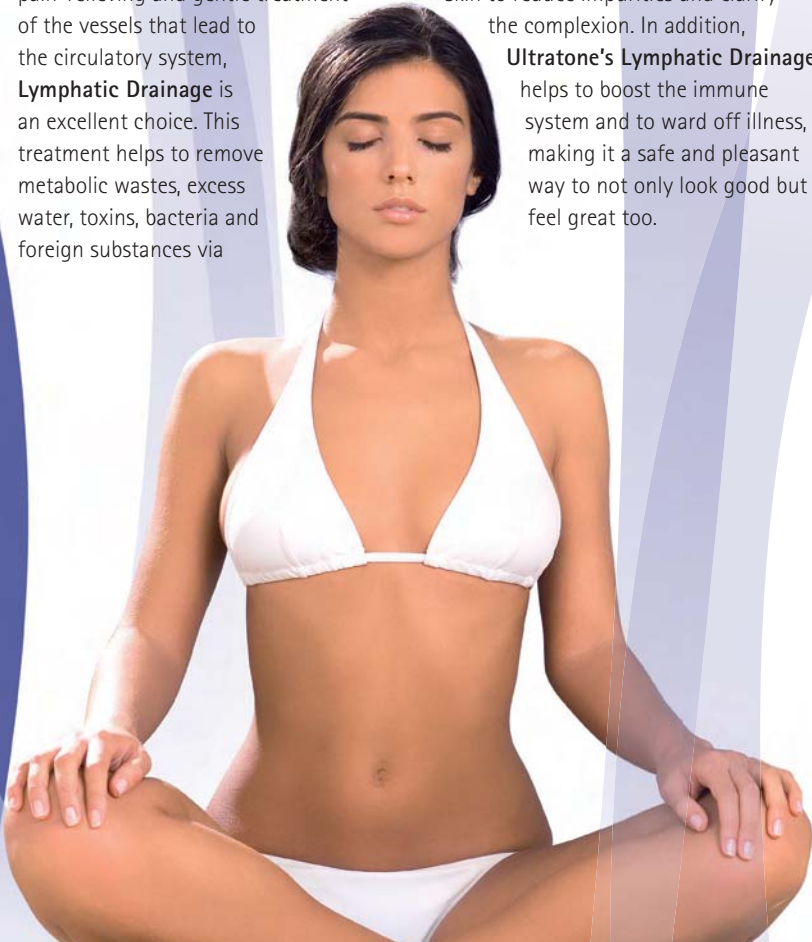
Detox & Lymphatic Drainage

Detox has been a buzzword in beauty and celebrity circles for a number of years now – it's simply the removal of all toxic substances from the body. Where the liver, gastrointestinal tract and kidneys are slow in removing all the bad things we subject our bodies to in today's hectic lifestyle, there are a number of detox Programs and treatments available to make your biological system as pure as it can possibly be.

For a powerful cleansing, relaxing, pain-relieving and gentle treatment of the vessels that lead to the circulatory system, **Lymphatic Drainage** is an excellent choice. This treatment helps to remove metabolic wastes, excess water, toxins, bacteria and foreign substances via

the initial lymph vessels. The **Ultratone Lymphatic Drainage Program** also relaxes the nervous system, so it will even help reduce swelling, sinus congestion and headaches! Specialist practitioners carry out the drainage via a form of massage, through very light pressure contact combined with soft pumping movements in the direction of the lymph nodes. Ultratone also provides a specific form of drainage treatment, stimulating the lymphatic system to reduce puffiness and drain toxins. It is ideal for problem skin to reduce impurities and clarify the complexion. In addition,

Ultratone's Lymphatic Drainage helps to boost the immune system and to ward off illness, making it a safe and pleasant way to not only look good but feel great too.





Ultratone has a Program dedicated specifically to “**Detox & Repair**”, incorporating:

- **Lymphatic Drainage** – Pumps the muscles around the lymph nodes and stimulates a good lymphatic flow, helping to evacuate toxins and reduce excess fluids. These tend to accumulate in the abs and ankles
- **Detox & Circulation** – Helps the body to produce anti-toxins, expelling waste products and encouraging oxygenation and blood flow. Ideal after a period of inactivity, poor diet, excessive alcohol consumption or late nights

- **Dermal Rejuvenation** – This rejuvenates the skin damaged from stretching, ageing and exposure to sunlight

- **Massage** – Sequences through a relaxing massage with superficial, medium and deep strokes, lymphatic drainage and tingling stroking. This eases tired, aching muscles and restores wellbeing

- **Anti-Stress** – A Program that includes mixed frequency pulses and gentle microcurrent signals to soothe away tension by encouraging the body to produce endorphins

“Most people think that ageing is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of ageing, through correction of diet, anti oxidants, removal of toxins from the body”
Deepak Chopra

Post Natal Treatments


The ardour of pregnancy causes a host of changes to a woman's body – from hormonal modifications to pressures and impacts on her physique – it all takes its toll. Add in the birth itself and it's hardly surprising that some intensive exercise and treatments will be required to return your body to the shape you desire it to be again.

The essential elements for post-pregnancy rejuvenation are: loss of inches, abdomen tightening, buttocks firming and shaping, pelvic floor strengthening, improved circulation, toned muscles and improved posture.

