

2019 Innovation



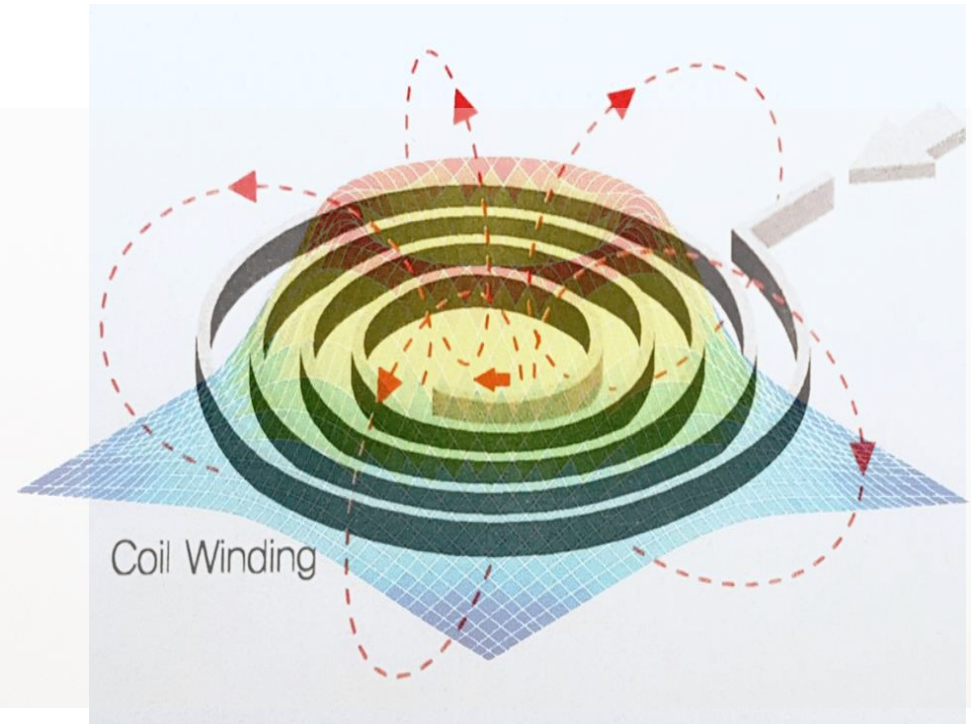
CRISTAL Fit

High-Intensity
Electromagnetic Stimulation

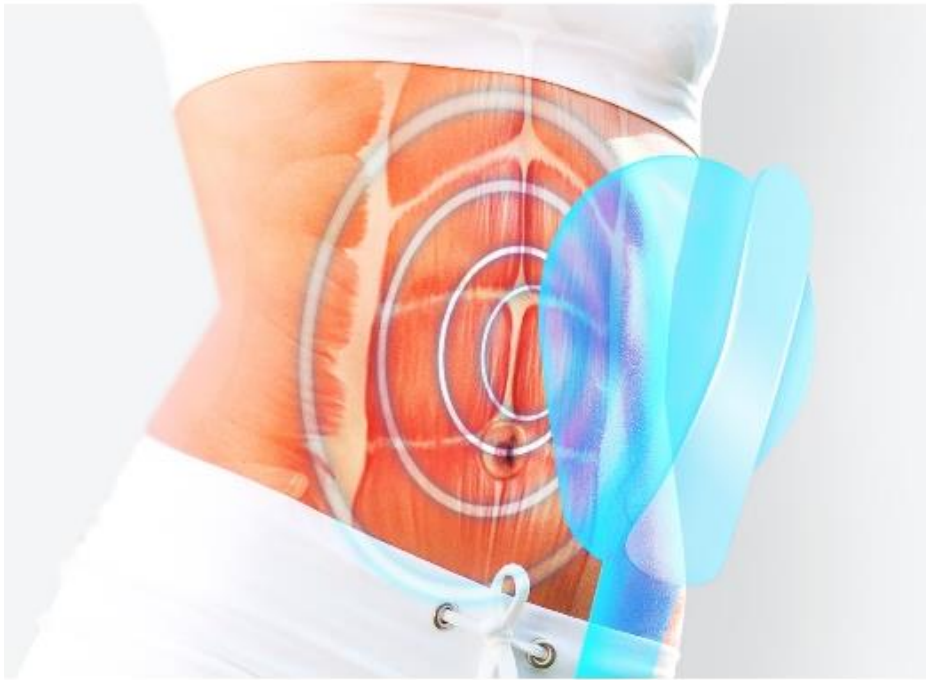
by Deleo
CREATOR IN
AESTHETIC MEDICINE

What is HI-EMT?

