

## **TLi - BODY FIRMING GEL TREATMENT**

The Topical Light Infusion® (TLi) Body Firming Gel Treatment is 20 minutes in duration. Adding **Lightwave Red Light Therapy\*** will increase the treatment time. This results-oriented treatment allows the delivery of potent ingredients which have been shown to increase circulation, lipolytic activity, firmness, elasticity, and skin density resulting in the appearance of smoother, firmer skin on various areas of the body.

*Note: To activate the Topical Light Infusion ° setting on the system, you must first purchase Topical Light Infusion ° topicals. Only Topical Light Infusion ° topicals can be used with this system. Additionally, take all necessary before pictures of target area prior to starting session number one. If the photos are taken at the conclusion of the treatment, the skin can temporarily appear flushed and red in color.*

**1. Prepare the Skin:** It is important to properly prep the skin for Topical Light Infusion °. This is done by thoroughly cleansing the skin with the abi Enzyme Wash. This will ensure all excess oil, lotion, dirt, and debris has been removed. For improved results, this treatment should be applied only after the target area has been exposed to physical stimulation by a cellulite system such as GX99, Vela Smooth, Endermologie®, etc. or by manual manipulation such as rolling the skin tissue or performing a deep tissue massage. A roller or massage should be applied to the target area for a minimum of 10 minutes in duration to help break up the subcutaneous fat layers and improve circulation.

**\*Lightwave LED Light therapy option:** Including an LED light therapy session with your Topical Light Infusion® treatment will provide the best possible results. This can be done by completing a standard LIGHTWAVE treatment before completing the Topical Light Infusion® program. If you are limited on time, you can pre-treat the skin by turning on the "LW" button at the bottom of your screen prior to starting the TLi program. This will add a RED ONLY LED light session to the beginning of your treatment and increase your treatment time.

**2. Topical Application:** Remove cap from Body Firming Treatment syringe before starting. This gel can be applied using your fingers or a mask brush. If you use a mask brush, you will need to empty the syringe into a small container before

applying it to the skin. Spread a thin layer on the target area. Keep applying additional layers until you have used the entire contents of the pre-dosed syringe. You do not need to massage the gel into the skin as the light will drive it in.

**Precautions:** Once the gel has been applied, shield the patient's eyes by fitting the protective goggles in place. The eye shields are only necessary if the treatment is near the face and eye area. The use of goggles helps to minimize brightness and to avoid any incidental eye exposure.

**3. TLi Light Step** Place the LED panel directly over the treatment area. To maximize the results of the treatment, make sure all six panels are as close to the target area as comfortably possible. Activate the TLi treatment. The LED dome panel will remain lit for 20 minutes. The light is pulsing even though it appears to be constant. Therefore, individuals with epilepsy should be monitored closely.

**4. Post Care:** After the blue light has shut off, remove the LED panel. Then use a damp sponge or cloth to remove the gel. Please note that most of the gel will have penetrated the skin so only a film may be left to remove. Next, apply abi's Hydrating Recovery Gel. It is further recommended that the client continue to treat the area by applying abi's Minimizing Cellulite Cream at home as well. It is also important to always have the patient increase their water intake by at least 8oz following a treatment.

**NUMBER OF SUGGESTED TREATMENTS:** This gel is designed to be used as maintenance to a cellulite regimen or in a Topical Light Infusion series. When using it in a series, it is recommended to start the series with 2 Body Firming treatments the first week and once a week for six to eight weeks thereafter. This gel is ideal for firming and tightening the skin. For maintenance, it is recommended once every 4-6 weeks or as needed. The Combination of LIGHTWAVE™ and Topical Light Infusion ° are highly recommended for the best possible outcome.