Ultratone can effortlessly assist in the very structural reshaping of your body following pregnancy. The **Post Natal Toning Program** lifts, tightens and strengthens abdominal, gluteal and thigh muscles, while the **Pelvic Floor Toning Program** strengthens, tightens and reinvigorates the inner pelvic floor muscles to realign them and restore elasticity in this area. The **Posture Program** tones and strengthens posture muscles to restore poise and balance to the body, reducing stress and improving an area of the body greatly affected by pregnancy.

“She is not depressed, nor has she had a tummy tuck, she is a 23 year old Mom who was in amazing shape before she got pregnant and was able to get back in shape after the baby arrived”
Leslie Sloane





“I chose my wife, as she did her wedding gown, for qualities that would wear well”
Oliver Goldsmith

The Wedding Special

Every bride wants to look amazing on her wedding day. It's one of the biggest moments of her life, with friends, family and loved ones all looking at her in centre stage. It's not just about the dress, or the flowers, or the catering, or music... it's all about how confident, beautiful and alluring she looks. Naturally, hair, make-up and skin are important, but to leave a lasting impression that will be remembered by all and captured in photographs, a radiant face and a beautifully toned and trim body are the main aspirations.

For a bride preparing towards her big day, there is nothing like following a course of **Futura Pro® Multibody Programs**. The all in one session, lasting only 30 minutes, means the tummy can be toned and trimmed, the bust can be uplifted, the buttocks can be reshaped and the facial complexion can be enhanced with **Electroporation** product infusion and gentle **Biostimulation** – all at the same time! That means not only will the bride look fabulous on the big day but will feel sexy and confident on her beachy honeymoon!



Little Black Dress

Every woman owns one, but it's not often they get the chance to wear it out for a fabulous night on the town. Women feel sexy, gorgeous and confident when they know they can carry off the little black number in style!

Fitting into it for the Christmas or New Year party need not be such a torture when your local salon offers Ultratone treatments. Five combination sessions of **Ultrasound Cavitation**, **Lypolisis** and **Ultrafast Inchloss** followed by six sessions of **Lymphatic Drainage** alternated with **Fat to Muscle Tone** will do wonders for your figure.

Then all you need to do is dig out your most flattering black heels, get into your slinky black dress and head out for a fantastically fun night feeling confident and totally sexy!

“I am usually all about the tight jeans and little T-shirt, but sometimes I want to put on a black sequined dress and be a freaking girl”
Britney Spears



Post-Christmas Detox

We all know what Christmas and New Year is all about: eating, drinking and totally relaxing. It's not a crime to let your hair down and enjoy your time with friends and family to celebrate the holiday season. The only problem is, that fantastic body that you've honed through your Ultratone sessions, diet and exercise, is going to take a few steps backwards as the indulgence takes its toll!

After the unavoidable excesses of the end of year festivities, there is nothing like a combined set of **Detox** and **Skin Rejuvenation treatments** followed by your choice of a **Slimming treatment**. Three sessions a week, two days apart for ten weeks, will have you fully restored by mid-February ready to celebrate spring and looking back to your beautiful best!

"The three words women most want to hear from a man are: 'You lost weight!'"

Lori Gotlieb

Quit Smoking Without Weight Gain

The fact that smoking is dangerous to your health and one of the worst things a woman can do to her skin is hardly groundbreaking news. Yet many women find it very difficult to give up the habit. One of the major challenges a woman faces when quitting is the associated natural weight gain. As nicotine suppresses appetite (and also deadens taste buds), the natural withdrawal of nicotine from your system will increase food cravings. Naturally the benefits to your overall health of choosing not to smoke far outweigh the slight increase in initial body weight and size, but it can be a difficult stage to overcome.

To give up smoking without having to worry about the natural impulse to put on weight, follow a healthy low calorie diet, drink a litre of water a day, all in combination with 15 Ultratone treatments including **Detox**, **Work Out** and **Body Lipolisis** will ensure that weight as well as body shape will be kept under control and, best of all, improved!

“Cigarette sales would drop to zero overnight if the warning said **CIGARETTES CONTAIN FAT**”
Dave Barry



Winter Facials

The media always enforces the message that over-exposure to the sun during the warmer months is hugely damaging to your skin. This is, of course, very true, but one major area that's often overlooked is the health of your skin in the winter.

The cold months can equally damage skin – UV light is still a danger; blustery winds can cause dryness; lack of vitamin E from the sun causes dull and lacklustre skin; the list goes on! But do not fear; Ultratone can help beat the winter blues.

There is a whole array of Ultratone treatments to lift, tone and shape the delicate facial muscles with pre-programmed **Biostimulation** and soothing, manually applied **Ultrasound and Microcurrent**, to smooth out the skin, energise and help penetrate nourishing products for a radiant facial glow during the dark months of winter. There is even the new '**Magic Touch**' **Bioenergy Gloves** treatment that is the rage at VIP salons: a treat for the senses as well as the improved facial contours.