HI-EMT (High-Intensity Electromagnetic Muscle Trainer) is the technology that is used in aesthetic medicine, urology and gynecology. It uses focused electromagnetic field with intensity measured in Tesla, and is based on Faraday's principle of electromagnetic induction. Electromagnetic field passes non-invasively through the body and interacts with motor neurons which subsequently trigger supramaximal muscle contractions due to the action potential. The exposure of muscles to these contractions leads to muscle strengthening.

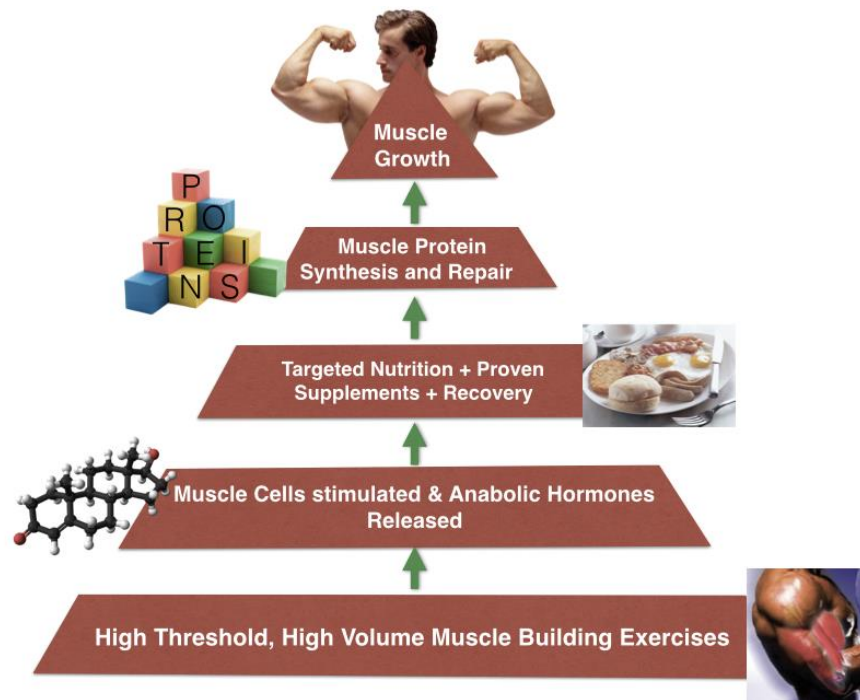


What is HI-EMT?



HI-EMT is a non-invasive medical technology that is used for strengthening and re-education of muscles via interaction of the magnetic field with the tissue of the patient. In aesthetic medicine HI-EMT is used as a non-invasive body contouring treatment for abdomen, arms, legs, buttocks. The same technology has been used and proven in urology and gynecology to treat urinary incontinence through strengthening of the pelvic floor muscles.