“The saying that Beauty is skin deep is but a skin deep saying” **John Ruskin**





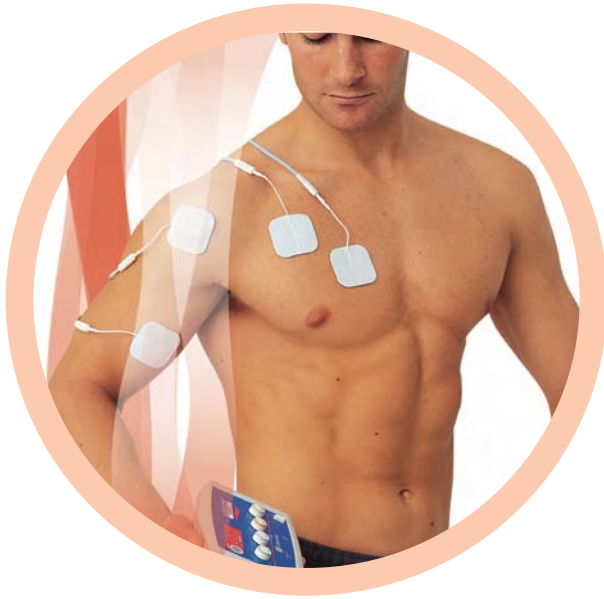
Men – For Them, For Us

As the wide variety of men's lifestyle magazines will attest, men are more body and image conscious than ever before. They now have the financial means and personal interest to invest time in fitness, grooming and styling.

The Six Pack is an internationally approved obsession for men and Ultratone has responded by creating not only a **Six Pack Program**, but also a series of **Toning and Shaping** routines for abdominal muscles. Increasing muscle size and strength is another area of concern for men and Ultratone offers **Bodybuilding** as well as **Workout Programs** adapted for every body part.

A whole range of **Ultratone Sports Programs** will be of interest and benefit to men of all shapes, sizes and aspiration. Amateurs and professional athletes alike improve their muscle functions for training, increasing stamina, strength, power, reaction speed and resistance, as well as accessing the **Rehabilitation Programs** for recuperation after effort or injury, restoring mobility after an illness and treating fatigue or edema.

“The abdomen is the reason
why man does not easily
take himself as a God”
Friedrich Nietzsche



Sport & Fitness

For athletes, regardless of age or competence, the ability to find a true competitive and winning advantage is essential. Training, both in terms of practice, strength and cardiovascular activity, is vital to find that competitive edge. Sometimes, simple training is not enough. Athletes with the determination to win and to find new levels of ability often need to look to new and alternative means of physical improvement.

They may need some pre-training or pre-sport preparation with **Ultratone's Sports Programs** that target the muscles most in use or under pressure during the specific activity, so that the training is smoother, or to follow Programs

designed to operate in conjunction with their Gym exercises so that more areas of the body are involved and benefiting at the same time.

“Every sportsman is looking for that something extra to make a difference to their fitness. And if you don't keep your muscles in trim they shrink”
Daley Thompson, Olympic Gold Medal Winner, Decathlon, 1984 and 1988



Athletes and sports people need recovery after a gruelling match, as not only will their muscles be tired but also their mind and central nervous system. As Ultratone Biostimulation by-passes the nervous system and works directly on muscle fibre and connective tissue, muscles can recover very quickly and effortlessly.

Ultratone has worked with some of the world's greatest sporting icons over a 45 year period; honing their training to world champion and Olympic standards, levels that have since become the benchmark of sporting success. From the crowned Sports Personality of the Century, Muhammad Ali, to the legendary Franz Beckenbauer or the Russian Olympic Team, to twice-Olympic Gold Decathlon winner Daley Thompson and the 1998 World Cup and 2000 European Championship-winning French national football team, Ultratone has continually provided vital enhancements to a regular training and dietary regime through its sport-specific treatments – Programs that help athletes enhance their competitive and winning edge by maximising their muscular potential.



Power, Endurance, Stamina, Strength, Speed and Suppleness

Six words that define the key physical requirements of the amateur or professional sports person. The mental strength may be in full supply, but if the body cannot perform to its highest standards, it can mean the difference between first and second place or a disappointing performance. Ultratone created the small portable **Futura** and **Futura Plus** units which come with a series of sports cassettes that are interchangeable, the **Athletic Biostimulator** with six specific Programs, and the **Meditone Pro & Excel Pro** which are for use by Physiotherapists in their centres, precisely with amateurs and professional athletes in mind.

These fantastic biostimulators reduce injury, increase stamina and resistance, complement existing training regimes and enhance performance, all through innovative technology pioneered by Ultratone and its team of researchers. Simply select the program you want and Ultratone will do the rest while you relax.



The Athletic biostimulator, for example, has six unique programs, making it the ultimate professional sports trainer:

Ultratone Endurance & Stamina

Ideal for those who wish to improve their performance without risk or strain, this Program starts with a low frequency warm up, then sequences into muscle pumping followed by vigorous, medium frequency long contractions to reinforce slow red muscle fibre and mixed oxidative and glycolytic muscle fibre. The result is improved strength, endurance and stamina. The Program will also improve oxygen absorption, build resistance and reinforce slow muscles – excellent for long distance and stamina sports like running, triathlon and cycling.



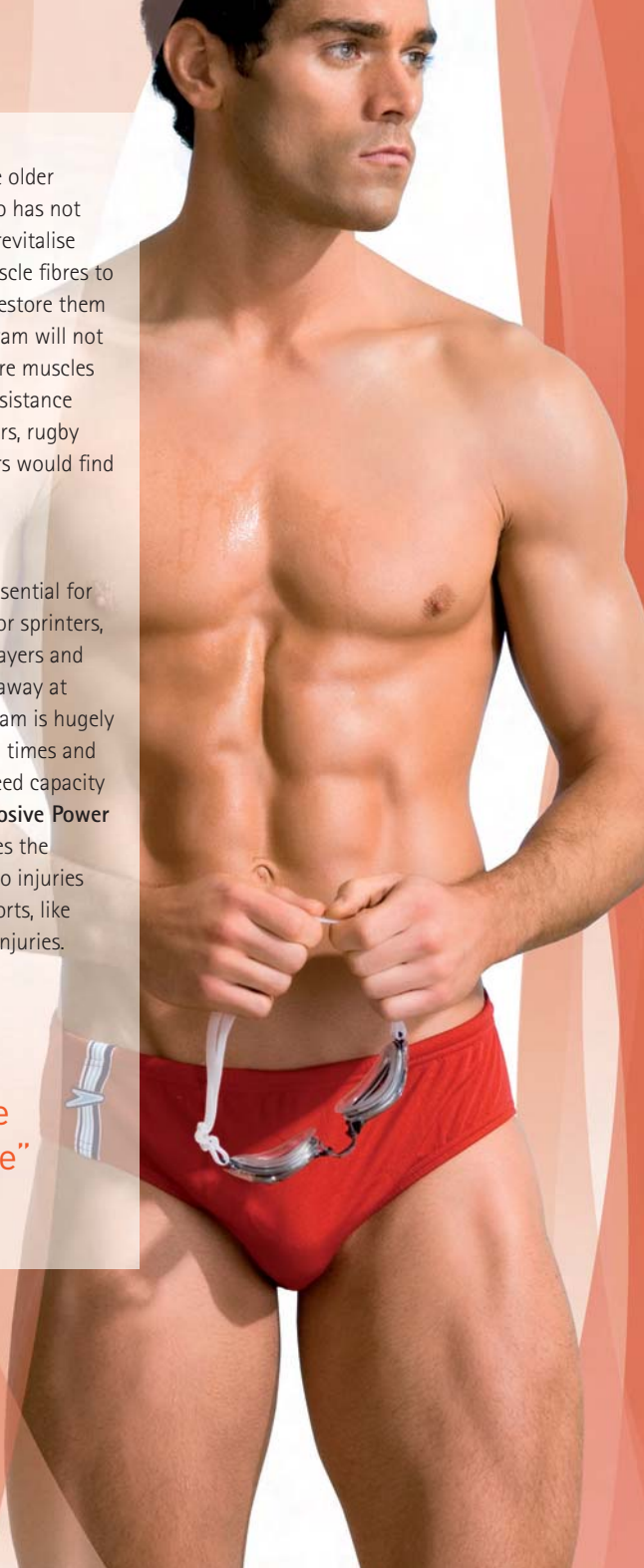
Ultratone Strength

This Program, conceived for the older athlete or the sports person who has not trained regularly and needs to revitalise their muscles, will work the muscle fibres to give concentrated results and restore them to peak performance. The Program will not only strengthen slow red posture muscles but will also increase fatigue resistance in white fast muscles. Footballers, rugby players, weightlifters and rowers would find it of great assistance.

Ultratone Explosive Power

Fast muscle reinforcement is essential for sports associated with speed. For sprinters, skiers, hockey players, tennis players and footballers, the ability to burst away at speed is a true must. This Program is hugely effective in improving response times and increasing the strength and speed capacity of fast muscles. Ultratone **Explosive Power** energises, strengthens and tones the muscles, increasing resistance to injuries often associated with speed sports, like hamstring, groin, calf or thigh injuries.

“Perfection is not attainable, but if we chase perfection we can catch excellence”
Vince Lombardi





“Today we could not train our sports teams without electronic muscular stimulators. This now forms an essential part of our training package because of its efficiency and speed.

The advantage of Ultratone Futura are the cassettes that allow different programs to be used in accordance with specific needs”

Dr Jean Marcel Ferret, responsible for the health of the French national football team, 1998 World Cup and 2000 European Championship Winners

Ultratone Recovery and Rehabilitation

Following an intense training session or competitive match, this Program comes into its own. The Program's rotating sequences alternate circulation and swollen tissue treatments to encourage recovery and allow the body to relax and regenerate, also delivering a massaging and pumping effect on the muscles to ease discomfort and fatigue. It may also be used to aid recovery after an injury.

Ultratone UltraTens Pain Relief

In the unfortunate event of a sporting injury, this Program is designed to treat and alleviate the injury, helping to restore your fitness in the shortest time period possible. Gently sequencing pulses rotate between high and low frequency to provide both an anaesthetising effect and the production of endorphins for optimum pain relief, whether it is acute localised or chronic radiating.

Ultratone Massage and Anti-Spasm

Relieve muscle cramps and spasms with this final Program, restoring suppleness to tight and tense muscles. The gently rotating pulses activate blood flow, improve capillarisation and recruit oxygen to the affected areas, restoring healthy muscle function. It can be used either after strenuous effort to prevent spasm or cramp or to relieve an acute condition.