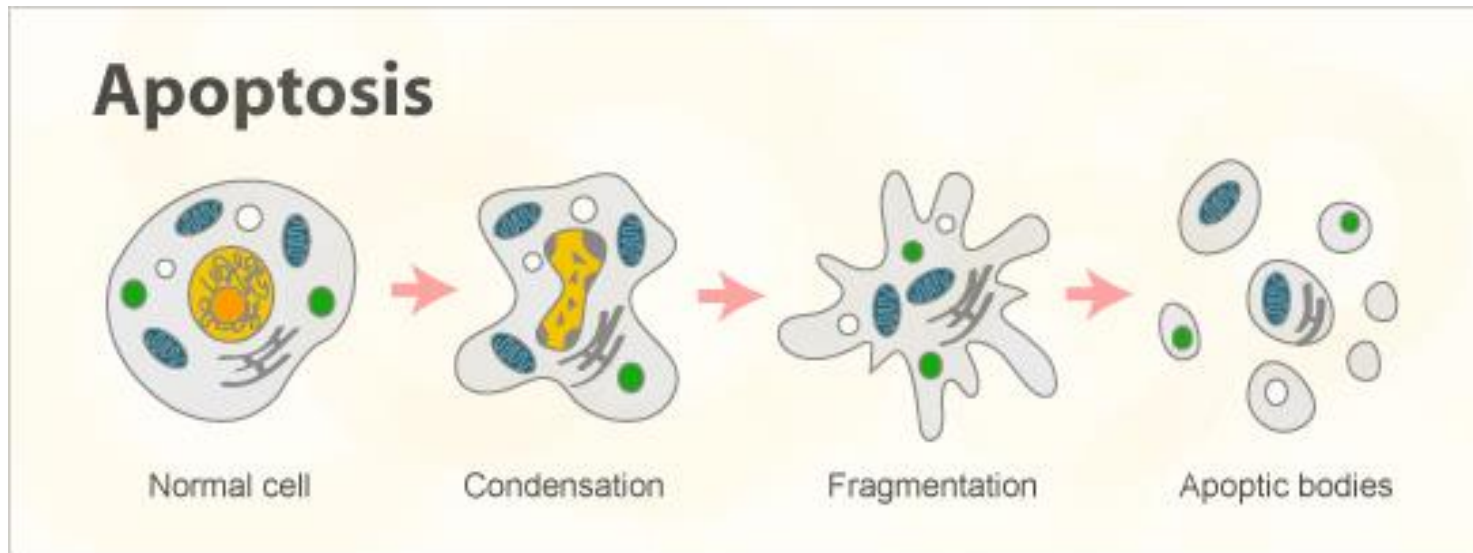
HI-EMT Effect on Muscle



Contrary to voluntary muscle contractions, the supramaximal contractions are independent of brain function. The HI-EMT uses a specific range of frequencies that does not allow muscle relaxation between two consecutive stimulations.

The muscle is forced to remain in contracted state for multiple seconds. When repeatedly exposed to these high load conditions the muscle tissue is stressed and is forced to adapt. Recent studies reported that on average 15% - 16% increase in abdominal muscle thickness was observed in treated patients one to two months after HI-EMT treatments.

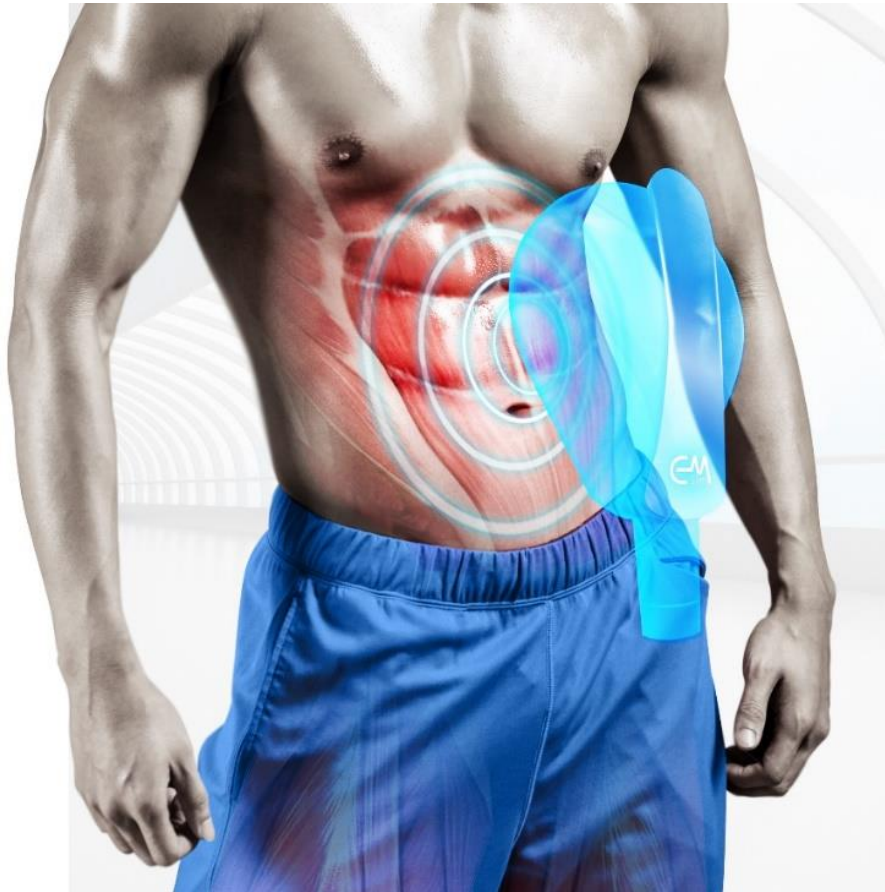
HI-EMT Effect on Fat



Several recent studies using CT, MRI and ultrasound evaluations have reported approximately 19% reduction in subcutaneous fat layer in patients treated by HI-EMT based device on their abdomen.