Ultratone Bodysculpting, Fitness and Gymnetics

Ultratone pioneered the use of Biostimulation to greater enhance the results of training and body sculpting. Through **Gymnetics**, Ultratone's own sport-focused Biostimulation principle, users can vastly enhance and augment the results gained from their chosen sport or training regime. Muscle wastage and poor circulation, two side effects of inactivity, can be countered through **Gymnetics**, which strengthens all muscles, including those supporting the skeletal structure. Blood flow is increased and strength and stamina return with improved mobility, plus it's all impact-free, meaning it's completely safe.

Whether using the **Athletic** unit, or the **Futura** and **Futura Plus** with their collection of cassettes for specific sports like football and golf or **general Fitness, Rehabilitation, Workout &**

Body Building, or the **Excel Pro** used by Professionals, Ultratone offers a wide variety of Programs based on the **Gymnetics** principle, for amateurs and professional athletes alike.

Ultratone reaches the muscles faster than conventional exercise – as proven in specialised research – and it also gets to muscles other efforts seldom reach due to its concentrated delivery of automatically sequenced signals. Activating them individually, rather than in sections, it makes it possible to treat areas of the body for fortification and prevention, as well as pre-training exercise, or for their rehabilitation.

- Back & Shoulders
- Pectorals, Biceps and Triceps
- Abdominal muscles
- Quadriceps
- Hamstrings
- Adductors
- Calves & Ankles

“If you don't do what's best for your body, you're the one who comes up on the short end.”

Julius Irvin





Recovery

"No pain, no gain". If ever there was a misnomer in sports, that is it! Physicists, doctors, sports coaches and athletes all agree that muscles work best when the exercise is smooth and powerful, but without potential damage or injury. Ultratone understands this. The **Athletic & Futura** Biotstimulators are enabled to train and build muscle, but equally to help fitness enthusiasts and professional sportspeople recover, whether it be from injury or simply from a vigorous training session or game.

Penetrating skin, connective tissue, fat, muscle, the circulatory and lymphatic systems, the pulses delivered by the biostimulators provide maximum muscle fibre penetration. This ensures the body's key physical tools, including stamina, strength and energy levels, are all reinvigorated faster than through natural, static rest periods. Muscle alertness is improved, enabling more productive training sessions and higher quality competitive sports ability.



“In Electronic Muscular Stimulation there have been many advances made in terms of currents and the latest Ultratone currents seem to be truly remarkable. With their low frequencies we can treat pain, oedemas, muscular atrophy, circulatory problems, ‘heavy legs’ and all areas of rehabilitation and recuperation. Our patients can have treatment sessions without risk for periods that on average are between three weeks and one month. With that biostimulation both the patients and I save a lot of time”

Dr Michel Le Faou, Specialist in Sports Medicine; in charge of the Electrotherapy Dept at Hôpital Hotel Dieu in Paris.

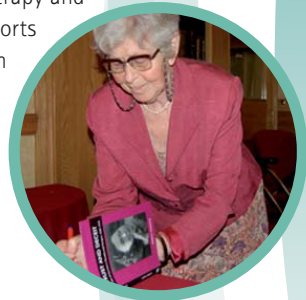


Science of Ultratone

Research

Ultratone has 45 years of research behind the composition of its Programs and its commitment to the science and application of Biostimulation is constantly updated by the research undertaken by leading academics, like Professor Gerta Vrbova of University College London (below) and other researchers. Their findings and ongoing commitment have formed the bedrock of Ultratone's continuous advancements and development.

"From understanding the nature of motor units within each muscle, we have been able to take the development of electrotherapy and apply it to the world of sports and fitness. Ultratone is, in my professional opinion, a very effective and safe way to enhance muscle development and growth and aid with overall physical fitness and training," says the Professor.



Professor Gerta Vrbova

Through research conducted over the past 30 years, Professor Vrbova, has proved that via electronic pulse response, such as Ultratone, large body motor units are forced into action faster than through regular exercise. She has concluded that, "electrical stimulation can attain much higher levels of activity over time than any exercise regime, challenging the muscle system to its limits."

"In my research I have found it is often difficult to target slack or unused body muscles in conventional physical training," she says. "The abdomen is a classic example; it needs specific, tiring and difficult exercises for women and men looking to shape that part of their body. The wrong muscles can be targeted and the rate of return on effort expended is slow and dissatisfying."

Professor Vrbova's advocacy of Biostimulation does not mean she disregards physical activity as a means to improved wellbeing. In fact, she endorses a broad, rounded approach to improving fitness. "The fact that with Biostimulation there is no stress or fatigue is an enormous plus," she explains. "Nevertheless physical activity is needed to improve the performance of the cardiovascular system and also flexibility. The electrical stimulation allows one to perform physical activities more efficiently and therefore aid the improvement of all activity-related functions, building an increase in stamina and a heightened resistance to fatigue."



Ultratone Under The Microscope: The Wellness Institute Report

The full effectiveness of Biostimulation has been studied by Professor U. Becker, one of the world's leading research scientists at the Wellness Institute for Diet and Nutrition in Munster, Germany. The intensive study focused on inch loss via fat reduction in problem areas including the upper thighs, hips and waist. As a secondary focus, the institute also studied the development of musculature.

Over a period of 60 days, 44 women were given 15 electronic stimulation treatments of 45-50 minutes' duration using Ultratone.



The subjects were split into two groups – one who took part without any fitness or nutrition programme, and another with exercise and nutrition added to their Ultratone sessions.

Professor Becker and his team used two methods of measurement for the study: the Bioelectrical Impedance Measure (BIA) and the circumference measure. BIA involves a computerized measurement of the body composition into fat, muscle and water. Using four surface electrodes, this non-invasive measurement sends a weak high-frequency alternating current through the body. The component resistance to conductivity is measured and the body fat, muscle and water composition is measured through ohm and capacitive resistance. The circumference method measures problem areas to provide the most specific measurements.



Figure 1

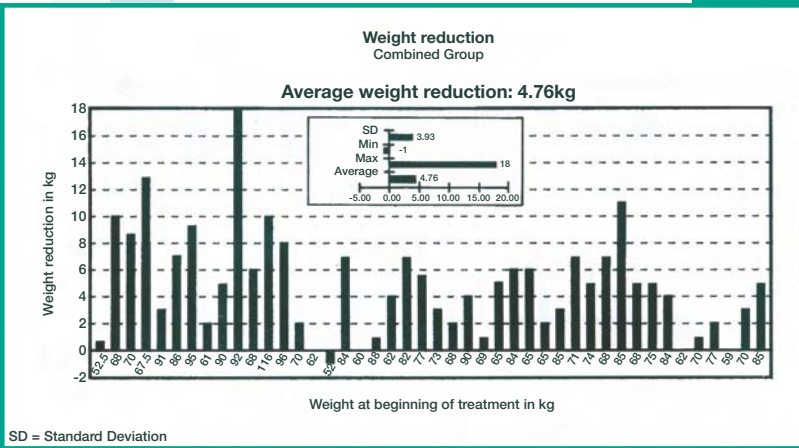
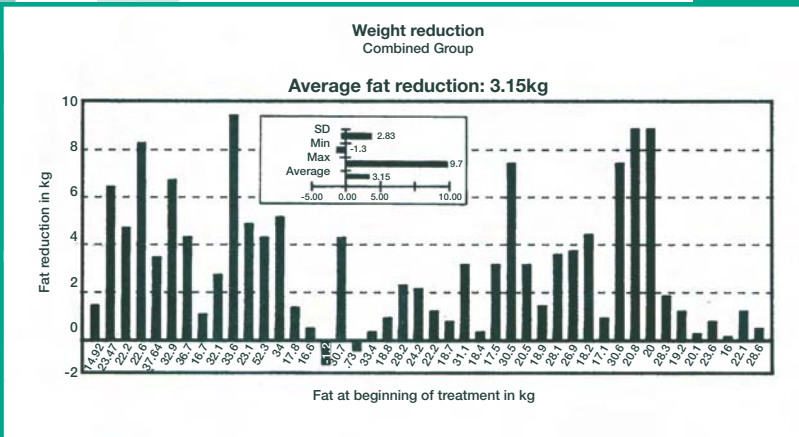
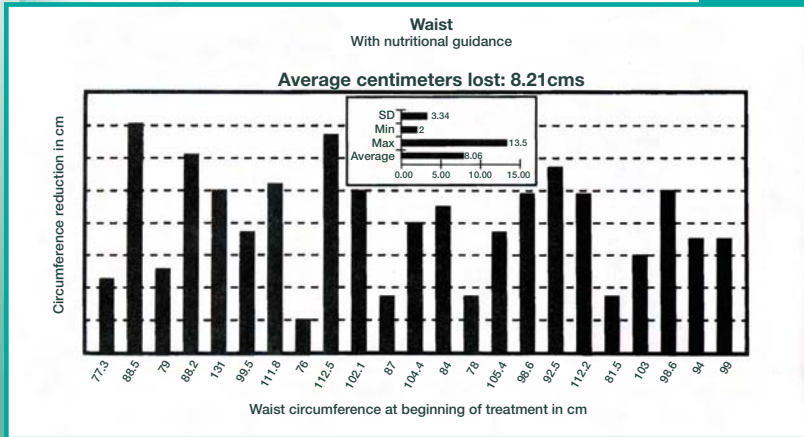


Figure 2



At the conclusion of the tests, both groups saw significant results from the treatment. The combined average weight reduction was 4.76kg (figure 1), with a fat reduction weight of 3.15kg (figure 2). Both groups recorded excellent improvements, with the nutritional guidance group obtaining the best results. Weight loss averaged 6.2kg, with one test respondent losing 18kg from the treatment. Fat reduction was also high, with an average loss of 4.81kg and a high of 9.7kg. Although muscle tone was not a priority, further strong results were accomplished, with an average muscle mass increase of 1.05kg and a high of 5.78kg (figure 3, overleaf).



Furthermore, measurements on all the problem areas saw circumference reductions, with one subject recording a 14cm reduction in her waist size, while another lost 10.5cm around her hips.