The principle of cell apoptosis induced by increased concentrations of free fatty acids has been previously observed and demonstrated in numerous research studies. Yet the exact mechanism of the effects of HI-EMT on fat tissue is not well understood and requires further research.

What is CRISTAL Fit?

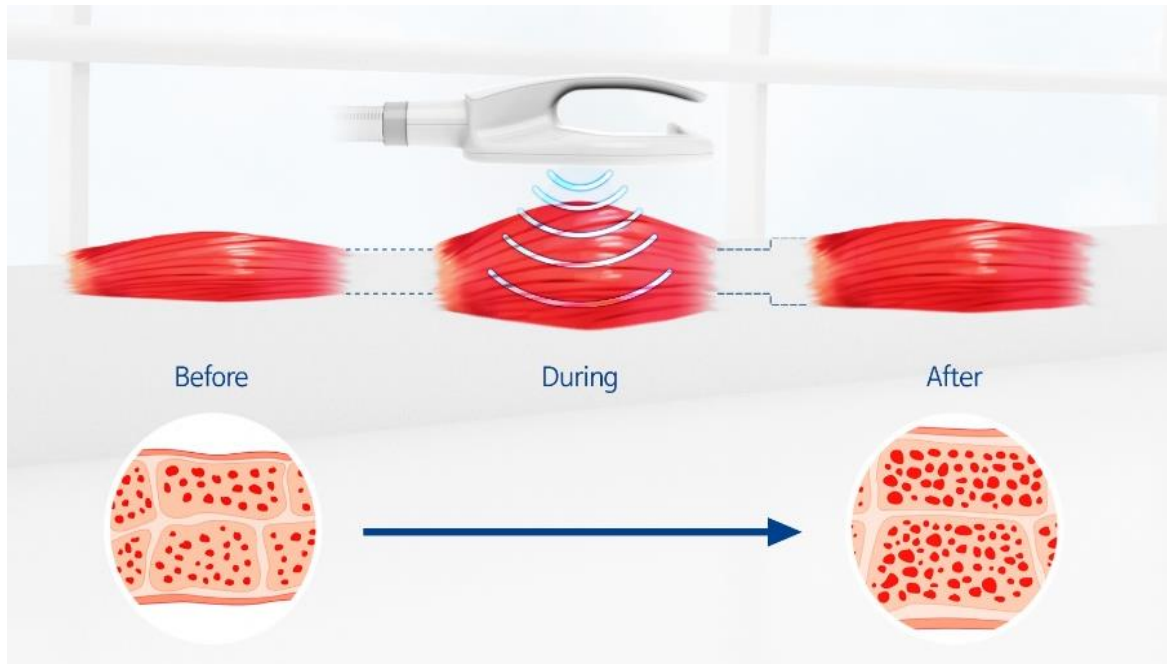


CRISTAL Fit is a HI-EMT device designed for aesthetic purpose, having 2(two) applicators with higher intensity. It's cutting-edge technology in non-invasive body contouring, as it not only **BURNS FAT**, but also **builds muscle**. This is key to a toned and healthy physique.

Additionally, the treatment require **no anesthesia, incisions, or discomfort**. In fact, patients are able to sit back and relax, while the device performs the equivalent of more than 20,000 painless crunches or squats.

Lastly, CRISTAL Fit is an extremely efficient treatment that takes place over the course of 10-14 days, rather than months, and it also produces a more toned abs and uptight buttocks within two-to-four weeks.

What is CRISTAL Fit?



As working out, the stimulation causes to rebuild and repair muscle tissue, resulting in stronger, firmer muscles. The patients feel the same soreness after CRISTAL Fit as you would after a high intensity workout.