“It has been established conclusively that very good results can be achieved with Ultratone treatments. The results showed conclusively that Ultratone stimulation is an effective and reliable way to lose fat, reduce inches and tone up muscles, especially with additional exercise and nutritional support.”
Professor U. Becker, The Wellness Institute for Diet and Nutrition

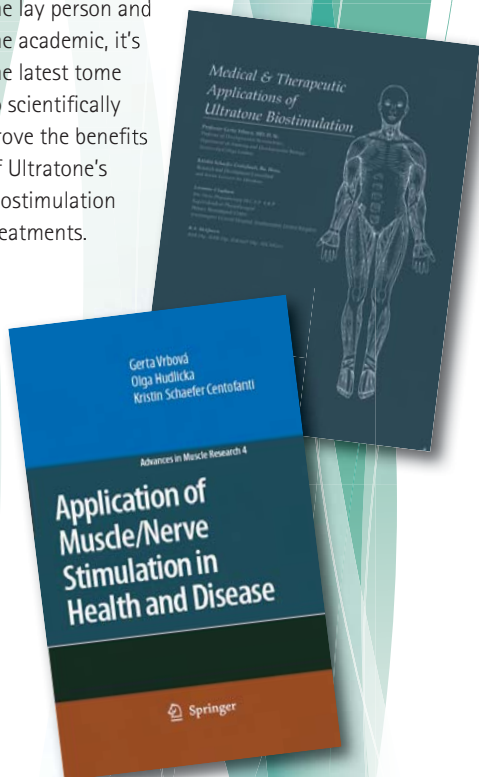
Backed By Science – Ultratone in Print

Ultratone prides itself on its adherence to scientific research to improve and enhance its products and practices. Many of the findings discovered by Ultratone through its research and development have become the subjects of highly regarded medical texts, utilized by students, universities, physicians and leading medical think-tanks.

Medical and Therapeutic Applications of Ultratone Biostimulation was authored by Professor Gerta Vrbova and expert Kristin Schaefer Centofanti, with collaborations by physiotherapist Lorraine Clapham and therapist Kim McQueen. The 16 sections deal with Skeletal Muscles and Motor Points (with drawings specially created by the Anatomical Department of St. Bartholomew's Hospital); General and Clinical Applications of Biostimulation; Transcutaneous Electrical Neuro Stimulation (TENS); Orthopaedics; Range of Motion; Paralysis; Facial Palsy; Electro Accupuncture; and Reflexology as well as featuring a Q&A section and full list of medical references. The book clearly explains in depth the physiological effects of Biostimulation, the rationale behind physiosequential Programs and parameters and the specific padding layouts for each condition.

More recently, a further in-depth study was commissioned by Academic Publishers Springer: co authored by Professor Gerta Vrbova, Kristin

Schaefer Centofanti and Professor Olga Hudlicka, **Application of Muscle/Nerve Stimulation in Health and Disease** explains how and why muscles can be activated beneficially for a variety of purposes and to treat a number of conditions. It also details the medical and clinical background of each application, on either healthy or denervated muscles and goes on to list the many areas of research and advances made through electro-stimulation, from both a practical and conceptual basis. Suitable for both the lay person and the academic, it's the latest tome to scientifically prove the benefits of Ultratone's Biostimulation treatments.



Case Studies

The science behind Ultratone's Biostimulation Programs is put into full practical perspective with the case study of **Jenny Scott**. Over four weeks, Jenny undertook an intensive Ultratone Program on the **Futura Pro® System**, with treatments lasting one hour each time. Jenny's diet did not alter dramatically; she exercised good portion control, cut back on snacks and had three healthy meals each day.

"I was intrigued by the Ultratone experience," says Jenny. "The process itself was so simple and easy, and in many ways quite relaxing. I started noticing the results quickly and found that in combination with a slightly revised diet, which was effectively just cutting out snacking, my body responded really well to the treatment.

"Having the treatment and seeing the results so quickly gives you a real confidence boost. Not only will I keep up the treatments, but I'll also keep my new eating regime going as well – my new body is here to stay!" Jenny says.

	Before	After	Loss
Waist	86	73	13
Hips	100	95	5
Bum	107	100	7
Chest	98	87	11
Right thigh	62	56	6
Left thigh	62	55	7

Total loss: 49cm
Measurements (cm)



*Jenny Before (below and left)
Jenny After (right)*





*Irina Before [top left and right]
Irina After [below right]*



The benefits of Biostimulation are also being felt and seen across the globe. Ultratone has a growing reputation in the Ukraine, where more women are turning to total body sculpting and fat reduction methods for the most optimal beauty results. Shortly after launching the Ultratone Futura Pro®, they had spectacular results in case studies published in various magazines, featuring all ages including women in their 20s, 30s and 40s.

Irina Bahmarova, 47, underwent a nine-month Program, combining Ultratone's Biostimulation treatments with physical exercise and a controlled diet. Inclined to hypertension, Irina was advised to switch to a Mediterranean diet comprising fish, seafood, fruits and vegetables. She also minimised meat and dairy intake. Weighing in at 70kg, she ultimately lost 9kg, with visible reductions in measurement around her thighs, bust, waist and hips. Thanks to the combination of Biostimulation and a controlled diet, Irina was delighted with her results.

**“I was very impressed with it all”
Irina Bahmarova**



In fact, Ultratone is an outstanding way to improve looks and wellbeing, even into the senior years. **Wendy Frazer-Price**, a fantastic-looking 70 year old, undertook a series of Ultratone sessions to counter the natural body transformations that come with age. Treatments included **Futura Pro®** Programs on her abdominal area, thighs, waist and buttocks. In addition, Wendy adopted a healthier diet to maintain the results of her **Futura Pro®** treatments and has also bought a home Ultratone device, the **Futura Plus**, to continue the programme of rejuvenation and toning.

"I noticed I was toned after the initial treatments and felt lighter, thinner and a lot more revitalised as a result," said Wendy. "I had a real energy boost; the only exercise I had been able to do was walking and water aerobics, which don't really tone me the way I would like. Ultratone gave me that opportunity to feel and look great and I'm really happy with the outcome!"

"I have also had plenty of comments about my complexion – the Lymphatic Drainage treatments worked really well!"

	Before	After	Loss
Waist	74	72.5	1.5
Bottom	102	100	2
Upper Thighs	55	54	2
Lower Thighs	42	41	1
Weight	62	58.5	1.5

Total cm loss:8cm
Measurements (cm)



Wendy Before [below left]
Wendy After [below right and right]



Ultratone Devices

Ultratone uses revolutionary microtechnology to stimulate the body's impulses to reshape the body and rejuvenate the face. Skin, fat, muscle, connective tissue, circulation and the lymphatic system are all stimulated to slim, tighten, tone, lift, shape and refresh. Ultratone has a number of fantastic devices to provide the perfect treatments:

Personal Range

Futura

Ultratone's **Futura** range for home use is the first computerized face and bodyshaper with individually Programmed cassettes designed for the most precise requirements. It includes:

- **Futura Face System** (Anti-Ageing and Maintenance; Non-Surgical Facelift)
- **Futura Body & Cellulite** (Anti Cellulite; Bottom & Thighs; Bust and Arms Lift & Tone; Stomach and Waist; Pelvis Floor Post Natal; Stomach & Waist; Slimming)
- **Futura Complete Face, Body & Cellulite System** (Anti Ageing & Maintenance; Non-Surgical Facelift; Anti Cellulite; Bust and Arms Lift & Tone; Stomach and Waist; Pelvis Floor Post Natal; Bottom & Thighs; Slimming)
- **Futura Plus Ultimate Body Shaper** (4x Anti-Ageing Programs; 4x Non-Surgical Facelift Programs; 4x Body Care Programs; 4x Bodyshaper Programs; 4x Figure Control Programs; 4x Workout Programs)

The Futura Plus Ultimate [top left]

The Futura Personal Device [below left]





*The Facial Plus [above left and right]
The Sportif and Athletic Devices [below left]*

Facial Plus

This very stylish handheld unit includes four built-in Programs and a one touch Program Selector, bringing together four high performing Programs for a youthful, toned and rejuvenated face at the click of a button.

Sports Range

To cater for the need to create a healthier and fitter body, Ultratone, along with world-leading physiologists and athletes, has developed the Sports range of neuro-muscle biostimulators, the **Ultratone Sportif** and **Ultratone Athletic**.

The two computerised units fully reflect the very latest developments in Sports science. The Ultratone **Sportif & Athletic** are designed to enhance your physical performance and fitness levels, which flex your muscles up to 900 times an hour producing rapid and controllable results. These units deliver exceptional power with probably the most comfortable signal of any neuro-muscle biostimulator in the world today.



Creams and Gels

A full range of Ultratone Cosmetic Products has also been developed to support the use of Ultratone units and to maximise their benefit to the client. Created in France by a team of leading cosmetologists and chemists, Ultratone's unique selection of specially formulated beauty products is for use alongside the unique Ultrawave signal. The Ultratone gels, lotions and creams have specific highly energised active ingredients, which penetrate the skin with the help of the Ultratone monophasic Biostimulation.

Professional Range

Futura Pro® Bioenergy System

Ultratone's **Futura Pro®** is an **All in One** hands free System that encompasses **Biostimulation, Chromotherapy, Ultrasound Cavitation, Microcurrent, Electroporesis, Biofrequency, Multi Body and Face** with more than 150,000 progressive Program stages, designed to offer Professional therapists every body and face shaping need of their clients.

The Futura Pro® System



Excel Pro and Meditone Pro

These two devices are Ultratone's newest professional face and body shapers. The **Excel Pro** includes a total of 51 Programs, including 11 Ultratone **Excel Programs**, which are biologically sequenced for Body & Face stimulation; 30 Ultratone **Excel Multi Programs** for Multi Face & Body stimulation; 10 programmable **Ultra Programs** which are totally adaptable for specific needs; and manual settings to allow therapists to adapt parameters during each treatment

The Ultratone **Meditone Pro** is a dedicated professional bodyshaper with five high performance Programs: **Ultrafast Inchloss; Concentrated Slimming; Cellulite Reduction; Sports Training; Detox and Rehabilitation;** and a Manual Facility. A concentrated **Bioenergy** session is the unique feature of this unit.



*The Excel Pro [left]
The Meditone Pro [right]*





*Please phone
0207 935 0631
to find out the
Ultratone Salon or Spa
nearest to you*

 **ULTRATONE**TM

Body and Face Shaping Solutions