CRISTAL Fit = Weight Lifting Training

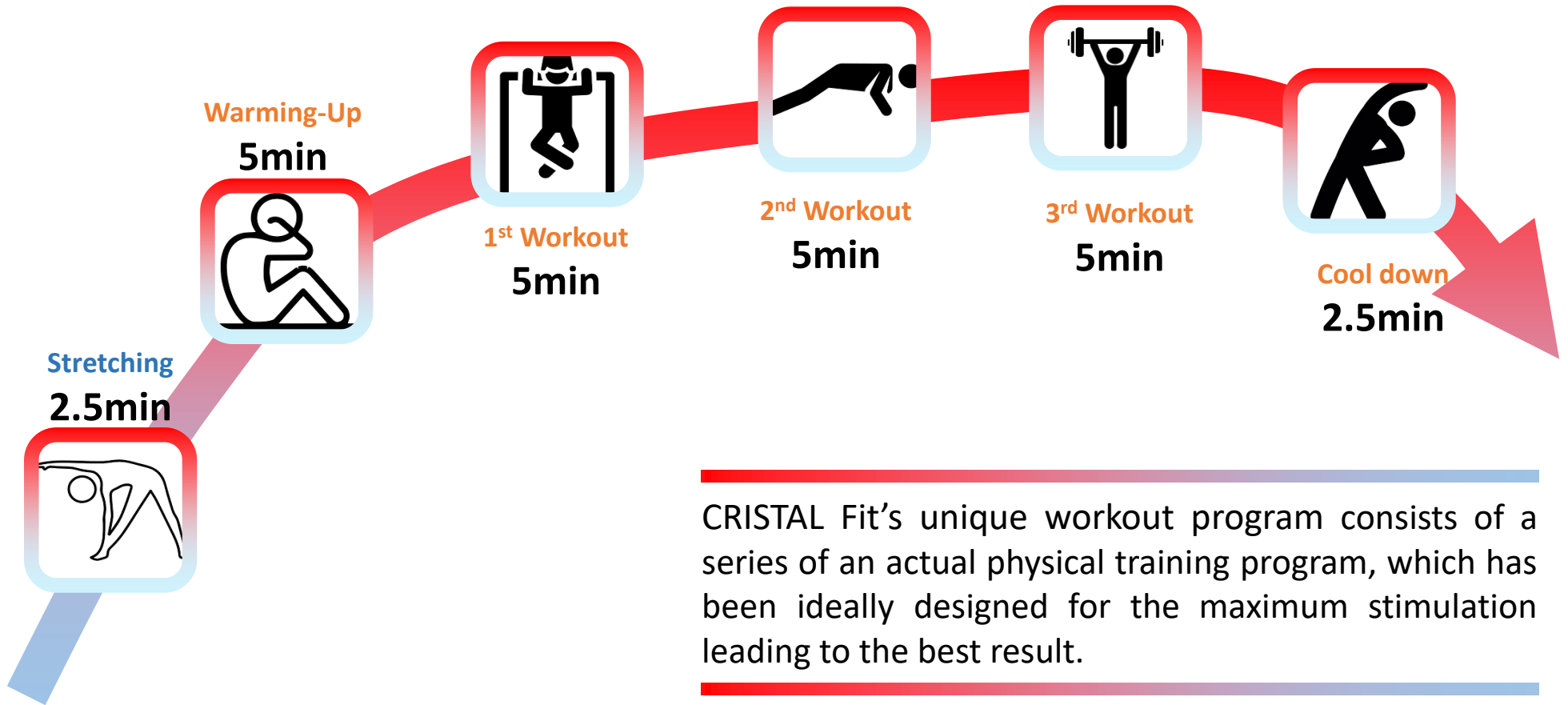
CRISTAL Fit



Two applicators are placed on the target muscle area, such as your abs, thighs, or buttocks. The applicators then generate intense electromagnetic that causes involuntary muscle contractions.

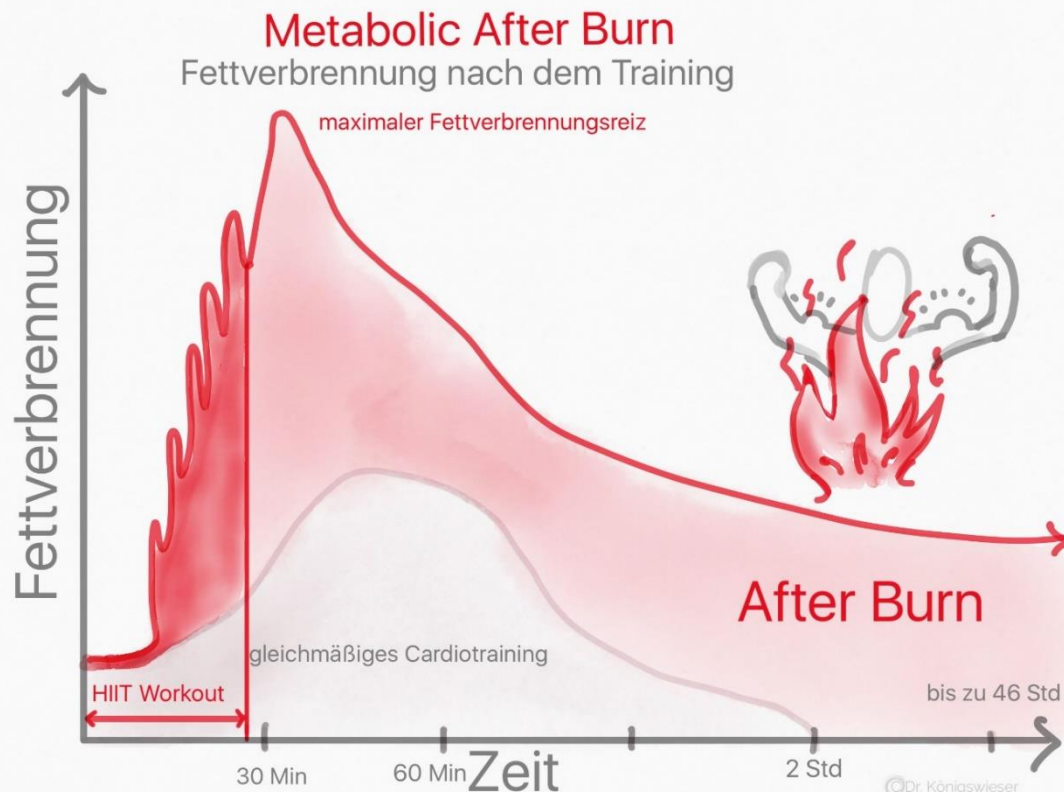
These contractions trigger the release of free fatty acids, which break down fat deposits and increase muscular tone and strength, similar to the way doing workout.

CRISTAL Fit Workout program



CRISTAL Fit's unique workout program consists of a series of an actual physical training program, which has been ideally designed for the maximum stimulation leading to the best result.

HIIT - CRISTAL Fit Workout program



High-intensity interval training (HIIT) has become the "it" way to work out over the last few years. The biggest benefit of HIIT is your body's ability to stay in fat-burning mode long after your workout is finished. Known as the afterburn effect, this process is said to rev up your metabolism and torch calories for up to 24 hours after exercise. It's a theory many HIIT-based studios tout as a major health benefit of their workout, promising you'll reap the rewards of their one-hour workout for days.

CRISTAL Fit General Guide

Venus Course : Building Muscle

Treatment	1	2	3	4	5	6
Program	Hypertrophy	HIIT	Combo2	Hypertrophy	HIIT	Combo2

Aphrodite Course : Burning Fat

Treatment	1	2	3	4	5	6
Program	HIIT	Combo1	Strength	HIIT	Combo2	HIIT

Hercules Course : Building Muscle

Treatment	1	2	3	4	5	6
Program	Hypertrophy	Combo2	Hypertrophy	Combo2	Hypertrophy	Combo2

David Course : Burning Fat

Treatment	1	2	3	4	5	6
Program	HIIT	Combo1	Strength	Strength	HIIT	Combo1

CRISTAL Fit FAQ

- ✓ A CANDIDATE? **ANYBODY**
- ✓ A DOWNTIME? **NOT AT ALL**
- ✓ HOW LONG? **30 MIN PER A TREATMENT**
- ✓ HOW OFTEN? **2-3 TIMES A WEEK**
- ✓ HOW MANY TIMES? **4-6 TREATMENT RECOMMENDED**
- ✓ HOW LONG CAN I USE IT? **NO LIMIT**
- ✓ HOW LONG WILL IT LAST? **EXTREMELY LONG**



Why CRISTAL Fit?

- ✓ Intensity **MUCH HIGHER**
- ✓ Durability **EVEN STRONGER**
- ✓ Maintenance **NO CONSUMABLE**
- ✓ Convenience **EASY & EFFECTIVE**
PRESET
- ✓ Unique Technology **PATENTED**



Marvelous Results

CRISTAL Fit



Marvelous Results

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CRISTAL Fit

